

Shape magazine goes paperback



Shape magazine has published *The Shape Complete Workout Guide*, the magazine's first book-a-zine in South Africa. The 178-page paperback is a great companion for anyone - from the couch potato, who would like to add stretching to their ad-break entertainment, to the fully-fledged fitness fundi. The guide is available countrywide until the end of February 2007 at R49.95. The book-a-zine is divided into colour-coded sections which include everything from nutritional advice to target training for common trouble zones, plus a four-week bootcamp total body shape-up. Other Touchline Media titles to publish a book-a-zine include *Men's Health*, *Runner's World* and *Bicycling*.

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