

Match Game

Follow the signs to find your soul mate.

BY KATHY FRESTON

BEING A PERSONAL growth and relationship counselor, I often hear the question, "How do I know if I've met 'the one?'" Some people say they just feel it in their bones; others are not quite as sure. Perhaps it feels good and true, but they've been warned about the dangers of infatuation—or maybe it's a bit too comfortable, and they wonder if there should be more fireworks.

Confusion is understandable. The truth is, finding a soul mate is a unique path for everyone. Each person's soul is hungering for different types of growth, so no two relationships will carry the same set of needs. I have found that there are four telltale signs that can help you decide whether or not you are in the right place:

Each person's soul is hungering for different types of growth, so no two relationships will carry the same set of needs.

- Powerful life lessons—such as learning to surrender, or becoming more magnanimous—result from being with this person.
- You come to know and accept yourself better, feeling more able to love not only your partner, but all life around you.
- You transcend old limitations and empathize, and become a more creative person.
- You feel like something deeper is going on, as if you are a part of something much more important than just what is visible.

So, the next time you find yourself in front of you is actually your own. If these statements resonate, you may recognize "the one" in a way that is new, but these are a great place to start.

Kathy Freston is author of *The Making It Last* (Miramax, \$24.95).



Do the Math

Working hard plus staying in shape equals happiness.

BY GUNNAR PETERSON

ADD, SUBTRACT, MULTIPLY, divide. I never had to use any of the other stuff after college. Chances are you didn't either. But, the "Core Four"—addition, subtraction, multiplication, and division—are what you *really* need in your postscholastic career.

By using the "Core Four, Plus One More" system, you can stay on your fitness track. Mind you, this is not about getting in shape—it's about staying in shape once you get there.

- **Add** an opposite day of cardio intensity. If you already do your cardio workouts at a moderate pace, add one day of high-intensity cardio. Conversely, if you perform intense cardio a few days a week, add a day of low-intensity, steady cardio.

■ **Subtract** one half of each carbohydrate portion of food you eat after 1 P.M. for a week (or a month). Your body will feel more taut and, from an energy/lethargy standpoint, you will probably have a little more pep in yo' step.

■ **Multiply** the number of reps you usually perform in all of your resistance training sets by 3 (lower the weight accordingly so that the reps can be completed with proper form) and stick to this for two to four weeks. The change will do your body good, your joints better, and your mind best.

■ **Divide** your weight-training workout differently. If you normally work your pushing muscles (chest, shoulders, triceps) one day, your pulling muscles (back, biceps) another day, and train legs by themselves, try switching it up. Work chest/back, biceps/triceps, quadriceps/hamstrings, and shoulders on their own. Or, work your upper body one day and your lower body the next day.

■ **Plus One More:** Try doing a set of *any* abdominal move after every other exercise you do. Yup, *every* other set. Don't try this more than once a week, and I wouldn't suggest doing it for more than three weeks in a row.

You look great, you know it; you've earned it, now don't lose it. Mastering the "Core Four, Plus One More" will help you keep what is rightfully yours, and maybe you'll be able to balance your checkbook, too. ★

CONFIDENTIAL

OF THE MOMENT AS MOST PRESTIGIOUS STYLING

BEAUTY AT THE BEAT: BEK UP YOUR STYLING: SUMMER FASHION IS BE

LAND OF THE I: THE NEWEST CI IN REAL I

ISSICA

K APRIL IS REAL

PLUS CONFIDENT

BINA MEDVICK ON JEREMY PLUM: DALL

ONIA BENICK ON SHARPE

LINDA THOMPSON ON SLOW, SOUTHERN I

AND PURITY M