

Win Me!

Nothing's better than free stuff for you!



small changes
big results

a 12-week action plan
to a healthier you

A Huge Deal

If you're planning on accepting this month's A Year For Me Challenge on page 14, then you don't want to be without one important accessory: *Small Changes, Big Results*, by our expert, Elise Krieger, M.S., R.D. Ten *FM* readers will each get a copy (ARV: \$12.95). Entry period: May 2 to June 6, 2006.

Tan in a Tube!

In a perfect world, we'd look sun-kissed all the time and would never have to worry about pasty-white legs. Well, the world isn't perfect, as the girls at Benefit know. So they're offering 20 *FM* readers a tube of their Jiffy Tan (ARV: \$24), a tinted body moisturizer with just a hint of shimmer. Now you can wear those minis with confidence! Entry period: May 2 to June 6, 2006.



Treat Yourself

Sometimes, a sweet-smelling scrub, followed by a fruity lotion, is all it takes to put you in a great mood. Fifteen *FM* readers will each get Meba's Paradise Potions Pink Grapefruit lotion (ARV: \$13.95) and Tropical Sugar Body Polish Scrub (ARV: \$23.95),



a duo that's bound to put smiles on readers' faces. Entry period: May 2 to June 6, 2006.

Welcome to Miami!

That's what one lucky *FM* reader will be told (well, maybe not really) when she lands, ready for a long weekend in South Beach. Thanks to oneftravel.com, the winner and her guest will enjoy a three-night weekend stay (you can also read that as a four-day stay) at a trendy, ultra-luxe hotel in the heart of the strip, plus round-trip airfare (ARV: \$1,500). Party in the city where the heat is on! Note: Some blackout restrictions apply. Entry period: May 2 to June 6, 2006.



Log on to ForMeMagazine.com/winme to enter and for rules and details for the giveaways on this page. Giveaways begin and end at noon ET. No purchase necessary to enter or win.

Budget Babe



Carl Wirtz

Everyday Wine

Whenever I go to my local wine store, I never know what to buy that's inexpensive and good. So I turned to Leslie Brocco, author of the upcoming *The Simple & Savvy Wine Guide*, for some advice.

"You have to kiss a lot of frogs to find the prince with bargain wine," says Leslie. Her suggestion? "Buy 10 to 12 bottles from different producers, grape varieties and countries, then hold a wine tasting with friends. Split the cost among the group, and when you find a winery or wine type you like, go back to the store and pick up more bottles to try." What about those super-cheap \$3 bottles at the front of the store? "You'll find some winners in the \$6 to \$10 range," she says. "But below that price point, it's tougher to find a good value."

Here are eight of Leslie's wine picks—all can be found for \$10 or less—and they all get the Budget Babe seal of approval.

Whites

Veramonte Sauvignon Blanc, Casablanca Valley, Chile

• "It's crisp—and delicious with shellfish."

Monkey Bay, Sauvignon Blanc, Marlborough, New Zealand

• "Just right to sip with spicy fare."

Mirassou Chardonnay, California

• "Ideal for cocktail-hour sipping or as an accompaniment for roast chicken."

Jewel Viognier, California

• "It's soft and rich. Think salmon."

Reds

Rosemount Estate "Diamond Label" Shiraz, Southeastern Australia

• "Powerful, yet smooth. Burger wine."

Columbia Crest "Two Vines" Cabernet Sauvignon, Columbia Valley, Washington

• "One of my favorites. Truly elegant wine."

Rancho Zabaco "Dancing Bull" Zinfandel, California

• "It's both peppery and jammy. I'd say it has 'pizza' written all over it."

Catena "Alamos" Malbec, Mendoza, Argentina

• "Hearty and rich. Pair it with steak."