

..kūat..  
(Koo-at)

Women's Health

January/February 2012  
Win today! Sweepstakes  
Featuring: Bottle Lock  
Circulation: 1,589,342  
Readership: 4,768,026



**WIN IT**  
Winter freebies: We're giving away more than \$7,600 worth of cool fitness apparel and gear!

**GRAND PRIZE**

**PRIZES INCLUDE...**

- 1/ Hydration packs and bags from Osprey
- 2/ At-home training systems from TRX
- 3/ Merino apparel from Icebreaker
- 4/ Fun bike accessories from Kūat
- 5/ Apparel from O'Neill
- 6/ Fitness and boxing gear from Everlast
- 7/ Shoes and apparel from Adidas
- 8/ Wireless headphones from Jabra

**GRAND PRIZE:** A four-night stay for two in an Eco-King room at h2Hotel in Heidelberg, California. Includes a travel stipend, daily breakfast, dinner for two at Spoorbar and spa treatments—worth a total of more than \$1,850.  
Follow @WinTodaySweepst for our daily Facebook reminders.

\*ALL TIMES EASTERN. NO PURCHASE NECESSARY TO ENTER OR WIN. PURCHASE WILL NOT IMPROVE YOUR CHANCES OF WINNING. ONLY SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON THE DAY OF THE GIVEN SWEEPSTAKES AND END AT 2:59 A.M. THE NEXT DAY. THE GRAND PRIZE SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON JANUARY 1, 2012, AND END AT 2:59 A.M. ON FEBRUARY 28, 2012. VOID WHERE PROHIBITED. OPEN TO LEGAL RESIDENTS OF THE UNITED STATES WHO ARE 18 OR OLDER AND THE AGE OF MAJORITY IN THEIR STATE OF RESIDENCE. FOR OFFICIAL RULES, GO TO WOMENSHEALTHMAG.COM/ WINTODAY. ROGALIE, INC. 400 SOUTH TENTH STREET, ENOLA, PA 17036-0039 IS THE OPERATOR OF THE SWEEPSTAKES.

**JUMP-START YOUR DAY**  
Tips to help you sleep better, supercharge your breakfast, and stay energized all day!  
[WomensHealthMag.com/Jumpstart](http://WomensHealthMag.com/Jumpstart)

16

**PRIZES INCLUDE...**

1/ Hydration packs and bags from Osprey 2/ At-home training systems from TRX 3/ Merino apparel from Icebreaker 4/ Fun bike accessories from Kūat 5/ Apparel from O'Neill 6/ Fitness and boxing gear from Everlast 7/ Shoes and apparel from Adidas 8/ Wireless headphones from Jabra

