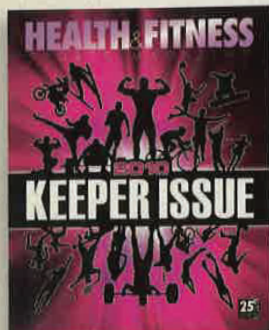


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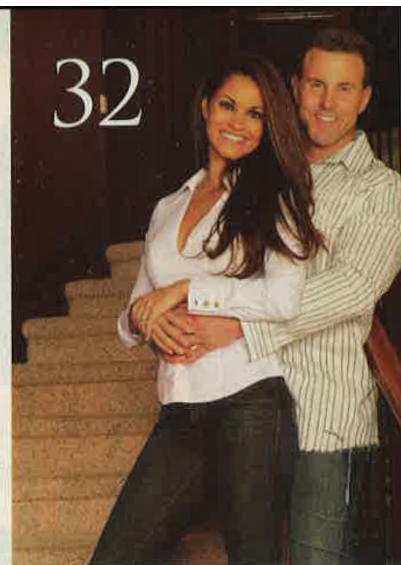


ON THE COVER

Our 10th annual "Keeper Issue" features the 2010 Events Calendar, which includes more than 700 listings of recreational sports, fitness and charitable events in the Houston area, as well as regional and national destinations. Cover design by H&FSM Art Director Pete Benis.

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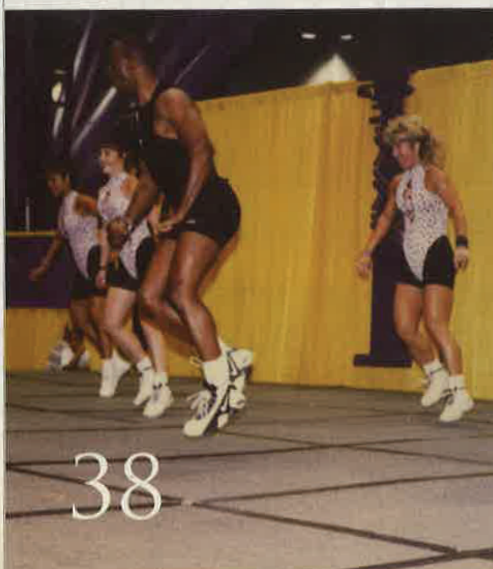
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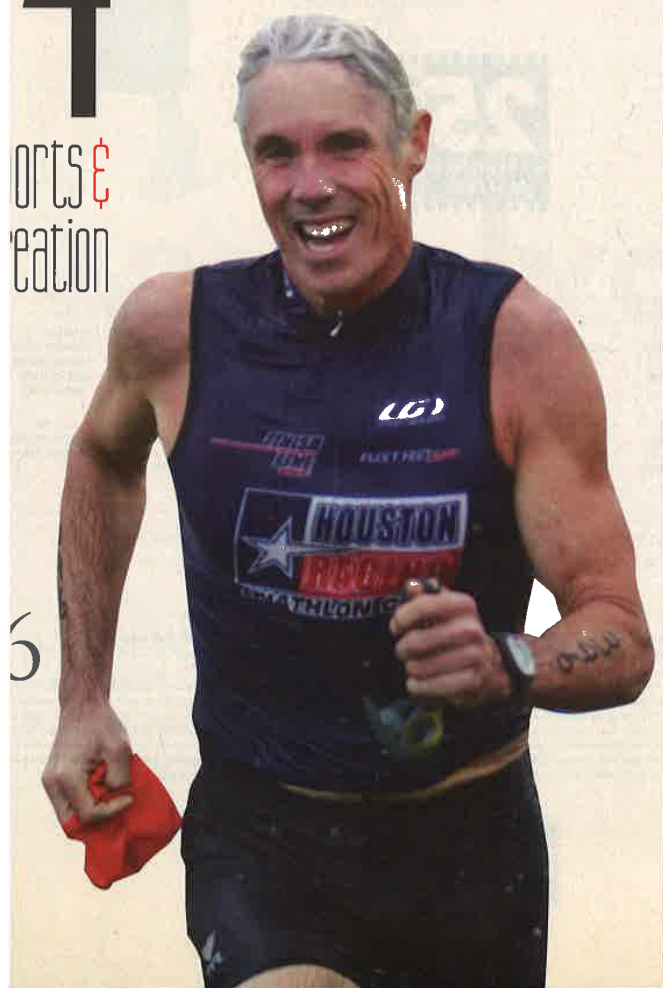
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Sports & Recreation

56 EVENTS CALENDAR '10

An exclusive yearlong calendar of runs, tours and a lot more



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Neck
Back
Arms
Waist
Abs
Legs
Hips
Thighs
Knees

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FROM THE EDITOR

It's seems unfathomable that it's been 10 years since *H&F*SM rolled out the inaugural edition of the "Keeper Issue." It feels like only yesterday that we assembled a team of reporters tasked with researching and contacting event directors across the Houston area, Texas and the nation to build the most exhaustive year-long calendar of recreational sports produced by any Texas publication.

Back in the bygone days of 2001, before the virtually universal penetration of the Internet and email, collecting information on hundreds of events required a lot more phone work than it does now, but putting the calendar together remains the most time intensive editorial endeavor that we undertake each year. The planning begins in October, with reporters making their initial contact with sources in early November in a process that runs right up to our mid-January deadline.

In 2001, I served as associate editor under former editor-in-chief Steve Toon, who laid the groundwork for making the Keeper issue what it is today. The inaugural Keeper also contained the "Gym Locator Guide," which we now run in the January issue.

It's striking to notice the changes in the recreational sports scene over the years. The "Adventure Sports" category, for example, was relatively light, as adventure racing was just beginning to capture the attention of intrepid competitors in 2001. But mainstay sports like cycling, golf, bodybuilding and running, have retained their popularity. One category that has grown exponentially from the early years is the "Other Events" section, which includes a variety of charity events ranging from galas to wine tastings, indicating that Houston residents continue to be among the most generous givers anywhere.

As always, compiling the rec sports calendar is a team effort. This year, eight reporters worked on collecting the information, and without them, this project would be impossible, so I send a very appreciative "thank you" to all. A special thanks goes out to Houston freelance writer and frequent *H&F*SM contributor Gene Duffey, who compiled the golf listings. Gene suffered a massive heart attack late last year, but we're happy to report that his recovery continues on pace and we're ecstatic to welcome him back to our pages.

Keep Moving,

Rod Evans

Rod Evans
Editor-in-Chief



HEALTH & FITNESS

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AWARDS

1997 AHA AWARDS
AMERICAN HEART ASSOCIATION
MEDIA OF THE YEAR-PRINT
PAUL R. ELLIS MEDIA AWARD,
OUTSTANDING ACHIEVEMENT

2000 ACS AWARDS
AMERICAN CANCER SOCIETY
SECOND PLACE,
HUMAN INTEREST FEATURE

2000 TMA AWARDS
TEXAS MEDICAL ASSOCIATION
FIRST PLACE,
SCIENCE OF MEDICINE
MERIT, SCIENCE OF MEDICINE

2002 TEXAS MEDIA AWARDS
AMERICAN CANCER SOCIETY
FIRST PLACE,
FEATURE STORY

2002 TEXAS MEDIA AWARDS
AMERICAN CANCER SOCIETY
FIRST PLACE,
FEATURE STORY

2000 NATIONAL HEALTH
INFORMATION AWARDS
HEALTH INFORMATION
RESOURCE CENTER
BRONZE AWARD

2004 FRANCIS C. MOORE, MD
MEDICAL JOURNALISM AWARDS
HARRIS COUNTY MEDICAL SOCIETY
HOUSTON ACADEMY OF MEDICINE
MERIT AWARD

2005 FRANCIS C. MOORE, MD
MEDICAL JOURNALISM AWARDS
HARRIS COUNTY MEDICAL SOCIETY
HOUSTON ACADEMY OF MEDICINE
MERIT AWARD

2006 NATIONAL HEALTH INFO AWARDS
HEALTH INFORMATION
RESOURCE CENTER
MERIT AWARD

2008 FRANCIS C. MOORE, MD
MEDICAL JOURNALISM AWARDS
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Camera-ready artwork is due on the 11th of the month. Special Section deadline is the 1st of the month.

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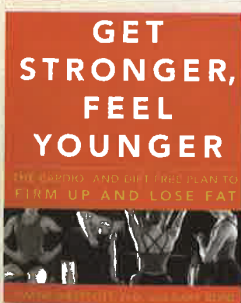


» SPEEDBOARD TREADMILL

The Woodway Speedboard is a non-motorized treadmill with a unique curved shape that allows users to accelerate and decelerate at their own pace.

"We use it for everyone from professional athletes to weekend warriors," explains Brent Gallagher of West U Fitness. "We have clients who have said they could never run again because of bad knees who are now cruising at brisk paces and having a blast in the process." For more information on this revolutionary treadmill, contact Gallagher at 713-661-5800.

- Lisa Malosky



» GET STRONGER, FEEL YOUNGER

Leave the lies and gimmicks of exercising behind and turn to a smart, realistic way to "firm up and lose fat." In this book, written by fitness experts Wayne Westcott, Ph.D. and Gary Reinl, women can learn to build muscle through safe training techniques. 236 pages. Rodale Press. Rodalestore.com.



Equipping Your Home Gym

A few pieces of fitness equipment in the spare bedroom, family room or basement can be the ticket to a heart-pumping sweat session with the added benefit of no wait to access equipment or worries about strangers' germs. But setting up a home gym isn't always the easiest task; finding the right pieces of equipment can prove to be a workout in itself.

Try following this advice from the exercise experts at Life Fitness on the smartest fitness buys:

» STICK WITH WHAT YOU LIKE

Hate taking the stairs? Then a stair stepper probably isn't the smartest buy. Running hurt your knees? Opt for the elliptical cross-trainer. Choose equipment based on activities you like or your treadmill will become the next great drying rack.

» KEEP IT SIMPLE

Unless you can afford a personal trainer at home, stick with equipment and exercises you already know how to do. Purchasing machines that are complicated to operate can zap your motivation.

» START SMALL

It doesn't take a large piece of cardio or strength equipment to get your heart pumping in the basement. Instead of purchasing a big ticket item at first, start with the basics: dumbbells, bands and exercise mats.

» TAKE IT FOR A TEST DRIVE

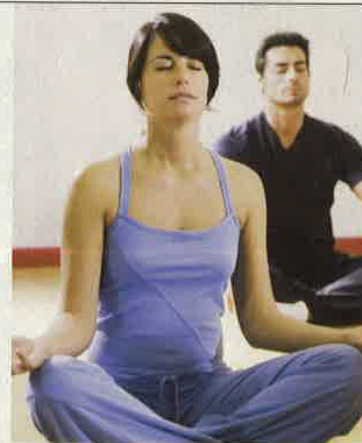
When buying major equipment spend real time sweating on the machine. Wear your exercise clothes and shoes. In other words, don't make a decision on a treadmill in flip-flops and a dress.

Get Hyp

If you're ready to take your yoga workout to the next level, hyp-yoga may be just what you're looking for. The new discipline was founded by three female hypnotherapists and yoga instructors representing three different generations.

"Hyp-yoga combines the proven benefits of yoga and hypnosis to help align the mind with the body and its behaviors," explains co-founder Carly Cummings. "It works because it opens up the body and calms the mind with expansive, full body poses and deep breath work, making gentle hypnosis incredibly effective."

Hyp-yoga is based in the historic Omaha Yoga School in Omaha, Neb. While Cummings says there are currently no certified hyp-yoga instructors in Texas, you can try it through a five-edition DVD collection. For more information visit Hyp-yoga.com.



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