

WELLNESS EXPO • NOVEMBER 5 • HOTEL SHERATON LAGUARDIA EAST

Fall/Winter 2006

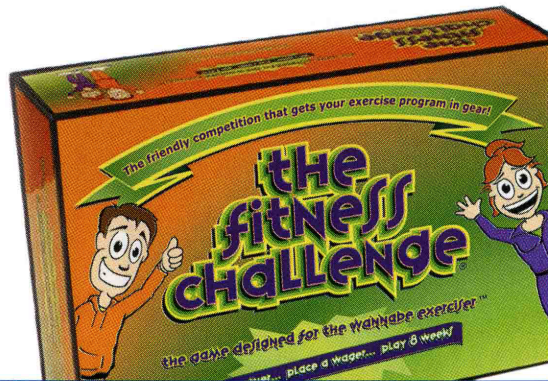
# healthwise

looking good • feeling good

WOMEN  
HEALTH

fitnesswise

BREAST  
CANCER  
PREVENTION  
&  
RENEWAL



## BET ON FITNESS

Combining the fun of playing a board game with the benefits of an exercise and fitness program, The Fitness Challenge™ is a new game designed for two players of any age or ability. Pick a partner, place a wager and play for eight weeks. It's the motivation you need to get yourself in gear and in shape. Find out more at [thefitnesschallenge.com](http://thefitnesschallenge.com).

*The first three readers who respond to [healthwise@healthwisemag.com](mailto:healthwise@healthwisemag.com) will receive The Fitness Challenge game free.*

girlfriend  
getaway

AI  
SURVIVAL

an  
CANCER