

## Make Him All Yours

Play Cosmo's Fantasy Game With Him Tonight—and Win His Undying Love

## Alyssa Milano

How She Bounced Back From Love Trouble

cosmo buff

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BY TISH HAMILTON

The Best

## Have Fun, Get Fit

You'll never guess you're burning big-time calories.

### Snowshoeing



This traditional winter sport is catching on in the Southwest, where people use the shoes to run on desert sand. **BODY BENEFIT:**

A cardio workout that tones your lower body; use ski poles to work your upper body  
**CALORIE BLAST:** With poles, 685 per hour; without poles, 416 per hour

### Bhangra Dancing



This Indian folk dance is heating up city nightclubs. (Or try the Masala Bhangra Workout video, available at [www.masala-dance.com](http://www.masala-dance.com).) **BODY BENEFIT:**

Total-body workout; stomach, shoulders, and biceps get special attention  
**CALORIE BLAST:** 360 per hour

### Scoters



First they took over traffic-choked Tokyo, then they zipped west to the U.S. Scooter commuters self-propel by pushing off with one leg. **BODY BENEFIT:**

Great for legs and lower body (be sure to switch sides for balanced toning)  
**CALORIE BLAST:** 400 per hour

The Commissions Issue!  
(This Time, Guys Tell All)  
The Most Rotten, Ridiculous, Outrageous Things They've Ever Done. Make Your Girlfriends Roar With Laughter

[www.cosmomag.com](http://www.cosmomag.com)

Masala Dance & Fitness Inc.

(Clue #1: He Seems Distant All of a Sudden)

## Paycheck Exposé:

Down and Dirty Details About What Other Women Earn