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# health

FEBRUARY 2005

## START THE YEAR RIGHT

3 fitness



[EDITOR'S PICK]

## a little healthy competition

**A** NEW BOARD GAME promises to help you stick with your resolution to get fit. Board game, you say? We were tempted to roll our eyes too, until we persuaded a staffer to try it (interns are good for that). Unlike games that encourage you to sit on your butt for hours at a time, The Fitness Challenge (\$29.95; [www.fitnesschallenge.com](http://www.fitnesschallenge.com)) inspires you to move. Compete to earn points every time you exercise, tracking your and your opponent's progress with a magnetic scorecard (that you put—where else?—on your fridge) and placing bets with coupons for awards you might actually want to win, ranging from picking up the tab for a fancy dinner to seizing control of the remote for a week. "I'll see your remote, and raise you a week's worth of laundry." Now, that's the kind of wagering we can really get into. —*Lisa C. Bailey*

HEALTH.COM

**BONUS:** Click on "Fitness" for a chance to win your own copy of The Fitness Challenge.