

JUL/AUG
2019

Health

REAL
WELLNESS

167 FRESH TAKES ON SUMMER

GREAT MEALS RIGHT
OFF THE GRILL

THE BEST NEW
OUTDOOR GEAR

FUN MAKEUP
TRENDS TO TRY

EASY ENERGY
BOOSTERS

PLUS
SIMPLE
SECRETS
TO LIVING
A GOOD,
LONG LIFE

**Gina
Torres**

ON FINDING HER
VOICE, STAYING
STRONG, AND
SUITING UP FOR
HER NEW SHOW

HEALTH.COM