

BodyLanguage

10th Anniversary Edition Fall/Winter 1999



Resist-A-Ball...

The udderly effective way to tone up

Also...

Win a **Free** REVISIONS Membership!

Warming Up in the Cold

Optimal Muscle Recovery

A Reason to Touch Yourself!

Spinning Away Fat

Women and Self-Defense

Sex Quiz

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revisions
for all Burnett and
Capps employees

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FLETCHER

FLETCHER HAYES

Art Direction & Illustration Sample (*news magazine*)

Cover plays with the silly looking exercise balls that resemble cows' udders. Created in 3D application and Photoshop. Masthead design is mine too.