

SPECIAL ISSUE

Reader's Digest



May 2006 \$2.99
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AMERICA'S 100 BEST

inspiring stories
★ amazing people
healthy habits ★ cool gear
heroic acts ★ fantastic food
brilliant ideas ★ great gadgets
hot spots ★ hidden gems ★ big fun ★

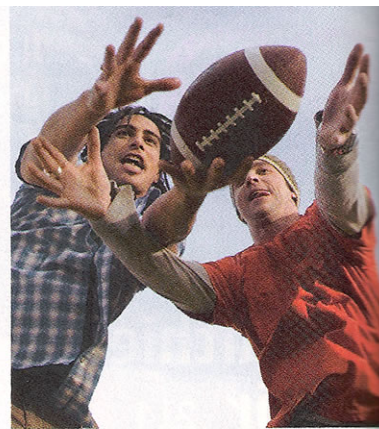


RDHEALTH

Get Out and Play!

CALL it the *DodgeBall* movie effect: More and more Americans are getting off the couch and rediscovering their favorite childhood sports. Whether it's football, softball, dodgeball or volleyball, team sports boost confidence, help you make friends and get you into shape. For example, a 150-pound person can burn up to 400 calories in 45 minutes—and it's a lot more fun than plodding away on the treadmill. Even the World Adult Kickball Association, formed in 1998 with 150 members, now has 20,000 members in 20 states. Get started:

- You can search for fellow exercisers by gender, activity and/or



location at ExerciseFriends.com.

- Call your parks and recreation department to see what they offer.
- Ask co-workers to join a team, and also see if your company will sponsor you.

MICHAEL KUBICA

PHOTO: GETTY IMAGES