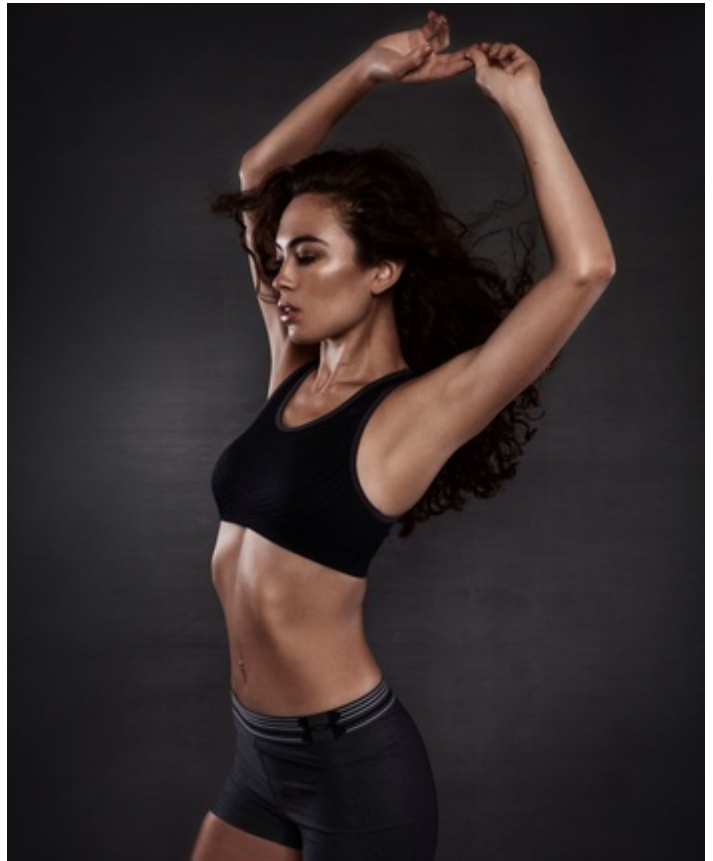
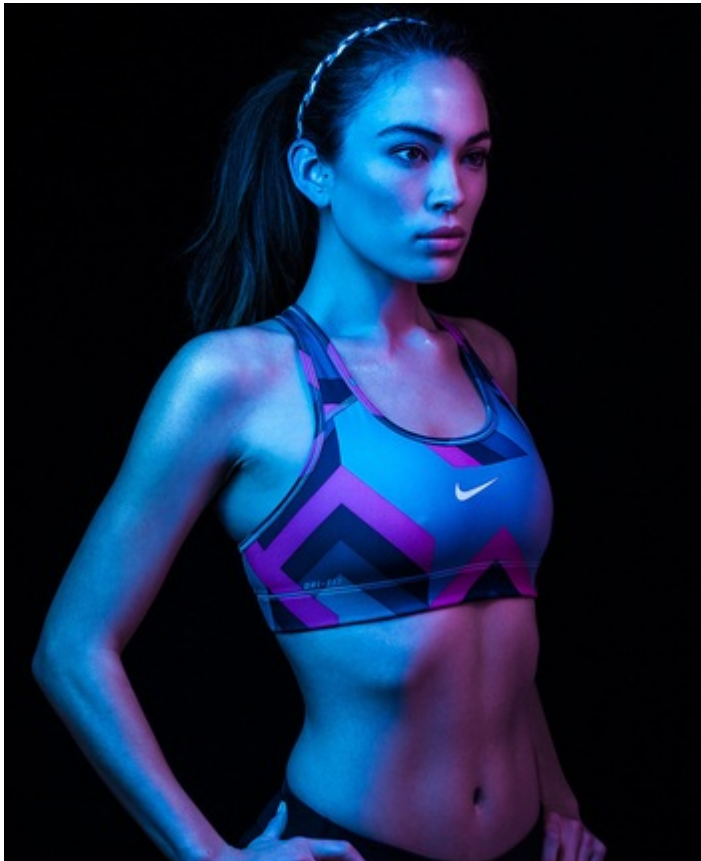


HEIGHT 5' 9.5" DRESS SIZE 2-4 BUST 34 B WAIST 24" HIPS 35" HAIR AUBURN
EYES HAZEL SHOES 8 LOCATION WEST COAST



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Get Fit

DEEP IMPACT
Just one session of self-massage is all it takes to increase your joints' range of motion and reduce muscle fatigue post-workout, according to recent research.

top each item for more

Tool time!

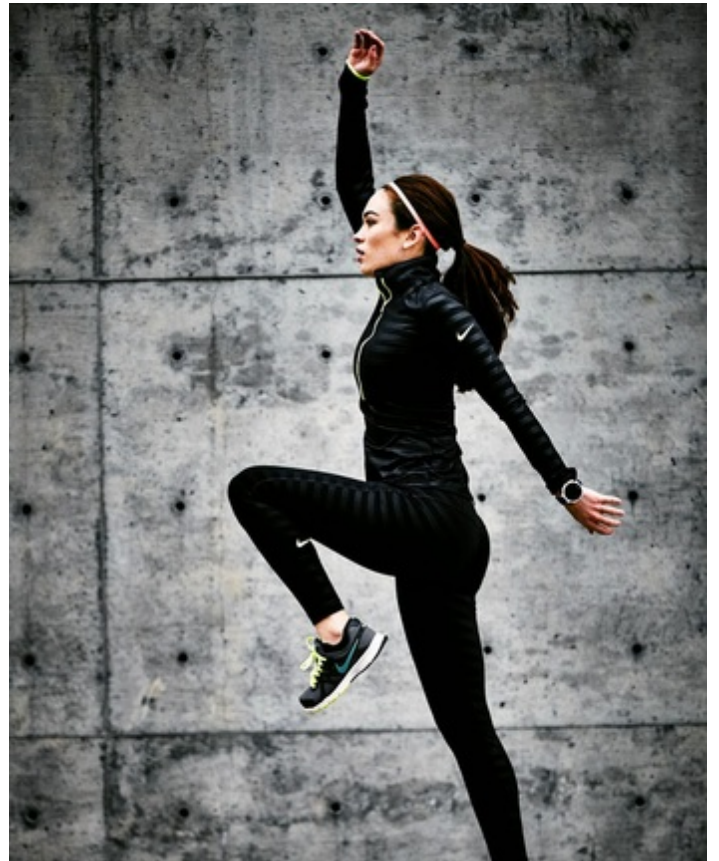
Use these gadgets and the tips from David Reavy to unwind knots, as either a warm-up before your workout or a stand-alone session at least one morning a week. You'll thank us later.

Target large areas first
Start by using a foam roller on bigger muscles, such as your quads, hamstrings, and glutes. Reavy recommends paying special attention to your hip flexors, which are on the front of your hips. "Whether you're a runner or just sit at a desk all day, these are always a tight spot," he says. Next, dig into all those smaller muscles, like the ones in your calves and the soles of your feet, with a firm tennis, lacrosse, or golf ball.

Take it slow
Move back and forth across a tool quickly and you're only scratching the surface, says Reavy: "You'll aggravate tight areas and might end up

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