

Experience Life
March 2011

EXPERIENCE LIFE

Being Healthy Is a Revolutionary Act

March 2011 / \$5.95

25

Ways to Make Time for Fitness

p. 60

Develop the "NOW HABIT"

p. 73

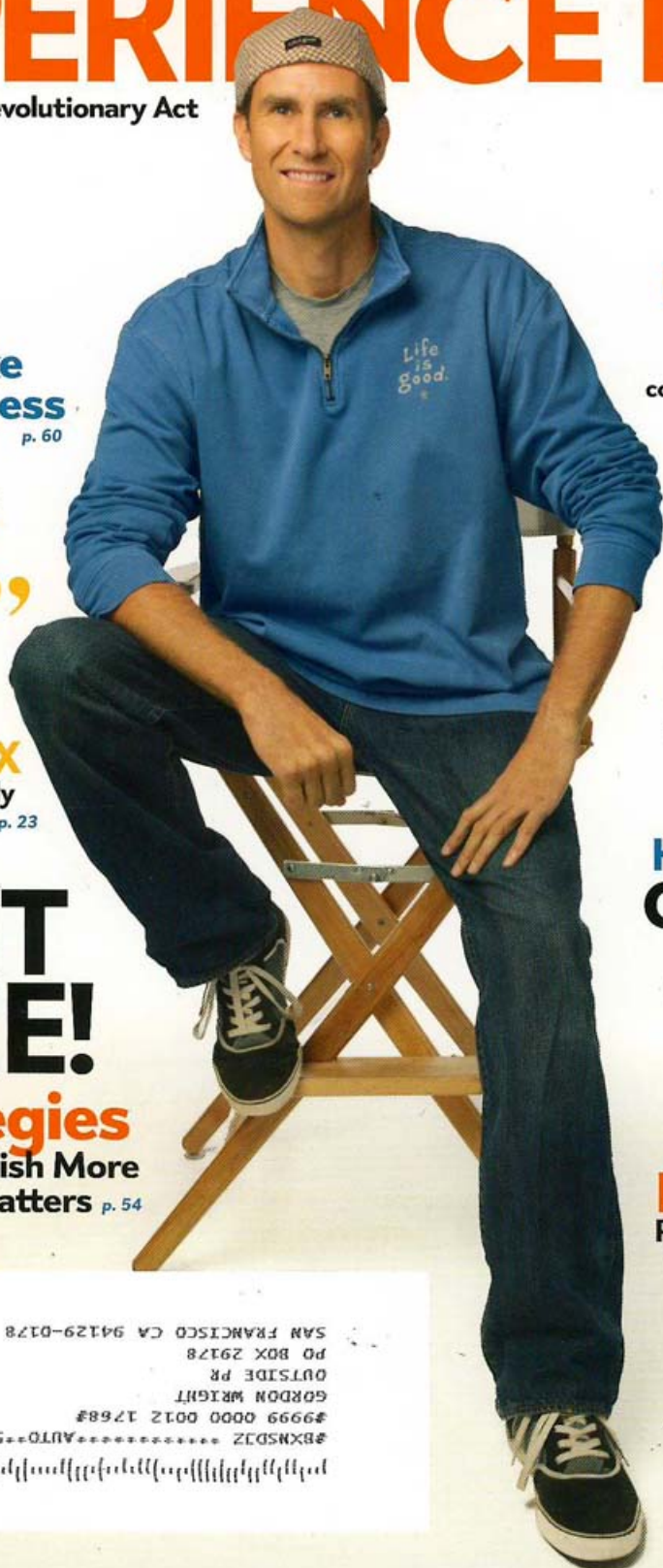
THE ART OF THE COMPLEX

Work Your Whole Body With a Single Weight p. 23

GET IT DONE!

6 Strategies to Accomplish More of What Matters

p. 54



FULL-TIME OPTIMIST

How *Life Is Good* cofounder Bert Jacobs found his calling
p. 14

3 FOOD SHIFTS to Make Today

p. 41

Conquer Home Office CLUTTER and CHAOS

p. 78

LENTILS

Protein-Packed Comfort Food
p. 46

8BXNSDJZ *****AUTO**5-DIGIT 94129
0274 #9999 0000 0012 1768#
GORDON WRIGHT P012 001297
OUTSIDE PR
PO BOX 29128
SAN FRANCISCO CA 94129-0128

LIFETIME
THE HEALTHY WAY OF LIFE COMPANY™

Experience Life Ryders Eyewear Drill March 2011

 FIT BODY / WORTHY GOODS

Defensive Maneuvers



Vision Quest

The sun isn't the only thing that gets in your eyes when you're working out outdoors — you've got dirt, bugs and branches to contend with, too. These light-sensitive, shatter- and scratchproof polycarbonate Drill glasses from Ryders's Adrenaline Collection protect your eyes when you're

cruising down that shady off-road trail or biking home after dark. Anti-slip nose pads keep them secure. They'll also tint in bright sun and filter 100 percent of UVA, UVB and UVC rays. Priced at around \$40, they're appropriate for your most risky adventures, on- or off-trail. www.ryderseyewear.com.



Postworkout Wonder

Tart cherry juice's ability to reduce muscle inflammation has made it a popular recovery tool among pro athletes. Keep a handful of these handy gel shots from FruitFast in your gym bag to speed your recovery from tough workouts. They're more portable than the juice and can be easier on the belly. \$20 per 20-"shot" box from www.brownwoodacres.com.

Best Foot Forward

According to one barefoot-running advocate, "The foot is the greatest disciplinarian. You can't overpronate, can't overstride. If you do anything wrong, the foot will tell you, 'Uh oh, don't do that.'" Still, if you're not ready to give up your running shoes, then the X-Talon 190 from Inov-8 might be the next

best thing. This ultralight barefoot cross-trainer puts only 3 millimeters of material between you and the ground, so your feet can always feel what they're doing. It'll help train your stride to land on the midfoot rather than the heel, better for long-term foot health. Great stability, comfort and stylish good looks make them fine for walking around town, too. \$110 at www.zappos.com.



Go With the Flow

Getting sweaty is good for you, but sporting damp, clammy clothes is not — it creates a breeding ground for fungus and can cause chaffing. This quick-dry Nike base layer nixes such problems. The fit is close but doesn't compress, so you have freedom to move. The back panel is more than 50 percent mesh for plenty of airflow and evaporation. Ideal for any temperature-ratcheting activities where you might want to shed some clothing — like running, biking or yoga in a hot studio. \$35 at www.nike.com.