

YOU CAN DO IT: PRACTICAL WAYS TO GET BETTER, STRONGER, WISER EVERY DAY!

Whole-Life  
Health & Fitness

# EXPERIENCE LIFE

Healthy. Happy. For Real.

June 2008 | \$4.95

## Expand Your LIFE SKILLS

(in Fitness, Finance,  
Relationships, and More)

50

## The Smart Way to STRETCH

62

## BRING OUT THE BEST

in Your Genetic Code

75

## Power Pauses That Build Muscle

50

## BRILLIANT SALADS

(From Basic  
Bagged Greens!)

62

## Tame Your Pet Peeves

75

# Challenge Yourself

The thrill of  
full-potential living.

+  
**BEYOND  
WHEAT**  
5 Healthy Grain  
Alternatives

Elisa Au

World Record Setting  
Martial Arts Champion

50

**LIFETIME  
FITNESS**

Your answer to a healthy way of life.™