



SUPPORT  
EVERYDAY WELLNESS\*

EMERGEN-C  
GUMMIES ARE

Packed with  
Vitamin C and  
3 B Vitamins

Naturally fruit  
flavored



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. ©2017 Alacer.

# Life@Health

Meet...

SARAH  
KLEIN

Senior editor at Health.com

**My go-to breakfast:** I make chia pudding by mixing 1 cup unsweetened almond milk with 4 tablespoons chia seeds, 1 teaspoon matcha powder, and a drizzle of maple syrup. I then let it sit in the fridge overnight.

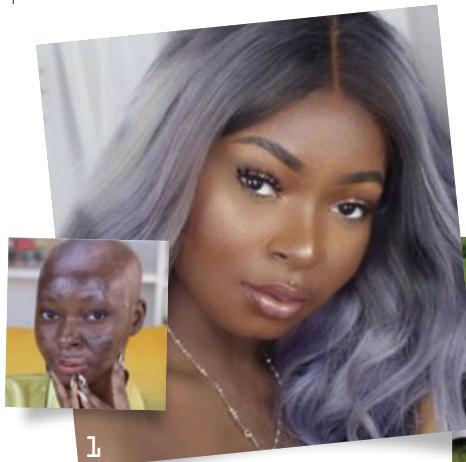
**My perfect Saturday:** Sleeping in, reading a good book, cooking a tasty brunch, then running in Central Park. And it would end with dancing with my friends!

**The one item I always have in my gym bag:** Extra hair elastics, because they always break at the *worst* possible time.

**To me, strength means:** Self-confidence, self-worth, and self-love.



## WHO WE'RE FOLLOWING



1

@shalom\_blac

"This beauty vlogger suffered facial burns as a child. I love that her YouTube videos show how she's risen above bullies to embrace her beauty—inside and out."

—Ariana Pyles,  
associate video producer

2

@florethflower

"I always smile when this florist's posts pop up in my Insta feed. She shares the most stunning flower photos I've ever seen!"

—Rebecca Shinnars,  
audience  
engagement editor

3

@chichilifeny

"Lauren Chiarello was diagnosed with cancer in her 20s, beat it (twice!), then became a fitness instructor. Her positive posts remind me to be grateful."

—Anthea Levi,  
assistant editor



@healthmagazine



@goodhealth



@health



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