

HALF

Eight Week Training Plan

FASHION-FORWARD RUNNING OUTFITS

JILLIAN MICHAELS'

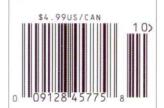
Nutrition Secrets

Steps to Strong, Sexy Legs

Girls on the Run

Empowering Young Women

SEPTEMBER/OCTOBER 2010 DISPLAY UNTIL OCTOBER 26



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, biweekly, 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.

<u>plus</u> Jilt-Free Desserts

womensrunning.com