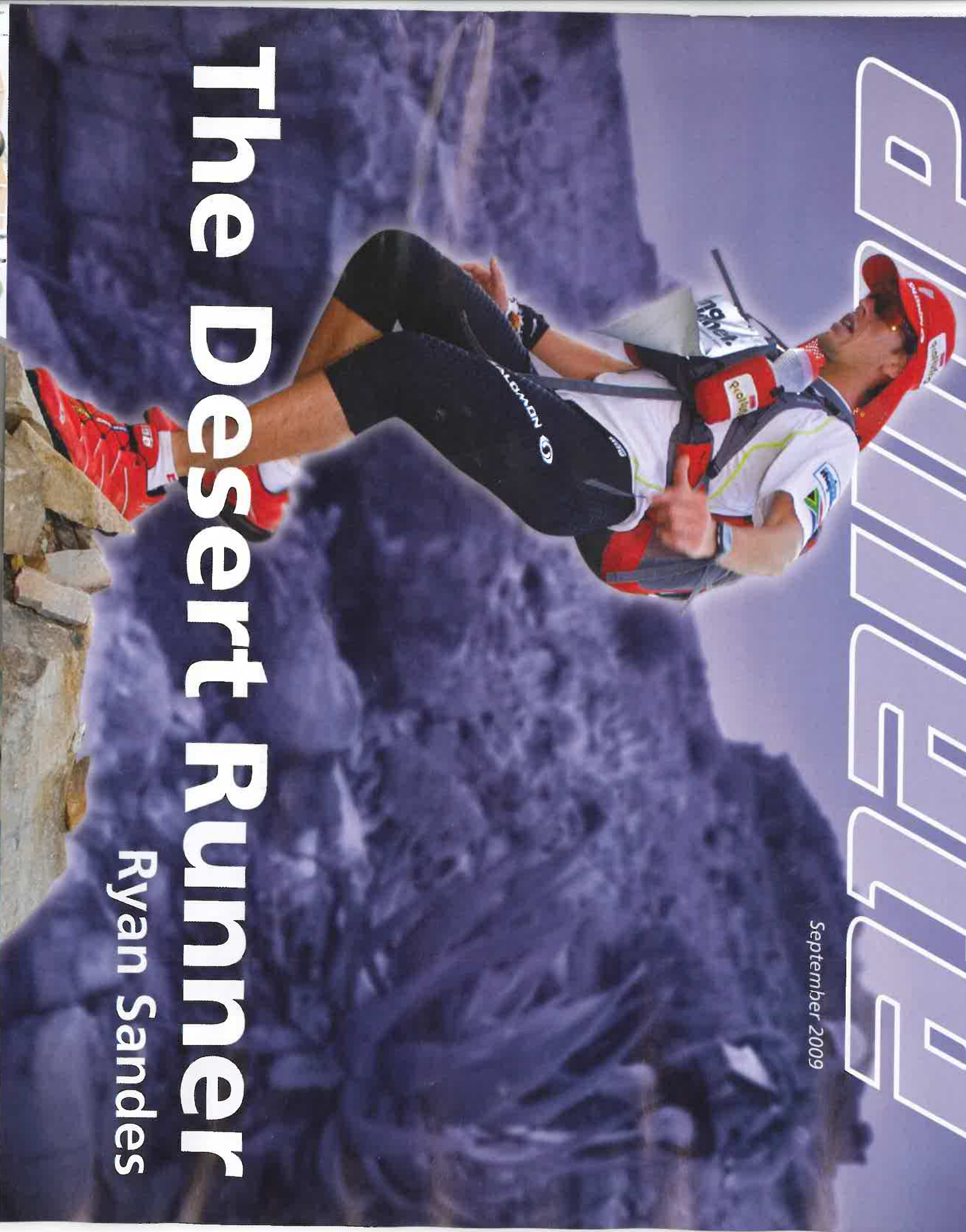


MODERN

# RAHIBALTO™

September 2009

FREE



# The Desert Runner

Ryan Sandes



**RUN LITE**  
I lost 50kg  
PAGE 10



**SWIMMING SENSATION**  
Cameron van der Burgh  
PAGE 24



**LIVING LEGEND**  
Johnny Halberstadt  
PAGE 30



**BALANCING ACT**  
Redi Direko  
PAGE 22

Experts recommend you eat 2 fruits and 3 vegetables every day!

You can now get your **daily intake** in 4 minutes **on the run.**



Grab a **2&5 juice** at your nearest **Boost Juice Bar.**



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