

GET BETTER NOW: Tips for Every Level

# TENNIS

DOES  
THE WTA  
HAVE AN  
IDENTITY  
CRISIS?

THE TENNIS  
INTERVIEW

## Monica Seles

After a  
Nine-Year  
Battle,  
She's Back  
In Control

**5. ALL TERRAIN RECOVERY RUB** Soothe sore muscles with this cooling salve. It's made with arnica, a natural anti-inflammatory, shea butter and olive oil. Bonus: It's not greasy and doesn't have a strong smell like Ben-Gay. \$10 for 3 ounces, [allterrainco.com](http://allterrainco.com)



Nick  
Bollettieri  
Teaches the  
Transition  
Game

Summer  
Survival  
Gear

4 Steps to  
A Better  
Overhead

Victoria  
Azarenka's  
Total Body  
Workout

AUGUST 2009  
US \$4.99



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