

TIRED OF CHICKEN? 25 WAYS TO MAKE OVER THIS DIET MAINSTAY

Oxygen

ROBERT KENNEDY'S
WOMEN'S FITNESS

get lean by July 4th

BY WORKING OUT ON
YOUR LUNCH HOUR

Picture Perfect Skin
say goodbye to pimples,
bags, lines, and veins

**STRETCH
YOURSELF SLIM**

8 simple ways to lengthen
and strengthen your muscles

**TIGHTER
GLUTES**
are just **15 MINUTES** away



Heart Attacks Under 40
Are you at risk?



WHAT'S NEW IN FITNESS

A LOOK AT THE NEWEST VIDEOS, SUPPLEMENTS, AND GADGETS THAT THE FITNESS WORLD HAS TO OFFER



KERNEL SEASON'S Zero-fat and Lo-Cal Seasoning Makes America's Favorite Snack Food

Kernel Season's gourmet popcorn seasoning line is proud to offer consumers a brand new way to make their popcorn, meals and snacks come alive with the flavor. Kernel Season's fans can enjoy dressing their popcorn with mouthwatering flavors. The flavors include: White Cheddar, Nacho Cheddar, Parmesan & Garlic, Ranch Sour Cream & Onion, Jalapeno, Barbecue, Cajun, Apple Cinnamon and Chocolate Marshmallow. All varieties excluding Parmesan & Garlic are certified Kosher. Kernel Season's appeals to all age groups not only because of its tantalizing flavors, but also because of its healthy eating benefits such as:

- 100% All natural
- No fat
- Two calories per serving
- Reduced Sodium
- No MSG
- Zero points on Weight Watchers

Kernel Season's is available in the popcorn aisle of your local grocery store or online at www.nomore-nakedpopcorn.com. Suggested retail price is \$2.99.