

New LivingSM



SPORTS, NATURAL HEALTH & FITNESS NEWS THAT'S GOOD FOR YOU

BULK RATE
US POSTAGE PAID
STONY BROOK, NY
PERMIT #12

ADDRESS CORRECTION
REQUESTED
PO BOX 1519
STONY BROOK, NY 11790

FREE

JANUARY 2007

VOL.16 NO.11

SERVING THE NY AREA FOR 16 YEARS!

BUT PRICELESS!



**Natural
vs.
Artificial
Sweeteners**

**Keeping
Your
NEW YEAR'S
Resolutions**

**Cholesterol
DOWN!**

**Hatha
Yoga**

**Slope
Time!**

**Renew You!'s
TRACEY MALLETT**