

FOREVER FIT: INSPIRING WAYS TO STAY VITAL, STRONG AND HAPPY FOR THE LONG HAUL.

# EXPERIENCE LIFE

Whole-Life  
Health & Fitness

Healthy. Happy. For Real.

July/August 2008 | \$4.95

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# Fit for a Lifetime!

Feel Fabulous at Every Age

**4** Ways  
Your  
**EATING  
HABITS**  
May Be  
Aging You

**Julie Foudy**

Lifelong Fitness Advocate and  
Women's Soccer Ambassador

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July/Aug. 2008 \$4.95



**LIFETIME  
FITNESS**

Your answer to a healthy way of life.

Inside Out Health & Beauty Bits



## Real Food

WE DON'T RECOMMEND skipping real meals, but when it can't be avoided, you can do yourself a favor by choosing tide-me-over snacks that are as meal-like as possible. Instead of reaching for candy or chips, try grabbing one of ProBar's whole-food meal bars. Each contains a minimum of 15 organic unprocessed ingredients and is packed with protein and fiber. The real-food foundation consists of oats and peanut or almond butter without any added stabilizers. They're also relatively low in sugar (only 22 grams per bar), so you won't get the inevitable spike and crash of more processed foods. The flavors include familiar combos (apples and cinnamon, banana and nuts) and wilder combinations like the "superfood slam" (açai berries, dark chocolate and live greens). About \$3 a bar at your local natural grocery; order by the case from [www.theprobar.com](http://www.theprobar.com).

PHOTOS: JOHN MOWERS/UNLEASHED PRODUCTIONS

# Go the Distance

Products that protect and nourish you for the long haul.

## Curry Favor

SOMETIMES CALLED the "aspirin of Asia," turmeric is a tasty and pungent spice that also boasts powerful healing properties. Curcumin, the pigment that gives the spice its bright color, has proven antioxidant and anti-inflammatory effects. It has been shown to have therapeutic benefits for people with cystic fibrosis and arthritis, and may curb multiple forms of cancer. Research also indicates that the compound may help clear Alzheimer's-related plaques from the brain. (India, where turmeric-rich curries are a daily staple, has some of the lowest Alzheimer's rates in the world.) **We like Simply Organic's strict quality guidelines, its active recruitment of family growing operations, and its policy of returning 1 percent of profits to organic-farming causes. Find their turmeric and other spices at your local natural grocery for about \$4 a bottle. See [www.simplyorganicfoods.com](http://www.simplyorganicfoods.com) for more on the company's healthy mission.**



## Turn Purple

THE RICH BLUEBERRY-CHOCOLATE flavor of açai berries, combined with their astounding nutritional content (more antioxidants than pomegranates, along with a healthy dose of omega-3 fats and a low sugar content), has made these purple wonders an instant favorite among the health conscious. But açai's popularity has threatened rainforest regions in its native Brazil, where some enthusiastic harvesters have been less than conscientious about their effects on the local populations and ecosystems. To counter those effects, Sambazon founded the "Sustainable Açai Project" to promote local economic health, as well as sustainable harvesting methods. Not only do their business practices feel good, but their delicious açai smoothies contain supergreens and acerola to bolster energy, immunity and stamina. That feels good all over! Find Sambazon smoothies, sorbets and other products at your local natural grocery for about \$4. Learn more about the Sustainable Açai Project at [www.sambazon.com](http://www.sambazon.com).

