

Burn Holiday Candy Calories *Before* you Eat Them

The average American eats 10-12 pounds of chocolate a year. The average Swiss eats 21 pounds a year. Who is more overweight? The average American! The Swiss, who enjoy their wintery climate with a variety of snow sports, have learned to take advantage of the cold winter months for play, rather than hiding inside.

Contact us for exclusives, your particular needs, and last-minute ideas.

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Turn bleak winter into a joyful season!

- Learn balance, coordination, and other exercises to do *inside* so you look great out and feel confident outside.
- The best winter activities to share with your kids to get them outside
- Comfortable clothing and gear to keep it fun *and* inexpensive
- Play your way to fitness
- Busy parents: You can stay fit this winter!

Visuals

- Demonstrating balance and other exercises with the stability ball & Bosu
- Demonstrating snowshoes, skis, snowboards, and other sports equipment
- Demonstrating the latest gear: Boots (ski and other), coats, other winter clothing
- Successful dressing in layers,
- Lasagna, a glass of wine, and a piece of cheesecake equal one hour of cross-country skiing!

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Year-round bicycling fun!

- 8 tips to stay in shape for next summer's riding
- Secrets of getting back in your best biking shape
- Find the right bike shop and buy the right bike
- Store your bike right in the fall and it will treat you right in the spring
- Carbs rule! How to put bread and pasta back in your diet again

Visuals

- Quick bike repairs even you can do
- What every rider should carry
- \$25,000 bicycle: What you got for your money

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Rediscover how much fun basketball is!

- Learn what childhood game can help you burn close to 900 calories – that's 6 candy bars!
- The perfect game: Your kids will *beg* to shut off the TV and computer
- Conquer *your* fitness challenges with the same fitness plan author Christopher Bibey used to beat thyroid cancer
- The latest game in meeting men: More than one way to win!

Visuals

- Basic moves anyone can do
- Look hot, play hot: Selecting the right gear for you
- Easy exercises to get ready for the court