

CHARITIES: RACING FOR A CAUSE

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warmups

PEOPLE, PLACES, RACES & NEWS
FROM AROUND THE ACTIVE COMMUNITY

➤ Momentum Fitness & Weight Loss System

The Momentum Fitness & Weight Loss System is the first heart-rate monitor based interval training program for everyday people. Known among elite athletes as a common training technique, intervals can also be applied to the weekly workout of regular people with stunning weight loss and aerobic conditioning results. Intervals have been proven to



increase body fat loss by as much as three times and calorie burn by 30 percent without changing the duration or type of workout. If you've hit the weight loss wall and have a limited time to exercise, Momentum can supercharge a workout and turn random acts of exercise into effective and efficient workouts. The system comes with a wireless heart-rate monitor, instructional DVDs and audio CD, a nutritional guide, and, most importantly, a free subscription to Momentum's Web-based scheduling and tracking software. The software prescribes heart-rate workout parameters and guides you on a daily basis through the process of using intervals to optimize your precious workout time.

Go to www.momentumfs.com for more information and to purchase your system.

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◆ New Web Site for Athletic-Minded Travelers



Following up on the success of their best-selling travel book, *The Athletic-Minded Traveler*™, and resounding demand for an online version, Jim Kaese and Paul Huddle, along with SoCal Publishing have launched www.athleticmindedtraveler.com. As the "largest healthy travel site on the Web," the portal adds to the book's first-hand recommendations on the best places to stay and exercise across the country with new cities (including international destinations), healthy and athletic-minded dining options, running route maps that can be printed or downloaded into an ipod, local retailers (bike shops, Whole Foods' locales, etc.) and more! The site's sophisticated search functionality allows users to simply enter their location to find nearby athletic-minded pursuits, restaurants and other venues—all according to distance. Users can even "push" content by posting recommendations, reviews and updates for like-minded travelers.

This new site makes healthy living and working out on the road easier than ever. Meanwhile, *The Athletic-Minded Traveler*™ print version continues to be sold at most Jamba Juice locations, many bike/run stores across the United States and traditional bookstore outlets including Amazon.com.

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Go to www.momentumfs.com for more information and to purchase your system.



◆ New Greens™ Helps Ensure You Get Your Fruits & Veggies



Appropriate fruit and vegetable consumption is important for good nutritional health and appropriate weight maintenance. While the number of Americans who are either overweight or obese is increasing, the number of people who consume the recommended daily amounts of fruits and vegetables is dropping. NewGreens™ is here to change that.

NewGreens is the most comprehensive and powerful Green Drink of its kind, containing 68 different super foods, antioxidants, fibers, probiotics, a gentle detox blend and a healing enzyme blend. NewGreens, by comparison, is three times more powerful than the leading "Green Drink" brands! Every scoop has the antioxidant power of 10-plus servings of fruits and vegetables.

For more product information and to place your order, go to www.pureprescriptions.com/newgreens.asp.



to learn about our crash replacement & lifetime warranty program visit zealoptics.com

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APEX 2006

February 10 • 11 • 12

The premier annual fitness event of
the Aerobics and Fitness Association of America

\$99*
PER
DAY

**LMU-Fritz B. Burns
Campus Recreation Center
1 LMU Drive, Los Angeles**

- Primary Group Exercise Certification
Friday, Feb. 10
- KickBoxing Certification
Saturday, Feb. 11
- Indoor Cycling
Saturday, Feb. 11
- Midlife Fitness for Women
Saturday, Feb. 11
- Injury Prevention/Exercise Progressions
Sunday, Feb. 12
- NEW** Practical Pilates™
Sunday, Feb. 12

**Los Angeles Athletic Club
431 W. Seventh St., Los Angeles**

- Personal Fitness Trainer Certification
Friday–Sunday, Feb. 10–12
- NEW** National Board Review Course
for Personal Fitness Trainers
Saturday, Feb. 11

**Gardena Carson YMCA
1000 W. Artesia Blvd., Gardena**

- Primary Group Exercise Certification
Friday, Feb. 10
- Practical Yoga Instructor Training
Saturday, Feb. 11



*Per program. Special discounted rate. Certification exams accredited by Vital Research. National Board of Fitness Examiners Affiliate.

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