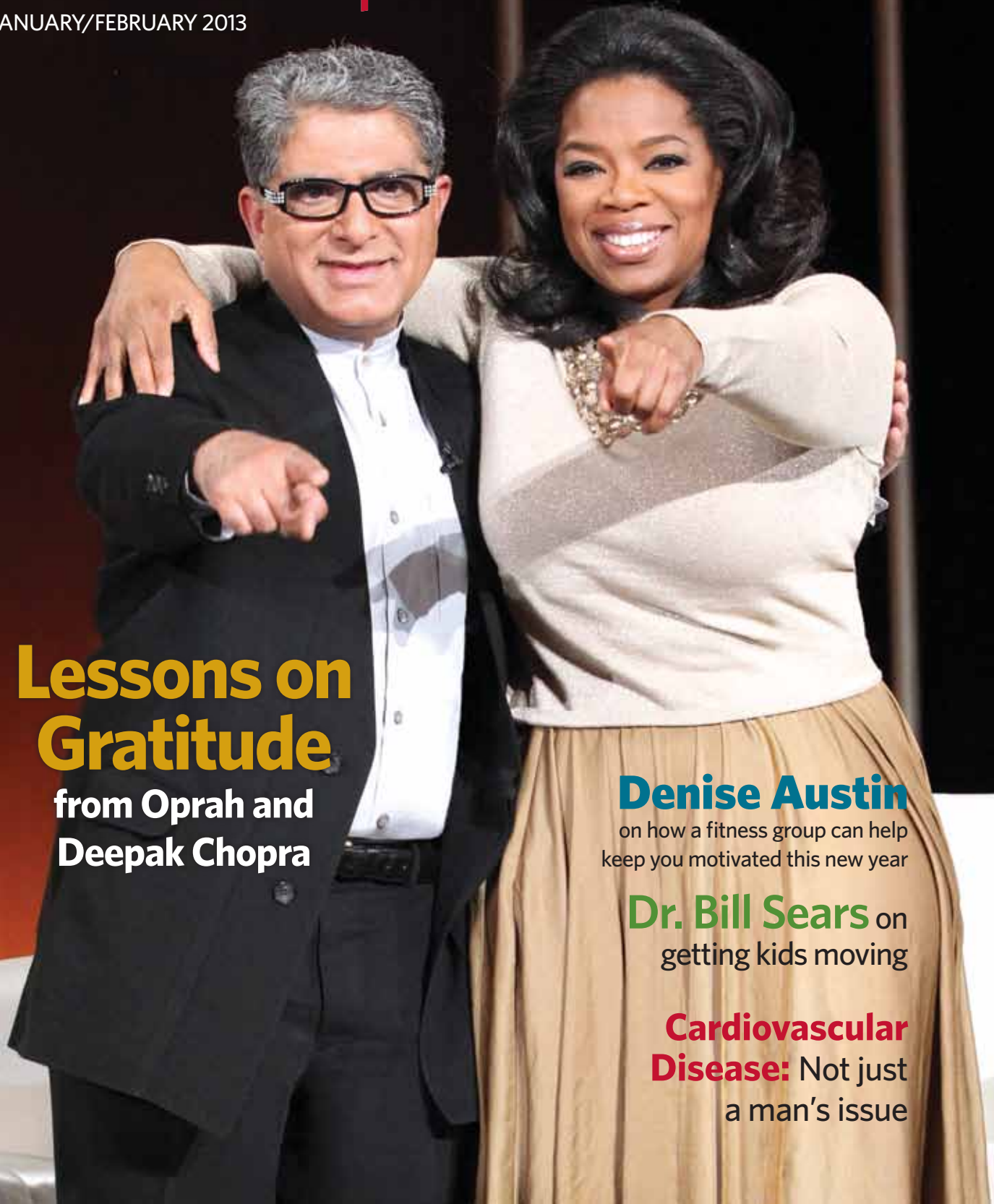


Healthy Living Made Simple

JANUARY/FEBRUARY 2013



Savings Made Simple



Lessons on Gratitude

from Oprah and
Deepak Chopra

Denise Austin

on how a fitness group can help
keep you motivated this new year

Dr. Bill Sears on
getting kids moving

**Cardiovascular
Disease:** Not just
a man's issue