

August, 2010

Fit For August: Must Haves

Hey ladies, have you been outside lately? It is hot! Whether you're running, biking, or hiking, use the CamelBak Octane XCT Hydration Pack (\$70) to make sure you always have enough water on you. It carries up to two liters of water, and also has room for snacks, extra layers, and other essentials. www.camelbak.com

