

READY, SET, GO! YOUR ACTION PLAN FOR A BETTER BODY — AND A BETTER LIFE.

# EXPERIENCE LIFE

HEALTHY. HAPPY. FOR REAL.

## LIFE LAUNCH

Make 2005 Your Best Year Yet!

January/February 2005 \$4.00

### RESOLUTION WORKSHOP

[What's Your Take-Action Challenge?] p.40

### No-Fail Fitness p.46

### Demystify

#### GET-IN-SHAPE GAME

THE BEST WAY to establish a solid new exercise habit? How about a little friendly competition — and a healthy dose of fun? This swell new “reality board game” pits you and another wannabe exerciser against each other in a wager over who can earn more fitness points in eight weeks.



Pick a partner (spouse, friend, child or coworker). Then fill out a contract and use the scorecards and stickers (you earn stars by exercising at a level appropriate for your current fitness) to track your progress. So where's the fun? There's a Wager Book you fill with coupon cards, and those coupons are what end up putting teeth into the deal. Select from pre-defined cards in various categories.

(Like “Around the House,” “Parenthood” and “Big Stakes”) or fill in blanks with your own creative ideas. Each card represents what will turn out to be either a boon or a bummer for you, depending on who wins. At the end of eight weeks, the loser must redeem the winner's coupons. Available for about \$30 at leading bookstores. Get more info or purchase online at [www.fitnesschallenge.com](http://www.fitnesschallenge.com).

### HEATHER MITTS

Soccer Superstar

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...to a better way of life.