

FALL 2006

THE MAGAZINE FOR DISTINCTIVE FLORIDA LIFESTYLES

\$2.95

# FLORIDA COAST *Living*



Stress  
SHO  
Gift

## ▲ FITNESS CHALLENGE

**The Fitness Challenge** unique method of weight loss in an 8-week exercise program in the form of a colorful, fun, challenging game. **\$29.95.**

[www.fitnesschallenge.com](http://www.fitnesschallenge.com)



AN  
ring  
CA  
NATURE'S PARADISE