

take our survey and Get a Personal Trainer for Free!

WE WANT TO KNOW WHAT YOU THINK! BE ONE OF THE FIRST 50 READERS TO RESPOND, AND RECEIVE A FREE "PERSONAL TRAINER IN A BOX."

At *Let's Live*, we strive to stay attuned to our readers' interests and present the articles that will be most beneficial in their lives. We are therefore turning to you for your input. Please take a couple of minutes to complete the following survey. Your ideas, comments and opinions are greatly valued and go

a long way toward shaping *Let's Live*. Plus, if you are one of the first 50 readers to respond, we'll send you the Momentum Fitness & Weight Loss System (a retail value of \$100) for free!

Get a Personal Trainer for Free!

If you've ever wished you could have your own personal trainer, we've got the next best thing. The first 50 readers to submit their surveys will receive the Momentum Fitness & Weight Loss System from Breakthrough Health & Fitness. Each kit includes:

- » A Heart-Rate Monitor
- » 80-Page Nutrition and Lifestyle Program
- » 50-Page Workout Log
- » 6-Workout DVD Set
- » Web-Based Fitness Software
- » 2 Motivational CDs

This complete user-friendly system (which retails for \$100) helps you to break through weight-loss and fitness plateaus by using interval-training techniques that can cut your exercise time in half. The heart-rate monitor, a wristwatch-style with chest band, helps you get the most from your workout.

The instructional DVDs and music CDs make it easy to get started and stay motivated. For more information, visit www.momentumfs.com.

NOTE: We assure you that your answers will be kept in strict confidence. The editorial-oriented responses will be used only to help us customize the magazine to better meet your needs and interests; the shopping/personal-oriented responses will be used only to obtain statistical data related to your unique activities and preferences.

