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Circ:122,756

Feel-Good Gifts

By Bill Newcott, November & December 2008

This holiday season, treat yourself well by pampering others—with surprises that are good for their health, good for the planet...and good for your wallet

DON'T WORRY... BE HOPPY

A meter on this jump rope counts your jumps—and the calories you've burned; \$16.

Tanita HealthyJump Jump Rope

A blue and white digital jump rope with a white cord and blue handles. One handle is shown in a vertical position, and the other is shown in a horizontal position, displaying the number '51' on its digital screen. The rope is coiled on a white surface.

• **Where to buy...**
www.thecompetitiveedge.com