

on the Agenda



YOU COULD

WIN!**\$6,900 VALUE***

ENTER NOW!

bit.ly/2Dso9vx

YOU COULD **WIN** A CHANCE TO

RELAX & RECHARGE IN HILTON HEAD

To help you kick off the year on the right foot, GH wants to send you to wellness retreat Hilton Head Health. You'll gain all the tools and inspiration you need to reach your goals—and stick with it!

→ One lucky winner and one lucky guest will jet off to Hilton Head Health, an all-inclusive oasis tucked in the woods of South Carolina's Hilton Head Island. Soak in the gorgeous scenery while you spend your days releasing endorphins in any of the 50 fitness classes (ever tried Aqua Zumba?); attending interesting talks on topics from motivation to meal planning; and unwinding in the facility's Zen-like spa.

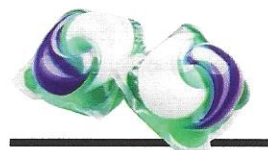
GH PRIZE PACK INCLUDES: A seven-night stay for you and a guest at Hilton Head Health; three gourmet meals a day provided by True restaurant on site; round-trip airfare and ground transportation to the resort; a one-on-one coaching session with an expert team member; and \$500 credit per person to put toward bonus services such as outdoor experiences, cooking demos, spa treatments and more. *Rules, page 94

ENTER NOW →

Go to health.goodhousekeeping.com!WHAT WE'RE
TESTING

LAUNDRY DETERGENT

Our Cleaning Lab experts are putting detergents (liquid and single-dose) to the test to see how well they get out 20 different stains — everything from grass to lipstick. Look for our results in a future issue. **Sign up to become a GH tester today at gh testers.com.**



TRY THIS

Start a Kind Cycle

It's easier than you think: Just follow the daily kind act calendar in *When Action Follows Heart* by Susan Spencer. January 1: Resolve to mail a card to a different person you know each week to give him or her a feeling of hope and love.