

WOMEN'S Running

YOUR LIFE IN MOTION™

HALF MARATHON

Eight Week Training Plan

**FASHION-FORWARD
RUNNING OUTFITS**

JILLIAN MICHAELS'
Nutrition Secrets

**8 Steps to
Strong, Sexy Legs**

Girls on the Run

Empowering Young Women

SEPTEMBER/OCTOBER 2010
DISPLAY UNTIL OCTOBER 26

\$4.99US/CAN



Run Through
**Your
Pregnancy**

EAT YOUR FRUITS AND VEGGIES

Skip the time-consuming trip to the grocery store. For those of us who don't live near a farmer's market or are too busy to go shopping, The FruitGuys brings regional organic produce directly to your workplace to take home. Available in three different varieties, the TakeHome is a convenient way to get organic produce, while also supporting small regional farmers. Set up weekly, bi-weekly, monthly or one-time delivery and browse seasonal produce at fruitguys.com. Organic produce is delivered in recycled cardboard crates printed with soy-based inks. fruitguys.com.



plus
**Quilt-Free
Desserts**

womensrunning.com