

# YOU 24

THE POWER OF WHAT YOU CAN BE

»»» PREMIERE ISSUE

## LIVING STRONG

LANCE SHOWS YOU HOW

**52 IDEAS**  
**TO MAKE THIS YOUR**  
**YEAR OF CHANGE**

**6 WEEKS»» 15 POUNDS**  
(IT'S EASIER THAN YOU THINK)

**SAVE OUR KIDS**  
HELP US BEAT CHILDHOOD OBESITY

»»  
24 HOUR FITNESS  
MEMBERS  
LANCE ARMSTRONG  
AND SUPERMODEL  
DANIELLA SARAHYBA

Perfect breakfast »» Real heroes »» Killer abs »» Less stress »» More fun

# THE BEST YOU YET



# WHAT YOU DO WITH A RIPPED BODY IS YOUR BUSINESS. HOW YOU GET ONE IS OURS.



*With a complete line of products specifically focused on definition, energy, mass, recovery and strength, Fuel Sports Nutrition will take your workouts, and your body, as far as you want to go. And if you're like us, that means all the way.\**

Visit [www.Twinlab.com](http://www.Twinlab.com) for more information.

AVAILABLE AT



AND OTHER FINE RETAILERS WORLDWIDE.

As part of a healthy diet and exercise program, Fuel Sports Nutrition products can help you achieve your fitness goals.\*

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



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