

american FITNESS

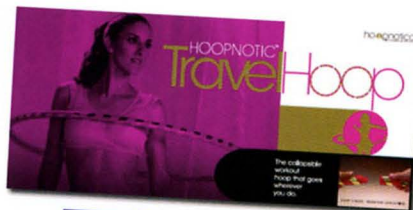
November/December 2009 \$4.50

HOLIDAY GIFT GUIDE



THE HEALING SEED SKIN CARE

For soft skin that lasts through fall and winter, the body lotion in fresh jasmine and the hand cream in spring lavender are ideal choices. Both are 100 percent vegan, paraben-free, and contain no artificial colors or perfumes. Available at www.healingseed.com.



HOOPNOTICA® DELUXE STARTER KIT

For those who like to work out and play at the same time. Comes with a fitness TravelHoop that can be assembled and disassembled for storage and transport, a coordinating HoopStrap for carrying, beginning level 1 and 2 DVDs, and HoopMix Volume 1 and 2 CDs. Available at www.hoopnotica.com.

ECO-YOGA MAT BY NATURAL FITNESS

Perfect for the environmentally conscious yogi. This reversible and non-allergenic mat is free of PVC, cadmium, lead and phthalates. Available at www.naturalfitnessinc.com.



DESIGN-HER GALZ™ CALLING CARDS

Take personalized stationery to a new level with these calling cards. Create a likeness of a friend or family member, from the career or hobby right down to the signature shoes. Choose from a selection of characteristics (females and one male choice available) and even include that staple motto. Order at www.designhergals.com.

BANGLZ BY FITNESSWEAR

Fitness in fashion disguise. These ankle and wrist bracelets look like jewelry but act as weights, packing an added punch to everyday life. They come in a variety of solid colors and prints. Choose between 1/2- and 1-pound weights. Available at www.banglz.com.

