

Life & Style

WEEKLY

BEST VALUE

A circular inset photograph of Bethenny Simons performing a yoga pose. She is wearing a red tank top with 'Bethenny' written on it and black leggings. She is kneeling on a dark mat on a wooden floor, with one leg extended forward and her right arm reaching up and over her head. She is smiling at the camera.

BABY SPECIAL

STAYING LIMBER

Bethenny's new workout DVD features YogaWorks instructor Kristin McGee and will be available on Amazon.com starting May 4. "For me, it's sleep, work, exercise," Bethenny tells *Life & Style*.