

* FREE FLASH CARDS! WORK OUT EVERYWHERE *

SOBeFiT

A Healthy Body Starts Here

51

MOVES
THAT KEEP
SOUTH
FLORIDA
IN SHAPE

IT'S THE NEW YOU

DISCOVER THE LATEST IN FITNESS TRENDS, FROM YOUR TEENS TO 40+

**LOOK
GREAT NOW**
REAL LIFE TIPS FROM
DAISY FUENTES

GET YOUR
**MONEY'S
WORTH**
ON:

FAT BURNERS
GYM MEMBERSHIPS
ATHLETIC GEAR

**RUN WITH
POWER**

THE RONNIE BROWN WAY

**FOREVER
YOUNG**
HIGH MYTHS
AND FACTS

CHARLES NOLAN GOLD AND
SILVER SWEATSHIRTS \$160
EACH AVAILABLE AT INTERMIX
SOUTH BEACH

DAKLEY SUNGLASSES
\$75 AVAILABLE AT
WWW.DAKLEY.COM

Q LINK PENDANT \$279
AVAILABLE AT
WWW.QLINKPRODUCTS.COM

GUCCI SUNGLASSES
\$249 AVAILABLE AT
EYE Q OPTICAL
MIAMI BEACH

WATCH \$275

300 KEYCHAIN PRICE
FOR REQUEST AVAILABLE
1345 FIFTH AVENUE
BAL HARBOUR

MACQUEEN FOR PUMA \$285
SNEAKERS AVAILABLE AT
ADDICT BAL HARBOUR

WHAK SAK GYM BAG \$74.99 AVAILABLE AT WWW.WHAKSAK.COM