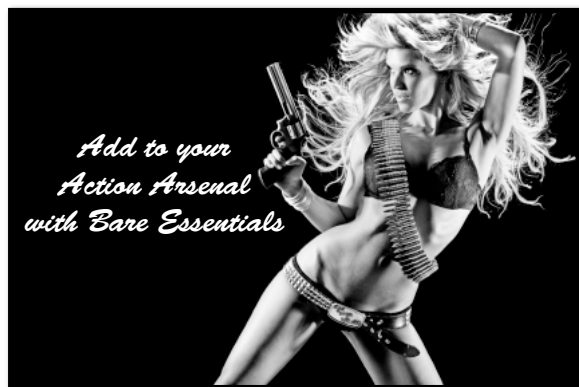


THE ULTIMATE *Action Magazine* FOR WOMEN



Women of Action are smart, active and driven individuals who seek to live with passion and purpose! Armed with an action arsenal of inspiration and information, women are free to discover their true potential.

Bare Essentials is a quality resource intended to empower women to take action and live out their dreams. With little more than the bare essentials, women can improve performance, make a difference in the world and take on new challenges. Having the courage to live without limits forges new confidence and determination. Bare Essentials will help turn your life into the ultimate action adventure!

Since its launch in **May 2008**, **Bare Essentials** has provided women with diverse and unique content, devoid of unrelated advertising. With a strong focus on nature and preserving wildlife, the magazine supports animals and the environment encouraging compassion and awareness for our earth. **Available only online**, it truly is a **green production** and with each issue, bigger and better than the last readers are sure to find something to motivate them.

The website is also a great place to source information on the latest and best ways to be a part of the action! If you are the kind of woman who wants to learn how to paraglide off a mountain or survive a 10 day adventure race as you reconnect with nature and discover your true potential, then you will love Bare Essentials!

Regular features like **Jane Bond's Gadget Guide** are unique to Bare Essentials making it stand out amongst other magazines for women. **A yearly subscription fee of \$30** will be introduced in **2009** but all **four issues released in 2008 will remain FREE of charge**, so people can checkout what B.E. has to offer! Loaded with competitions, action challenges, celebrity interviews and reviews, there is no better way to get your action fix!

Contributors include a fresh and innovative team of advisors, internationally recognized as the best in their field with articles from writers at: National Geographic, RMAX International, FullKontakt Sports, Precision Nutrition, Zone Nutrition, Snow Leopard Trust, Vital Ground, Cheetah Conservation Fund, BetterU, CrossFit Victoria, BodyWorx, Bodyart Motion, On Edge Fitness, Pure Power Bootcamp, Motion Medica and many more....

Exploring outdoor fitness, green gadgets, natural nutrition, adventure travel, action sports and inspirational Role Models to produce a thought provoking, motivating, humorous, instructional resource, just for women.

In the final issue for 2008 our **Nov/Dec edition** readers will have access to the **Secrets of a Stuntman**, find out why **WWE Superstar John Cena** is the Children's Champion and learn all about the elusive and majestic **Snow Leopard**.

The word is out **Bare Essentials** is the **Ultimate Action Magazine for Women** and with so much on offer both in the magazine and on the website, why not check it out and share it with your friends today?

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