

FUEL YOUR LIFE

AT HOLIDAY TIME OR ANYTIME, YOU CAN GIVE AN IMPORTANT GIFT: A ROUTE TO GOOD HEALTH. PHYSICAL ACTIVITY CAN HELP ANYONE LOOK AND FEEL BETTER. IN FACT, THE DEPARTMENT OF HEALTH SAYS ALL ADULTS SHOULD EXERCISE AT LEAST TWO AND A HALF HOURS A WEEK. FORTUNATELY, THERE ARE LOTS OF FUN, NEW WAYS TO EXERCISE. FOR EXAMPLE, YOU CAN GET CARDIO EQUIPMENT THAT PROVIDES TOTAL-BODY WORKOUTS. CHOOSE FROM STANDING OR SEATED ELLIPTICALS, LATERAL MACHINES, TOTAL-BODY CROSS-TRAINERS, AIR BIKES OR THE NEW ZERO RUNNER FROM OCTANE FITNESS, WHICH LETS YOU RUN WITHOUT ANY IMPACT. MACHINES THAT PROVIDE COMBINED STRENGTH AND CARDIO ROUTINES CAN BLAST CALORIES BOTH DURING AND AFTER EXERCISE SESSIONS. MULTIPLE PROGRAMS, INCLUDING ULTRAEFFICIENT, HIGH-INTENSITY INTERVAL TRAINING, CAN HELP YOU GET AND STAY FIT. YOU CAN ALSO GET A FREE APP THAT CREATES CUSTOMIZED, THIRTY-, SIXTY- OR NINETY-DAY REGIMENS BASED ON YOUR GOALS, TRACKING YOUR PROGRESS AND PROVIDING HELPFUL COACHING TIPS ALONG THE WAY. LEARN MORE AT OCTANE-FITNESS--DOT--COM.