

# *You're invited*

**SAVE THE DATE**  
**Thurs. Aug. 23**  
**at 6 pm EST**

## **GL's 2012 Back to School Get Fit 'n' Feel Fab Fitness Chat**

### **Look amazing...and feel great!**

Teen health and fitness guru and Energy Upl founder Kathie Dolgin is taking over GL's Facebook page to help you rule the school.

### **Strut your stuff with major body confidence**

She's dishin' on everything from workouts you'll heart (and can actually fit into your busy sched) to tasty bites for brown baggin' and how to L-O-V-E your bod.

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Got a question?  
Pretweet it to [@girlslifemag](https://twitter.com/girlslifemag)  
and tag [#GLfitnesschat](https://twitter.com/GLfitnesschat)

