

Live Better! Wellness Club Savings
October 1 - December 31, 2010

Live Better! Wellness Club

Members Continue to
Receive Storewide Savings
Every Day!



20% OFF
Fresh & Healthy REWARDS

Join our *Live Better!* Wellness Club and every time your produce spending reaches \$50, you'll receive a coupon good for **20% OFF** a future produce purchase.



25% OFF
All *LIVE BETTER!*
Health Care and Market Spa
Beauty Products



15% OFF
America's Choice®
Gold Quality Fresh Cuts
Fruits and Vegetables

Sign Up and Join in on the Savings Today!



healthy living needs encouragement

We're putting our money behind our quality.

We guaranteed your satisfaction or your money back.



Real Quality. Real Value.

LIVE BETTER! WELLNESS CLUB members save!
15% OFF
regular price

No Salt Vegetables
Beets, Carrots, Corn, Green Beans, French Green Beans, Mixed Veg, Mixed Peas, and Sliced or Whole Potatoes, 14.5-15.25 oz. cans

Jar Fruit
Sliced Peaches and Fruit Medley, 24.5 oz.

Canned Fruits
Fruit Cocktail, Peach Halves, Peach Slices, Pear Halves, and Pear Slices in Pear Juice; Sliced Peaches and Fruit Cocktail in Splenda, 15-15.25 oz. cans

Green Way Organic Vegetables and Beans

Corn, Cut Green Beans, Sweet Peas, Black Beans, Garbanzo Beans, Dark Kidney Beans, Pinto Beans, 14.5-15 oz. cans

LIVE BETTER! WELLNESS CLUB members save!
15% OFF
regular price



Good for you. Good for the earth.

Salmon Pin Wheels

All Varieties

Crab, Lobster and Shrimp at your seafood counter

LIVE BETTER! WELLNESS CLUB members save!

\$1 OFF
regular price



America's Choice® Gold Quality Salads

Family Size Salads, Your Choice of Chef, Grilled Chicken, Greek and Tossed

LIVE BETTER! WELLNESS CLUB members save!

50¢ OFF
regular price



America's Choice® Gold Quality Gourmet Wraps

Multi grain, tomato basil, rye, and white, 13.1 oz.

LIVE BETTER! WELLNESS CLUB members save!

50¢ OFF
regular price



Excellent Source of Fiber and Only 100 Calories per Wrap!

Hartford Reserve and America's Choice® Gold Quality Premium Deli Meats and Cheese

NO MSG • GLUTEN FREE • 0 GRAMS OF TRANS FAT

Hartford Reserve

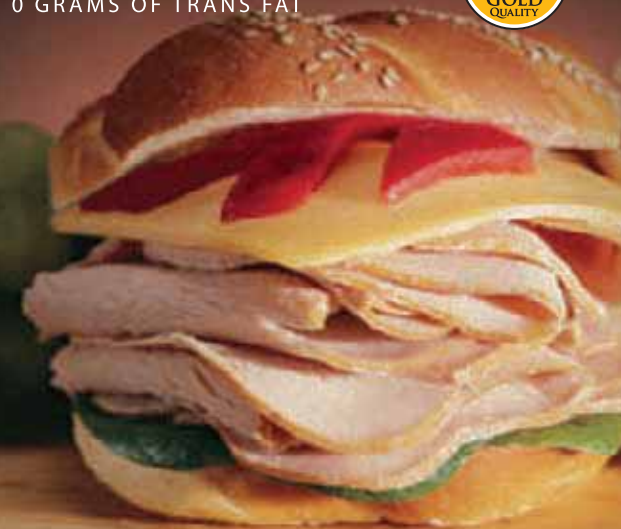
Chicken Breast and Lacey Swiss Cheese

America's Choice® Gold Quality

All Natural Turkey, Honey Maple Turkey, Smoked Turkey Breast, Roast Turkey Breast and Lacey Swiss Cheese

LIVE BETTER! WELLNESS CLUB members save!

\$1 OFF
regular price of 1 lb. or more



Some of our most popular deli meat products are now certified by the American Heart Association. See Deli for details.



healthy living from start to finish

Get firmer, stronger abs in just weeks!

- The same EMS technology used by doctors & therapists to strengthen and firm muscles
- 2 toning programs - beginner & advanced
- Designed for both men & women

LIVE BETTER! WELLNESS CLUB members pay!
members save 20%
\$63.99
regular retail \$79.99



SLENDERTONE® CORE TONING SYSTEM

Clinical Strength
BMR

FDA Cleared

U by Kotex Liners and Tampons

Ultra Thin Reg, Heavy, Ultra thin over nite, Barely there thin and Curves Reg liners, Click Reg, Super, Super+ and Multi Tampons, 14-60 ct.

LIVE BETTER! WELLNESS CLUB members save!

\$1 OFF
regular price



Huggies Baby Wipes and Pull Ups

Just for Kids

Natural Care unscented and scented, gentle care, soft skin tub, 42 and 46 ct.

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regular price



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Assorted Varieties and Sizes

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10% OFF
regular price



Cottonelle Bath Tissue

Double Roll 6 pack & Moist Wipes

Tub and Refill

Ultra, Aloe & E and Regular, 42 ct. and 6 pack

LIVE BETTER! WELLNESS CLUB members save!

10% OFF
regular price



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Save on Cleanings, Checkups, Fillings, Braces & More

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- Wide choice of plans and participating dentists nationwide

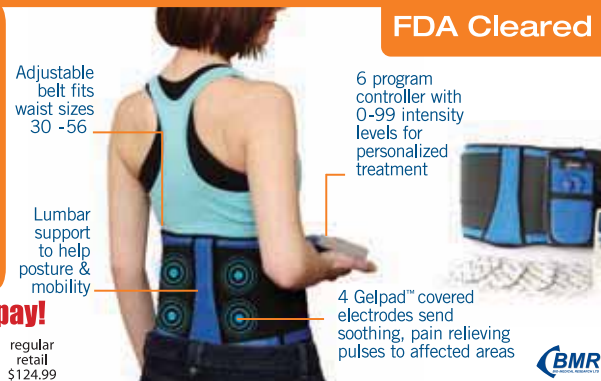
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regular retail \$124.99



Adjustable belt fits waist sizes 30 - 56

Lumbar support to help posture & mobility

6 program controller with 0-99 intensity levels for personalized treatment

4 Gelpad™ covered electrodes send soothing, pain relieving pulses to affected areas

FDA Cleared

Clinical Strength
BMR

This One Button Can Summon HELP!

Save up to **50% Off** nationally advertised services

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\$24.95 just
month Non-members pay \$29.95 per month

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Healthy for the Holidays!

Jacqueline Gomes, RD, MBA
Our Registered Dietitian

From Halloween to New Year's Eve it's nearly eight weeks of candy, cookie exchanges and bake-offs! With the holidays almost here you can almost sense the sugary high-calorie temptations in the air.

Food is an important part of holidays, celebrations, family and cultural traditions. You can still enjoy all of your favorite traditional holiday fare while maintaining your weight and staying healthy. The key is to plan ahead, choose wisely and stay active. Here are some tips

- Many recipes can tolerate a healthy "make-over". For example substitute apple sauce for butter in baked goods.
- Have a light snack before going to a party. If you get to a party famished you'll be more likely to overeat. Have a small snack before heading out.
- Pick when to indulge. Save calories for a celebration and stick to your regular diet when nothing is going on.
- Avoid "free-roaming" calories. Say no to cookies, candy and other treats people may bring to the office.
- Think about what foods are really special to you vs. those that you can do without. For example, that special dish your aunt makes only on Thanksgiving vs. foods that are available to you every day.
- Step up the exercise! Burn those extra calories and reduce holiday stress.
- Focus on the fun, not the food – Remember the reason for the season!

Email your nutrition questions to Jacqueline at nutrition@aptea.com



GREEN WAY

ORGANIC • NATURAL • ECO-FRIENDLY



**Good for you.
Good for the earth.**

LIVE BETTER! WELLNESS CLUB
members save!

10% OFF
regular price
on these Green Way products

Green Way Organic Yogurt and Cheese

All Flavors, 6 oz. Yogurt, Vanilla and Plain, 32 oz. Yogurt, Mild and Sharp Cheddar bars, Processed American Slices, Shredded Mozzarella and Cheddar, Light String 8 oz.

Green Way Organic Milk and Soy milk

Whole, 2%, 1% or Fat Free Plain, Vanilla and Chocolate Soy Milk, 64 oz.

Green Way Omega 3 Natural

Brown Eggs and Organic Eggs Dozen

Green Way Organic Cereal

Raisin Bran, Honey Nut Oats, Toasted Oats, Honey Crunch 'N Oats or Multigrain & Flax, 13.25-14 oz.

Green Way Whole Chicken

Fresh Whole Chicken All Natural, Antibiotic Free; Fresh Organic Whole Chicken, All Natural, By the Pound



Green Way All Natural Sunday Roaster
Serves a Family of 4

LIVE BETTER! WELLNESS CLUB
members save!
\$1 OFF
regular price



Fresh & Healthy REWARDS



Get 20% OFF
you're next produce purchase!

Join our **Live Better! Wellness Club**. Every time your produce spending reaches \$50, you'll receive a coupon good for **20% OFF** your next produce purchase.

See the store manager or pharmacist for complete details.

For The Nearest Pharmacy Call 1-866-443-7374