



Yes! Enter me in the Men's Health Toshiba Sweepstakes and send me my **Free-Trial Issue of Men's Health** and my **10 Free Power Reports**. If I like what I see, I'll get 9 more big issues (10 in all) for the Special Introductory Rate of just \$19.97 (plus \$4.97 delivery). That's more than 37% off the cover price! My subscription will automatically renew annually so I can continue to live a healthier, more active life. If I decide to stop service, I'll write "cancel" on the invoice, send it back and OWE NOTHING. Either way, the trial issue and 10 Power Reports are mine to keep. No hard feelings, no questions asked.

**FREE BONUS GIFT!** Pay with your credit card now, you'll get the valuable **Smart Start Interactive Trainer** - instantly. Animated exercises (11 in all) help you target each part of your body to get the most effective workout ever...**PLUS**, get man-friendly nutrition advice...and a handy tool to calculate your Body Mass Index (BMI)....**and more!**

Please complete the fields below and click submit when finished.

Email (example: johndoe@aol.com)

Name

Address

City

State

ZIP/Postal Code

Country

Credit Card Type

(Please note this is a secure site.)

- ☐  American Express
- ☐  MasterCard
- ☐  VISA
- ☐  Diner's Club

Credit Card Number

Credit Card Expiration

 / 

**Bill Me Later (U.S. and Canada Only)**

- ☐ Check here if you want us to bill you later.

**Subscription Rate**

- ☒ **USA:** 1 year (10 issues) for \$19.97 + \$4.97 delivery. Save a bundle off the single copy price!
- ☐ **Canada:** 1 year (10 issues) for \$29.97 Canadian dollars + \$4.97 delivery (GST included)

Okay to contact me via email about special offers and promotions from Men's Health?

- ☒ Yes ☐ No

Okay to contact me via email about special offers and products from carefully selected third parties?

- ☒ Yes ☐ No

I would like to receive the free Men's Health e-newsletter.

- ☐ Yes ☐ No

Please  your subscription request now.



**Exclusive Bonus Gift-Instant Internet Delivery!**

Yours FREE now when you pay by credit card. Get this great downloadable workout with 11 animated exercises!

No purchase necessary to enter and win. A purchase will not improve your chances of winning. You are not a winner yet. Void where prohibited. Entries must be received by 11:59pm November 30th 2004. Must be over 18 years of age to enter. [Click here](#) for official rules.