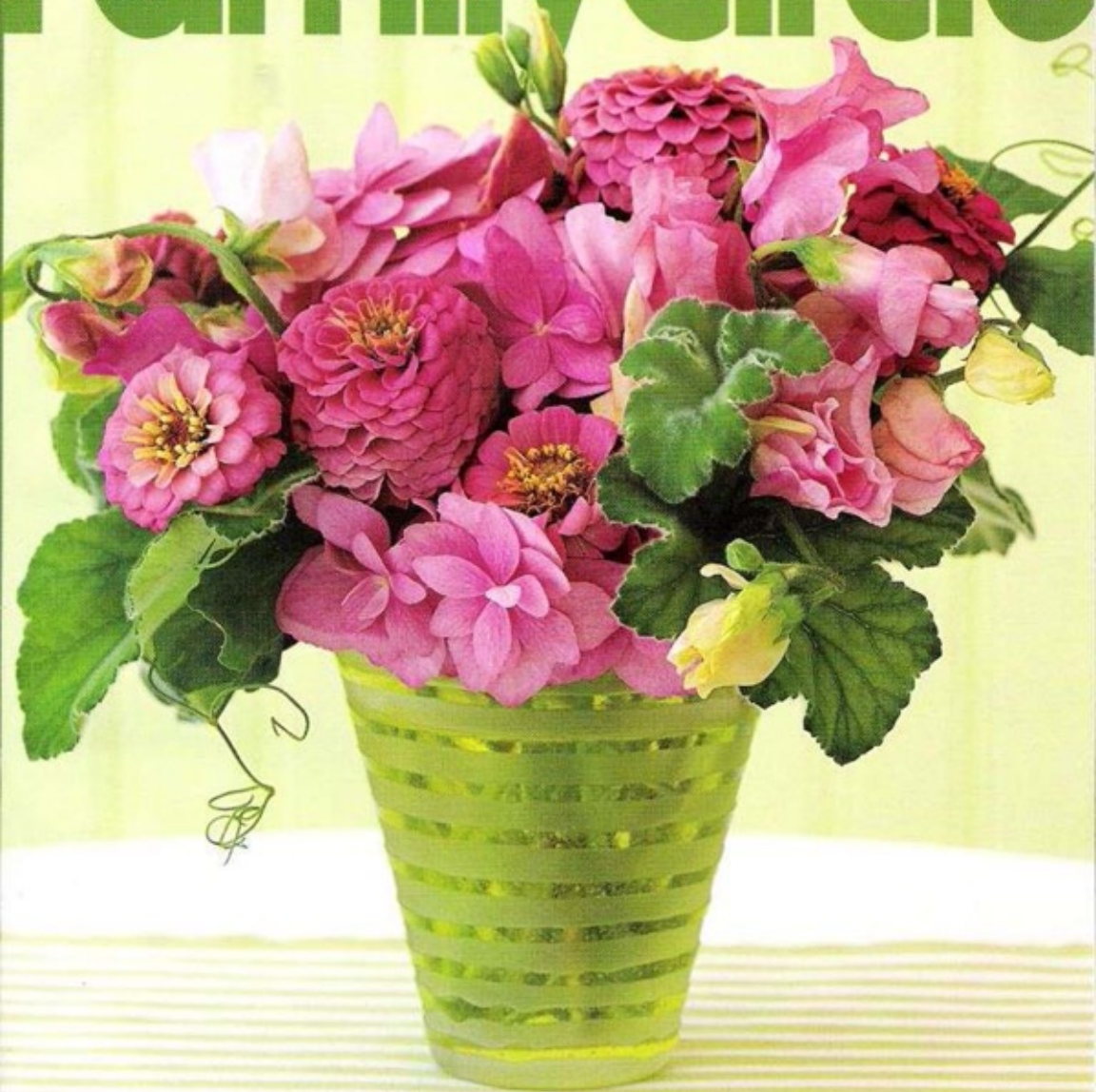


SEPTEMBER 2007

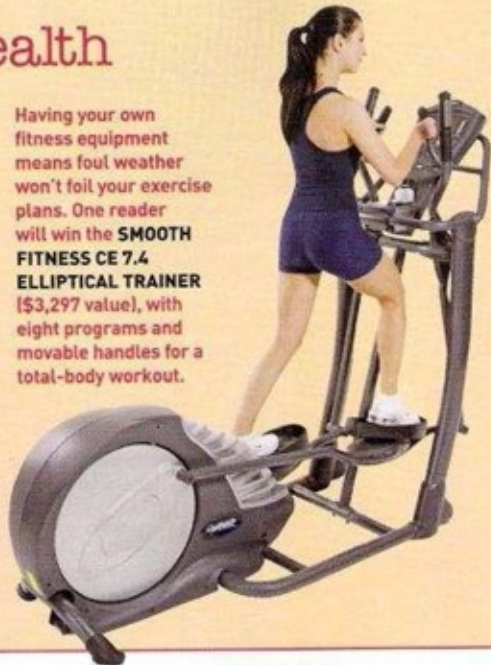
# FamilyCircle®



**QUICK & EASY ORGANIZING  
HELP YOUR TEEN HANDLE STRESS**

**LIFESAVING HEALTH TESTS**

Having your own fitness equipment means foul weather won't foil your exercise plans. One reader will win the **SMOOTH FITNESS CE 7.4 ELLIPTICAL TRAINER** (\$3,297 value), with eight programs and movable handles for a total-body workout.



Transition lenses are photochromic, which means they're clear indoors and automatically darken to block 100% of UVA/UVB rays when you step outside. Five readers will receive an eye exam and get to pick out **FRAMES FITTED WITH TRANSITIONS OPTICAL LENSES** at JCPenney (up to \$500 value).

## HEALTH BENEFITS

win it!

HERE'S \$12,635 WORTH OF GIFTS TO HELP YOU AND YOUR FAMILY SLEEP BETTER, STAY FIT AND LIVE LONGER.

Log on to [familycircle.com/win75](http://familycircle.com/win75) to enter. See page 272 for details.

Boost your intake of disease-fighting antioxidants with **ODWALLA SNACKS**.

Fifty readers will win three bars and coupons for a 15-ounce PomaGrand pomegranate juice, rich in anthocyanins, shown to help guard against urinary tract infections, and a 64-ounce Odwalla juice (\$25 value).



Start seeing more clearly. Three readers will win a year's supply of **1-DAY ACUVUE MOIST LENSES** (\$396 value). The disposable contacts use new technology that retains moisture to keep your eyes feeling refreshed and comfortable all day.

Cross trainers are the jack-of-all-trades of sneakers. You can wear them for everything from an aerobics class or a workout DVD to a jog around the block. Twenty readers will win a pair of these lightweight **NEW BALANCE 747 CROSS TRAINERS** (\$70 value).



A pillow that's too old can cause neck and back pain. Lay your pillow over your forearm. If it drapes down on either side of your arm, it's worn out. Seventy-five readers will win the **BEYOND DOWN PILLOW** (\$40 value), which is filled with a superfine polyester fiber that feels like luxurious goose down but is hypoallergenic.