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The percentage of the earth's surface that's covered by water. Snorkeling is a fun way to catch a glimpse of the world, and it's good for overall body conditioning. Balancing and maneuvering help with core strength and coordination, while investigating new nooks and crannies is great for toning the legs. To minimize distractions, make sure your mask is watertight and your fins fit snugly. Keep your arms by your side, using your legs and torso to propel yourself through the water. Remember to wear a waterproof sunscreen, and wait for calm water conditions to ensure optimum visibility during your underwater adventure.

See clearly in and out of the water with OPTI-FREE<sup>®</sup> EXPRESS<sup>®</sup> Multi-Purpose Disinfecting Solution. Lasting Comfort No Rub<sup>®</sup> Formula. Knead advance in contact lens care. Plus a special hydrating ingredient that attracts moisture to the surface of the lens as it soaks overnight—then holds it there. So your contacts feel fresh and comfortable—even at the end of the day.



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The square footage in a standard tennis court. It's a lot of ground to cover, which is why tennis is such good exercise. Chasing that little ball all over the court works the legs and cardiovascular system, and helps improve balance and agility. And all those serves, forehands, backhands and volleys are superb for upper body conditioning as well as hand-eye coordination. An hour of tennis burns over 300 calories, and improves both endurance and explosive strength. It's a great way to enjoy the outdoors while getting a serious workout.

On and off the court this fall, join **Wacoal** in the fight against breast cancer at one of 600 **Fit for the Cure**<sup>®</sup> events held nationwide, proudly featuring Wacoal's new Awareness Sport Bra. Wacoal donates \$1 to the Susan G. Komen Breast Cancer Foundation for each Wacoal, Donna Karan Intimates or DKNY Underwear bra fitting, and \$2 with each Awareness Bra purchase. For event dates and locations, visit [www.wacoal-america.com](http://www.wacoal-america.com) or call 1-800-WACOAL-0.

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