



[Find A Copy](#) | [Subscribe](#) | [Store](#) | [Advertise](#) | [About](#) | [Contact](#)



Austin, TX  
78.0°  
[More »](#)



[Features](#)

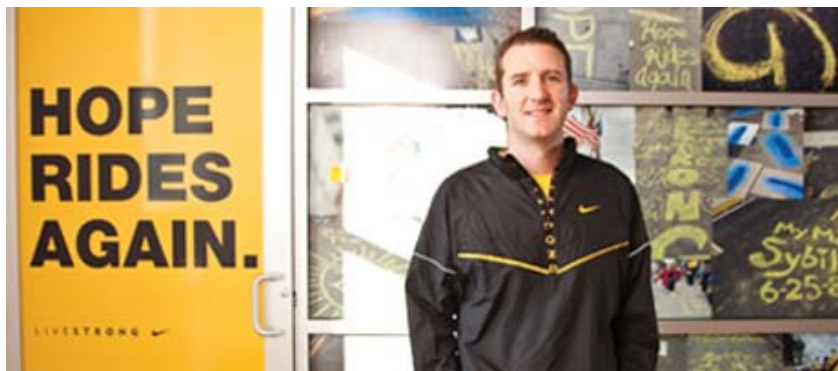
[Reviews](#)

[2010 / April / Lifestyle / Features](#)

Faces of Fitness Philanthropy



by Drex Earle  
Editor-in-Chief



Doug Ulman, Lance Armstrong Foundation (LAF)

Photo by: Brian Fitzsimmons



1 of 5



5 notable non-profits who make health and fitness part of their mission.

Fitness and philanthropy are no doubt a potent mixture, particularly in a city as active as Austin. No matter who you are – even if you’ve only lived here a few months – you’ve likely seen it at work. The marriage of road races and local non-profits are probably the most poignant examples. Virtually every weekend there’s a 5K or community bike ride built to raise money for an impassioned cause, giving Austinites a chance to get out, be active and give back all at the same time.

In fact, the Austin health and fitness community has become more or less defined by this clever juxtaposition of fun, family-friendly fitness events and city-wide generosity for a variety of local non-profits. For example, the Susan G. Komen Race for the Cure, easily the largest fitness event all year, is also a mammoth fundraiser for breast cancer research and survivorship. The Silicon Labs Marathon Relay, the hallmark fundraising event for Junior Achievement, has generated hundreds of thousands of dollars for kids seeking practical, real-world experience outside of the classroom. And the Ride Across Texas, a celebrity extravaganza with a growing following, exists solely to raise money and awareness for children with disabilities. The list literally goes on and on.

While philanthropy as an off-shoot of fitness events has become more or less ingrained in our local culture, the downside is that it’s also become a foregone conclusion of sorts. Yet there are several non-profits who refuse to take Austin’s community of “active giving” for granted; and in turn, have elevated the concept of fitness

philanthropy to new heights. Using health and fitness as a veritable platform for their initiatives – rather than serving merely as beneficiaries of local races – these organizations are not only promoting active lifestyles every day, but many are leading fitness revolutions all by themselves.

Fortunately for us, there are plenty of notable non-profits in Austin that fall into this category; in fact, too many to cover in a single issue. So, this month, we've decided to focus on five that truly inspire us. To get a better sense of how each organization came into being, what makes each tick and where they see themselves in the health and fitness landscape, we went straight to the source by speaking to the people who run them.

As fitness philanthropy keeps evolving and non-profits continue to incorporate health and fitness into their programs, look for these individuals (and their respective organizations) to be leading the way...or at the very least, at the front of the pack.

#### DOUG ULMAN

Lance Armstrong Foundation (LAF)

Founded and inspired by Lance Armstrong – the local sports hero whose survival from cancer continues to captivate people from all walks of life – the LAF has become one of the most progressive, influential, well-funded and furthest-reaching non-profits in the world. Founded in 1997 and headquartered in Austin, the LAF spreads awareness and provides global support to more than 30 million people affected by cancer.

Doug Ulman, a three-time cancer-survivor himself, and the current president and CEO of the LAF, knows all too well the challenges a cancer diagnosis presents.

“I was diagnosed the summer after my freshman year in college,” he says, “and it was something I never expected. Needless to say, I've been fighting it ever since.”

Diagnosed three times by the tender age of 20, Ulman found himself struggling with the implications of living with cancer at such an early age, not to mention frustrated by the lack of resources and literature for young adults affected by the disease.

“I couldn't find information or support programs that addressed the myriad of issues I had to deal with, like questions about nutrition, physical activity, relationships and dating, the emotional upheaval of facing my mortality or a return to the classroom, among other concerns,” he says.

So he decided to take matters into his own hands, and with the help of his family, created The Ulman Cancer Fund for Young Adults, a successful non-profit which caught the attention of a Tour de France winner who was battling cancer himself.

As Ulman recounts it, on Oct. 30, 1997, he received an e-mail from a guy he didn't know named Lance Armstrong. A fellow survivor, Armstrong had read Ulman's story in the Brown University alumni magazine.

“I'll never forget, at the end of Lance's e-mail, he wrote, ‘We're the lucky ones. Let's try to find a way to work together and change the world,’” Ulman says. “Little did I know that that e-mail would change my life.”

Since coming aboard the LAF as director of survivorship in 2001, Ulman has helped steward a strong culture of health and fitness within the organization, one in which being active is not only synonymous with surviving cancer, but an important aspect of working for the LAF.

“We're committed to implementing workforce policies that ensure healthy lifestyles and access to the best care for all our employees,” Ulman explains. “This commitment has actually granted us the CEO Cancer Gold Standard accreditation from the CEO Roundtable on Cancer.”

For example, LAF employees enjoy yoga classes in an on-site gym, access to bike-sharing opportunities, involvement in hands-on community service activities and visits from compelling speakers who sound off on

healthy living tips.

Outside of the workplace, the organization has been keeping Austin fit through its LIVESTRONG Challenge Series, their signature fundraising event where individuals ride, run or walk in the fight against cancer. Since its inception 13 years ago, the event has raised more than \$60 million for the cause and spread successfully to three more cities – Seattle, San Jose and Philadelphia.

Inherent in the mission to inspire and empower those affected by cancer, Ulman has found regular health and fitness plays and often underestimated, yet critical role. This theme is clearly evident in the LIVESTRONG Challenge Series, but also the LAF's Team LIVESTRONG, where people participate in their own walks, runs, rides or triathlons while raising funds and awareness. This year, Team LIVESTRONG will participate in 14 events internationally and according to Ulman, "they are wonderful opportunities to support those living with cancer, while also challenging people to take care of their bodies and change their lives for the better."

Finally, the LAF has partnered with Demand Media to build LIVESTRONG.com, a Web site full of health-related information from a wide range of sources, and a proactive way to have a daily conversation about being healthy and living an active lifestyle.

"My team is incredible," Ulman says. "The individuals who work at the LAF have an unmatched passion for impacting the world around them. And I believe we all have an obligation to bring positive change to our communities and our world."

More about Doug:

- Ulman has participated in ten marathons, including a 100-mile marathon in the Himalayan Mountains.
- He appeared on more than 15 million boxes of Wheaties Energy Crunch as an American Everyday Hero.
- In 2003, Ulman was selected as the Austin Under-40 award winner in the healthcare category.
- He currently sits on the executive board of the Ulman Cancer Fund for Young Adults and is a founder of the LIVESTRONG Young Adult Alliance.

Q&A:

Who or what inspires you professionally? Personally?

Every day, I am energized by stories I hear from cancer survivors – both uplifting and heartbreaking. The more I realize my ability and imperative to affect change, the less willing I am to live with the status quo.

What do you do to stay in shape?

I work out six days a week. A typical week includes three or four runs of various lengths, one day of spinning/riding and one or two days of functional/core/gym time (typically a Platinum Fitness Workout). I also try to play soccer and golf on the weekends, with a yoga session here and there. During a good week, while I'm in town, I also squeeze in a "Train 4 the Game" workout at our office – which is a phenomenal way to end the day.

How healthy is your diet?

I must admit my diet is not entirely healthy, but I try to eat things in moderation. Since I was diagnosed with cancer, I make it a point to load up on anything orange and all things dark green. I tend to drink carrot juice each morning and I love spinach at all times of the day. Other than that, I try to hit a healthy balance which always includes a lot of fruit and smoothies as well.

Get Involved:

{1} Get Informed. Check out [livestrong.org](http://livestrong.org) to see what they're about. You can go there to read stories of survivors, find LIVESTRONG leaders in your area and learn more about how you can be a part of what they are doing at the national and global level.

{2} Get Connected. Read their blog at [livestrongblog.org](http://livestrongblog.org) and follow them on Twitter for updates: @livestrong, @LIVESTRONGCEO and @lancearmstrong.

{3} Get Active. Join them in their fight against cancer. You can run, bike or walk in the LIVESTRONG Challenge, send an email to your elected officials in support of important legislation or check out [livestrongaction.org](http://livestrongaction.org) to learn how to host a LIVESTRONG Action event in your own neighborhood to engage others in the fight.

Visit the web site: [livestrong.org](http://livestrong.org)

### ALISSA MAGRUM

#### Communities in Schools (CIS)

Reaching more than 36,000 students and family members agency-wide, Communities in Schools (CIS) has become the pre-eminent leader in keeping kids in school. Whether it's through improved grades and test scores, better attendance or superior behavior in the classroom, CIS has proven its formula works.

Ninety-nine percent of CIS students served intensively manage to complete their school year and 89 percent are promoted to the next grade, two very impressive achievements by any empirical estimation. But as we recently learned from Alissa Magrum, director of volunteer services and community partnerships, CIS is also in the business of keeping kids fit.

"We strongly encourage our students and their families to make healthy lifestyle choices, and a great example of this is the CIS Family Fitness and Field Day Event planned for Saturday, May 1st," she says. "We expect more than 300 participants and the event will get everyone moving and more active, aptly ending with a healthy picnic meal."

This is just one quick example of how, with Magrum's help, CIS has begun to employ health and fitness as a core principle in its outreach. Take the non-profit's involvement in the Mayor Fitness Council, the establishment of Team CIS for the Austin Marathon (which in three years has brought in almost 1,000 donors and more than \$60,000) or its partnership with *jk livin'* which brings health and fitness classes to Austin area high schools, and you begin to see a pattern. All are illustrations of how health and fitness is gradually becoming an extension of what CIS already does.

"More than 350 CIS students are currently engaged in health and fitness activities," Magrum says. "These activities range from yoga and soccer clubs to running and even ballet. Most programs also include a nutrition component and we strive to provide our students healthy and nutritious snacks and meals."

To this end, Magrum has joined forces with several well-known, health-conscious community partners including Meals on Wheels and More, Clif Bar and the Capital Area Food Bank, among others. She hopes to add Jason's Deli to the list soon.

According to Magrum, health and fitness programming is an important vehicle CIS uses to help students improve their self-esteem and social skills, deal with mental health issues and develop healthier habits that will last a lifetime.

"These improvements all translate into greater achievement and improved success in school," she explains.

An avid exerciser herself, Magrum has competed in triathlons, marathons and everything in between. And she's had a special interest in nutrition over the years, after discovering her daughter's allergy to food dye.

"Ella's allergy and my desire to teach her about making healthy food choices has certainly made me a healthier person," she says. "I'm even flirting with vegetarianism and am trying to live an artificial food dye-free life, but it's tough. Dye is everywhere!"

Whatever the method, Magrum has found creative ways to incorporate her passion of health and fitness into what she does every day. And CIS as an organization, as well as the lives it touches every day, are no doubt better off

for it.

“Professionally, I’m motivated by people who search their souls for their passion and then harness that passion to make a difference,” she says.

More About Alissa:

- She first became involved with the organization when she did a year of service as an AmeriCorps\*VISTA with CIS in Ardmore, Oklahoma.
- Magrum is also the co-founder of a non-profit called Got2Give (got2give.org).

Q&A:

Who inspires you personally?

Personally, I’m very inspired by the resilient kids I work with at CIS and my 4-year-old daughter. I’m a kid at heart and I want that “I can skip anywhere I want to” attitude. I’m also inspired by athletes who commit to a goal, train for it and then achieve that goal.”

What do you do to stay in shape?

I run, I bike, I swim, I do triathlons and adventure races. I kayak. I coach my daughter’s soccer team and chase her around the park. I go to the gym and do push-ups, pull-ups and lots of Moe Rocks. I love to work out hard in the sand pit at the HIT Center of Austin. I will try just about anything physical if it benefits a charity or cause that I believe in. Basically, I keep moving most of the time and usually talk while doing it.

How healthy is your diet?

I would say it’s pretty healthy. I eat lots of fruit and veggies but my dietician says I can eat even more. I will admit that I probably eat too many Clif/Luna bars or my new favorite (locally-made) Oatmega bars. Overall, I’m a pretty darn healthy eater. I do have a slight addiction to peanut butter but I’m trying to make the switch to almond butter.

Get Involved:

{1} Volunteer with Communities In Schools Of Central Texas. Our greatest need is for ongoing volunteers to spend time with our students but we have a wide variety of one-time and volunteer opportunities as well. Austinites reading this magazine can easily join Team CIS and put their athletic passions to good work.

{2} Make a Financial or In-Kind Donation to Communities In Schools of Central Texas.

{3} Call (512-464-9724), Email (amagrum@cisaustin.org), Follow us on Twitter (@ciscentraltx or @alissaruns26) or Visit [www.cisaustin.org](http://www.cisaustin.org). We can sit down (or go for a run) and find the right opportunity to plug you, your friends, your company, your church and your family in with CIS. We have programming on 55 public school campuses and 6 public housing sites in Central Texas. There are so many ways to get involved.

Visit the web site: [communitiesinschool.org](http://communitiesinschool.org)

**BAKER HARRELL**

ACTIVE Life Movement (ALM)

Research tells us that if current trends continue over the next 20 years, almost 90 percent of our adult population will be overweight or obese. No doubt a staggering, daunting and frightening statistic. But what’s more troubling is the seeming lack of urgency many Americans have about changing course. When you consider the health care crisis we’re already facing and that many experts admit we’re now at a point of no return, it’s abundantly clear that something must change.

Thankfully, there are a number of brave individuals who have made it their life’s work to attack this obesity

problem head-on, pushing everyday to create a healthier future for us all. Baker Harrell, founder and executive director of The ACTIVE Life Movement, is one of those courageous people.

Through the organization he founded back in 2004, Harrell has been working to spark and organize a national social ethos for healthy living. A doctoral candidate at the University of Texas at Austin who specializes in new media, health marketing and social movements, Harrell and his team have been focused on a bold, innovative and revolutionary approach to behavior change and lifestyle modification. The best way to characterize it is simply as a “movement.”

By building a community of change agents, and connecting them with resources and opportunities to create and advocate for active lifestyle change, ACTIVE Life Movement is building the first-of-its kind, social movement for health.

“Our social movement model is totally unique in our field,” Harrell says, “and we believe it’s the only approach that hasn’t been adequately applied to the crisis. Our model enlists, equips and unites people and places to demand and create a healthier future for their friends, families, communities and the country. To us, the best solution is healthy culture change — in essence, a new societal standard as it relates to overall health and fitness.”

Clearly, the operative word in the ACTIVE Life Movement is “active,” an intentionally broad term designed to put power back in the hands of regular people. Broken into three dimensions – “move” (exercise), “fuel” (nutrition/healthy eating) and “honor” (community building) – it’s essentially a growing ecosystem of activities, relationships and information, revolving around a single mission – helping people become more active.

Through ACTIVE Life events, block parties, programs and festivals, the organization reaches individuals, families, schools and businesses, both large and small. By signing up on the ACTIVE Life Movement Web site ([activelifemovement.org](http://activelifemovement.org)), anyone can become a member of the movement and gain access to a wealth of information on active events and resources.

Two very notable examples of ACTIVE Life initiatives are the Community Challenge Program supported by the Michael and Susan Dell Foundation and the upcoming Make the Movement Day (sponsored by H-E-B and Blue Cross Blue Shield), taking place on May 5th.

In the Community Challenge, high school students partner with local business professionals to create “squads” which work collaboratively, over the course of a school year, to improve the health of their social networks and create a project that will improve the health of their community. Those students who do well in the program are eligible to win college scholarships.

ACTIVE Life’s Make the Movement Day on May 5th is a community-wide push for people to get active on a single day. They can log and track their own active “moments” online ([at makethemovementday.org](http://makethemovementday.org)), join other activities that interest them and share their experiences across their social network. The goal is to have a “moment” collective on one day which in turn becomes a movement.

“We love calling Austin our home because of its diverse community and its entrepreneurial and philanthropic nature,” Harrell explains. “We pilot and test many of our efforts in Central Texas before scaling them across the nation. Although we’ll serve more than 600,000 Texans this year, I imagine many of your readers have never heard of us.”

With a much-needed, ground-breaking approach to attacking the obesity problem and the growing support of his ACTIVE Life Movement, Harrell is certainly on his way to changing that.

More about Baker:

- Harrell’s father is a serial entrepreneur and his mother has worked for and managed a small non-profit in his hometown since he was very young.
- He experienced the transformative power of a healthy lifestyle firsthand. As an overweight child, Harrell suffered

daily ridicule and low self-esteem, but the adoption of an exercise regimen and healthy diet in elementary school changed his life.

- Harrell founded Youth InterACTIVE in 2004, which has evolved its scope, reach and brand to become the ACTIVE Life Movement.

Q&A:

What do you do to stay in shape?

I run or cycle most days of the week and work out with my team every Monday morning at Planet Fitness—love that place!

How healthy is your diet?

I am a pretty conscious eater—I primarily eat fish or poultry and lots of fruits and vegetables. And I drink loads of water.

Get Involved:

{1} Participate in our upcoming Make the Movement Day initiative online ([makethemovementday.org](http://makethemovementday.org)) by creating your own “Moments” of health and sharing those Moments with their friends and co-workers. We’re hoping Austinites will help us reach our goal of 30,000 healthy “Moments!”

{2} Promote our free Partner System tool to schools, childcare centers and community organizations in their surrounding communities. This free tool is available through our website: [activelifemovement.org](http://activelifemovement.org).

{3} Attend or volunteer at our free, community-wide ALM Festival on Saturday, May 8th, at The Burger Center. We produce this event each year in conjunction with AISD and it’s one of Texas’ largest health-oriented events for families and youth. For all the details, please visit [almfestival.org](http://almfestival.org).

Visit the web site: [activelifemovement.org](http://activelifemovement.org)

## KAY MORRIS & MARINDA REYNOLDS

### Marathon Kids (MK)

Back in 1996, who would have thought Marathon Kids would be the health and fitness force it is today, operating in seven cities, serving more than 700,000 kids nationwide. Well, Kay Morris, founder and executive director of the non-profit probably couldn’t have even imagined the magnitude of its success.

Still serving as executive director, Morris, along with national program director Marinda Reynolds, have cultivated best practices of childhood fitness and nutrition into a simple, evidence-based program now widely known as Marathon Kids. A non-profit which was started right here in Austin.

The efficacy of their efforts have been due in large part to the elegance of Marathon Kids’ model, which works off a simple, straightforward marathon construct. Children are challenged to run or walk 26.2 miles over a six month-period, and to keep them motivated and accountable, each child is given a Marathon Kids Running Log where they color in each ¼-mile they complete. Additionally, they’re challenged to eat five servings of fruits and vegetables for 26.2 days every month.

For those who manage to complete the task, a final mile and award ceremony awaits, where each child shares their accomplishment with other Marathon Kids and the myriad of foundations and corporate sponsors who make the program possible.

“Because we’re six months in length, the children develop habits through their daily or weekly participation, and ultimately engage their parents,” Morris explains. “Then a circle is complete in which parents often provide healthier meals and encourage the children to continue their family exercise long after the program is officially over...and long after the children have earned their rewards.”

Currently offered to public and private elementary schools, as well as home schools and independent families, physical educators, classroom teachers and parents can all participate. And amazingly, the program is, and has always been free, thanks to generous contributions from foundations, national and local businesses as well as individual donors.

“We engage thousands of children across income streams, across ethnicities. Because we focus on inner cities, we hit our target market: those most vulnerable to type 2 diabetes and sedentary lifestyles,” Morris says. “We keep the program simple and accessible, so it’s immediately easy for a whole family, a school or a district to step into it.”

Morris, a tireless fundraiser, passionate advocate of Marathon Kids and well-known Austin personality, sees her role at the organization evolving into one that’s less hands-on.

“We’re very lean and mean and move fast when we need to,” she says. “But seriously, I’m most proud of building a small national headquarters, staff and board who offer creativity, empathy and improved structure to an idea that was begun by a slow, middle-aged, local runner.”

Q&A:

Who or what inspires you Personally and professionally?

The Lance Armstrong Foundation and Special Olympics. Personally, it would be the late Eunice Kennedy Shriver.

What do you do to stay in shape?

Walk. Swim. The Gym. Marinda plays rugby and runs.

How healthy is your diet?

Healthy. And we make sure to drink that daily glass of red wine.

Get Involved:

{1} Volunteer at a Kick-Off or Final Mile Medal Celebration by emailing [Charlotte@MarathonKids.org](mailto:Charlotte@MarathonKids.org)

{2} Go to [MarathonKids.org/volunteer](http://MarathonKids.org/volunteer) and look around.

{3} Come by our national office at 2512 S. I-35, Ste. 350 to volunteer.

Visit the web site: [marathonkids.org](http://marathonkids.org)

ANDREW WIGGINS

Young Men’s Christian Association (ymca)

TacklingThe way both children and families think about their health choices has always been a major goal of the YMCA, and now, with their new MEND program, the Y is using a more holistic approach to chip away at the sweeping childhood obesity epidemic. The acronym MEND stands for Mind Exercise Nutrition Do it and epitomizes the program’s initiatives, simple, proven outcomes from thousands of programs implemented in five countries world-wide.

Beginning overseas and enjoying much success there, MEND has recently teamed up with the YMCA of Austin to affect change on a local level and in the communities which need it most. Conducted at YMCAs throughout the area and offered free-of-charge, the program is designed for 7- to 13-year-old children. What makes MEND unique, however, is the program works to involve the whole family. Though children can learn the importance of eating healthy, the decision to act on that understanding and implement those choices is largely in the parent’s hands.

“Today, children receive tons of health messages while they are in school. But sometimes those messages don’t

translate to the parents,” says Andrew Wiggins, executive of program services for the YMCA in Austin. “Parents are the ones who do the grocery shopping, make dinner decisions, and plan physical activity outings for the family. So, a child can hear and understand what it takes to be healthy, but unless that child’s parent is also committed to a healthy lifestyle, little will change for that child.”

The 20, two-hour group sessions over a 10-week period, are family-oriented and group-based and stress the importance of long-term health goals. The curriculum is straight-forward and easy for both adults and kids to comprehend and remember, and the long sessions establish the commitment necessary for real change. Children and parents are shown how to make the right food choices by setting nutrition targets, showing proper portion sizes, and interpreting food labels properly. As opposed to making temporary eating choices, the program reiterates that the decision to make a complete lifestyle change takes commitment, education and understanding. “As we’ve all grown to know, there are no quick fixes to staying healthy,” says Wiggins. “Healthy lifestyles require regular physical activity and healthy eating over time. The MEND program shows families—children and their parents together—how to make dedicated lifestyle changes to improve their overall health.”

To keep the sessions more engaging and less like school or lectures, sharing and group discussions are required from both children and parents. “Adults and children feel comfortable about discussing their experiences openly and completely,” says Wiggins. “During many sessions, the participants learn as much from each other as they do from the actual curriculum and the MEND Mind and Nutrition Leader.”

Founded in 2004 in the United Kingdom, MEND has more than 320 locations throughout the world. Results found a statistically significant reduction in Body Mass Index and waist circumference of the participants, according to a study done from 2005 to 2007. The results also found higher levels of cardiovascular fitness as well as an increase in participants’ self esteem.

Partnering with 2500 YMCAs throughout the country, the program is working to make a national impact, one family at a time. “We are in a prime position to work together on a large scale. Over time, with financial backing, and through dedicated and trained staff, MEND has the opportunity to make a real impact in the obesity crisis,” says Wiggins.

Besides MEND’s backing from the YMCA of Austin, the program received a \$150,000 grant from the St. David’s foundation to implement nine programs in the area. MEND has also partnered up with the leading child obesity researchers in the state, Baylor College of Medicine, University of Texas and RTI International. The Foundation is currently building a coalition of strategic partners in the U.S., including foundations and endowments, government businesses healthcare providers and community organizations. Help from this coalition will subsidize MEND programs, which, in turn will help the most hard to serve communities.

#### Q&A:

Who or what inspires you Personally?

Personally, I’m inspired by my parents, my brother and my wife. My parents raised my brother and I extremely well. They were always there for us and still are today. We were afforded incredible opportunities, and I hope when I have kids that I can do as great a job as they did with my brother and me.

#### Get Involved:

{1} Volunteer your time at a YMCA of Austin special event or as a youth sports coach.

{2} Join a branch Committee of Managers as a volunteer.

{3} Help the YMCA of Austin raise money during our annual Partner of Youth campaign so that we can offer our programs to deserving children and families who may not be able to afford the full cost. In 2009, we provided more than \$1.7 million to more than 30,000 individuals so they could participate in YMCA programs regardless of their financial circumstance.

Visit the web site: [ymca.net](http://ymca.net)

RELATED ARTICLES

- [Swimsuit Guide 2009](#), May 2009 Issue
- [Ally Davidson: A True American Gladiator](#), June 2009 Issue
- [Joe Vitale Has Green on His Mind](#), April 2009 Issue



SUBSCRIBE

Subscribe Today!



12 issues for only \$25!

[Click here to subscribe now!](#)

NEWSLETTER

Sign up here to receive our newsletter! You'll get updates on what's in the new issue, and new articles on our website. Please enter your e-mail address below, or sign up a friend:

Enter your e-mail:

Submit

Health

- [> Features](#)
- [> News](#)
- [> Mind & Body](#)
- [> Prevention](#)
- [> Product Reviews](#)

Fitness

- [> Features](#)
- [> Muscle of the Month](#)
- [> Class Reviews](#)
- [> Product Reviews](#)
- [> Kick Mo's Butt](#)

Nutrition

- [> Features](#)
- [> Dietgrams](#)
- [> Recipes](#)
- [> Reviews](#)
- [Lifestyle](#)
- [> Features](#)
- [> Reviews](#)
- [Events](#)
- [> Today](#)
- [> This Week](#)
- [> This Month](#)
- [Archive](#)
- [> 2010](#)
- [> 2009](#)
- [> 2008](#)
- [News](#)
- [> Health News](#)
- [> Fitness News](#)
- [> Nutrition News](#)
- [> Lifestyle News](#)

[Subscribe](#)

[Store](#)

[Advertise](#)

[About](#)

[Contact](#)

Crackerdog Media © 2009.