

JUNE 2005

**Spend your money
on sports**

a **GEN A** publication

Rocky Mountain **Sports**

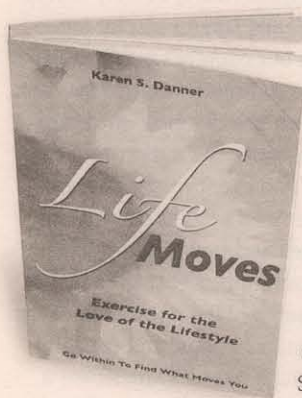
www.rockymountainsports.com



Just Do It
Ten not-to-be-missed

■ ■ ■ FITNESS ■ ■ ■

Enjoy Your Exercise



BOOK

Ever heard the old adage that your attitude determines your altitude? Author and lecturer Karen Danner believes that a positive attitude and self-awareness can transform the way we exercise. In her new book *Life Moves—Exercise for the Love of the Lifestyle*, Danner describes exercise as a vehicle to know ourselves and how we take action in life. She invites readers to explore and evolve their own vision, confidence

and motivation regarding physical wellness. She offers provocative questions, mental strategies and journaling tactics to squelch negative visions of working out in order to customize exercise for individual enjoyment and success. \$15.95. www.loveyourselfwell.com.

—Haley Olinger