

WINNER OF FLORIDA'S **BEST OVERALL MAGAZINE** TWO YEARS IN A ROW!
— FLORIDA MAGAZINE ASSOCIATION

HEALTHY LIVING

What
does
healthy
look like?

Nick Vujicic (right)
and **Taylor Roukey**
will change your
definition

PLUS
Living
with
gratitude

Bill Miller lives life
to the fullest

ALSO

Getting to the root
Holiday hair care

Raising the bar
A great upper body workout

Take a slice off
Outrageous turkey prices