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Today's Women's Health News



Mother's Day also marks another turning point in the year: Summer is approaching.

"I know it's a scary thought," says Alison M. Fadoul, author of [The Hot Mommy Next Door](#).

Here are her tips to keep cool and stay fit.. (Mike Stocker/Sun Sentinel / April 22, 2009)

<http://www.baltimoresun.com/health/women/>