

Get Your Body – and Bones – in Shape!

Now a new website allows YOU to train with Kathy Kaehler, fitness guru behind Hollywood's A-list celebrities, including Jennifer Aniston and Cindy Crawford – and download Kathy's exercises to your video iPod – *for free*

Log on to: www.WorkoutwithKathy.com to learn a variety of weight-bearing exercises to help maintain bone health and build your best physique.

• What is Weight-Bearing Exercise?

- Weight-bearing exercise is any type of activity that requires your bones and muscles to work against gravity while they bear your own weight, such as jogging, stair climbing, racquet sports, step aerobics, and strength or weight training.
- Your bones work harder and become stronger in response to the stress.
- Weight-bearing exercise is just as important as consuming enough calcium to help maintain strong and healthy bones.

• To help active people understand how they can incorporate weight-bearing exercise into their overall workouts, Propel Calcium and Kathy have developed a new online resource, www.WorkoutwithKathy.com.

On the site, you can:

- **Watch** Kathy demonstrate her innovative, weight-bearing exercises for every major muscle group.
- **Choose one of four video fitness routines** or **build a customized workout** around your favorite exercises, by workout type or body zone.
- **Download Kathy's exercise demonstrations to your video iPod for free** or print out Kathy's exercises to use at home or bring to the gym.

Watch Kathy Demonstrate Her Favorite Weight-Bearing Moves



Create a Personalized Exercise Routine by Workout Type or Body Zone



About Kathy Kaehler

Fitness Expert Kathy Kaehler is a fitness correspondent for *The Today Show*, *Fit Magazine* and MSNBC.com and has appeared on *The View* and CNN. A syndicated columnist for the *L.A. Daily News*, Kathy has appeared in *Self*, *US Weekly* and *People*. Author of *Kathy Kaehler's Celebrity Workouts: How to Get a Hollywood Body in Just 30 Minutes a Day* (Broadway Books 2005), Kathy lives with her family in Los Angeles.

Now you can view, print and download Kathy's workouts!

About WorkoutwithKathy.com

WorkoutwithKathy.com is a section of The Gatorade Company's Propel Fitness Water Website, www.propelwater.com and www.bonehealthequation.com. Propel Fitness Water and Propel Calcium are low-calorie, lightly-flavored fitness waters developed to meet the hydration needs of those who typically drink plain water when exercising. Propel Calcium is the first national enhanced beverage considered a "good source of calcium" per serving, with 100 mg. of calcium per 8 oz. serving. While visiting www.bonehealthequation.com, we invite you to Test your Bone Health IQ and learn more about maintaining bone health via proper calcium intake and weight-bearing exercise.