



A Sun-filled Sauna Experience

Sunlight Saunas is offering the Sunlight Solo Saunas and an infrared heattherapy service for use in fitness facilities, called the Solopad™. According to Sunlight Saunas, the energy-efficient far-infrared saunas can generate \$14,800 per year based on a \$15-per-session, 4-sessions-per-day ROI analysis. Club members receive health benefits reportedly superior to those of a conventional sauna using convection heat. "Sunlight Saunas use infrared light—the same healing energy released by the sun," states Sunlight Sauna. "This far-infrared light is essential for the human body, penetrating deeply into joints, muscles and tissues, allowing for increased circulation and oxygenation."

Visit www.sunlightsaunas.com.

The cover of American Fitness magazine features a close-up portrait of Mark Steines, a man with short dark hair and a slight smile, wearing a red t-shirt. The magazine title "american FITNESS" is printed vertically on the left side in a bold, sans-serif font. The word "american" is in a smaller font size and lowercase, while "FITNESS" is in a larger font size and all caps. Below the title, the text "September/October 2005 \$4.50" is visible. The main headline reads "Get in the PT Mindset" in a bold, sans-serif font. Below this, the text "The Science of Tibetan Wellness" is displayed. Further down, it says "EARN CEUs: Childhood Overweight" in a smaller font. The bottom section features the headline "Real Results with Body Bar" in a bold, sans-serif font, followed by "Entertainment Tonight's Mark Steines on Fitness, Fatherhood and Fulfilling his Dreams" in a smaller font.