

The December issue of Women's Health Magazine hit the store shelves a few weeks ago. You can find fitness tips from my interview on page 61 in the "Rule the Gym!" article. I also collaborated with Women's Health on the sections "What's That For?" and "The Lingo."

Many of you may know that I'm always trying to promote people to feel more comfortable in the gym and especially in the free weight areas. This Women's Health Magazine article tackles some of those issues and it is targeted towards women that are starting up their New Year's resolutions.

So, if you have a few extra minutes at the grocery store, pick up the December issue of Women's Health Magazine.

-Josh Kernen, PT, DPT, CSCS