

02-21-2003



2-21-03

Tab settings

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To the Honorable Commissioner of Patents and Trademarks: Please record the attached original documents or copy thereof.

1. Name of conveying party(ies):

Weider Publications, LLC  
SYL Communications

- Individual(s)
- General Partnership
- Corporation-State
- Other
- Association
- Limited Partnership

Additional name(s) of conveying party(ies) attached?  Yes  No

3. Nature of conveyance:

- Assignment
- Security Agreement
- Other Supplement to Security Agreement
- Merger
- Change of Name

Execution Date: January 23, 2003

2. Name and address of receiving party(ies)

Name: JPMorgan Chase Bank

Internal Address:

Street Address: 270 Park Avenue

City: New York State: NY ZIP: 10017

- Individual(s) citizenship
- Association
- General Partnership
- Limited Partnership
- Corporation-State
- Other

If assignee is not domiciled in the United States, a domestic representative designation is attached:  Yes  No

(Designations must be a separate document from assignment)

Additional name(s) & address(es) attached?  Yes  No

4. Application number(s) or patent number(s):

A. Trademark Application No.(s)

Please see attached Schedules

B. Trademark Registration No.(s)

Please see attached Schedules

Additional numbers attached?  Yes  No

5. Name and address of party to whom correspondence concerning document should be mailed:

Name: Penelope Agodoa

Internal Address: Federal Research Corporation

Street Address: 1030 15th Street, NW

Suite 920

City: Washington State: DC ZIP: 20005

6. Total number of applications and registrations involved: 108

7. Total fee (37 CFR 3.41).....\$ 2715<sup>00</sup>

- Enclosed
- Authorized to be charged to deposit account

8. Deposit account number:

(Attach duplicate copy of this page if paying by deposit account)

02/24/2003 DBTRNE 00000010 1264301

DO NOT USE THIS SPACE

01 CC:8521 40.00 DP  
02 CC:8522 2675.00 DP

9. Statement and signature.

To the best of my knowledge and belief, the foregoing information is true and correct and any attached copy is a true copy of the original document.

Maha Hussain

Name of Person Signing

Signature

February 11, 2003

Date

Total number of pages including cover sheet, attachments, and document: 5

Mail documents to be recorded with required cover sheet information to:  
Commissioner of Patents & Trademarks, Box Assignments

Weider Publications, Inc. 1  
**US TRADEMARKS**

REGISTERED TRADEMARK	CLASS	GOODS AND SERVICES	REG. NO.	REG. DATE	COUNTRY
FIT FOR LIFE RESPONSE PAK	35	Direct mail advertising services and market and promotional services, namely marketing and promoting the goods and services of others by dissemination of coupons, brochures and advertising pieces	2,493,865	10/22/2001	United States
FIT PREGNANCY	16	Women's magazine relating to pregnancy and fitness	1,994,180	8/13/1996	United States
FIT PREGNANCY	42	Computer services, namely, providing on-line magazines in the field of health and fitness; and providing information in the field of health and fitness via a global communication information network site	2,188,470	9/8/1998	United States
FIT-X	35	Arranging and conducting trade show exhibitions in the field of health and fitness	2,553,015	3/26/2002	United States
FLEX	16	Monthly magazine relating to exercise and fitness	1,340,659	6/11/1985	United States
FLEX	42	Computer services, namely, providing on-line magazines in the field of health and fitness; and providing information in the field of health and fitness via a global communication information network site	2,186,743	9/1/1998	United States
FOR GIRLS WHO DARE TO BE REAL	16	Magazine relating to teens	2,162,235	6/2/1998	United States
HUGE. HARDGAINERS ULTIMATE GROWTH ENHANCEMENT SYSTEM	16	On-going magazine articles, periodicals and books in the field of fitness and exercise	2,433,879	3/6/2001	United States
HARD BODY RESPONSE PAK	35	Direct mail advertising services and marketing and promotional services, namely marketing and promoting the goods and services of others by dissemination of coupons, brochures and direct mail advertising pieces	2,465,029	7/3/2001	United States
HARDGAINERS ULTIMATE GROWTH ENHANCEMENT SYSTEM	16	On-going magazine articles, periodicals and books in the field of fitness and exercise	2,285,899	10/12/1999	United States
HERS	16	Print matter, namely a magazine in the field of health and fitness	2,472,316	7/24/2001	United States
JUMP	16	Magazine relating to teens	2,109,655	10/28/1997	United States
JUMP	42	Computer services, namely, providing on-line magazines in the field of health and fitness; and providing information in the field of health and fitness via a global communication information network site	2,186,744	9/1/1998	United States

1 Weider Publications, LLC will become the owner upon execution of the Contribution Agreement, as defined in the Purchase and Contribution Agreement by and among Weider Health and Fitness, Weider Health and Fitness, LLC, Weider Interactive Networks, Inc., Weider Publications, LLC, EMP Group L.L.C., and American Media Operations, Inc., dated as of November 26, 2002.

				CLASS. NO.	REG. DATE	COUNTRY
LIVING FIT	16	Printed publications, namely a health and fitness magazine	2,053,774	4/22/1997	United States	
LIVING FIT	25	Clothing, namely men's and women's garments and sportswear, namely, shirts, pants, sweatshirts, sweatpants, sweat suits, t-shirts, shorts, exercise pants, underwear, footwear, shoes, headwear, jackets, bathing suits, body suits, tops and bottoms, and gym shorts	2,105,850	10/14/1997	United States	
LIVING FIT	42	Computer services, namely, providing on-line magazines in the field of health and fitness; and providing information in the field of health and fitness via a global communication information network site	2,291,337	11/9/1999	United States	
MEN'S FITNESS	16	Magazine	1,519,426	1/3/1989	United States	
MEN'S FITNESS	16	Magazine dealing with a variety of topics	1,956,592	2/13/1996	United States	
MEN'S FITNESS	42	Computer services, namely, providing on-line magazines in the field of health and fitness; and providing information in the field of health and fitness via a global communication information network site	2,197,109	10/20/1998	United States	
MUSCLE & FITNESS	16	Magazines	1,240,271	5/31/1983	United States	
MUSCLE & FITNESS	42	Computer services, namely, providing on-line magazines in the field of health and fitness; and providing information in the field of health and fitness via a global communication information network site	2,254,062	6/15/1999	United States	
NATURAL HEALTH	16	Magazines pertaining to health, nutrition, physical fitness and hygiene	2,259,027	7/6/1999	United States Registration maintained by Latham & Watkins	
NATURAL HEALTH THE GUIDE TO WELL-BEING & DESIGN	16	Magazines pertaining to health, nutrition, physical fitness and hygiene	1,790,311	8/31/1993	United States Registration maintained by Latham & Watkins	
PRIME HEALTH & FITNESS	16	Magazines dealing with men's well-being	2,429,023	2/20/2001	United States	
REAL GIRL SIGHTINGS	41	Radio programming featuring radio contests which request listeners to spot girls at work who are not pretentious and awards prizes in connection therewith	2,571,727	5/21/2002	United States	
SHAPE	25	Clothing	1,495,154	7/5/1988	United States	
SHAPE	16	Magazine relating to physical fitness and exercise	1,525,562	2/21/1989	United States	

TRADEMARK	REG. NO.	REG. DATE	COUNTRY
SHAPE	42	9/15/1998	United States
SHAPE (Stylized)	16	8/2/1988	United States
SHAPE COOKS	16	2/3/1998	United States
SHAPE COOKS	42	9/15/1998	United States
SHAPE ESCAPE	41	10/22/2002	United States

Applications Pending For U.S. Registration

TRADEMARK	REG. NO.	REG. DATE	COUNTRY
ACTIVE LIFE STYLE	16	6/8/2000	United States
ARMED FORCES	16	2/2/2000	United States
ARMED FORCES and Design	16	2/3/2000	United States
FIT PREGNANCY BRAND FRANCHISE ENCYCLOPEDIA	9,16,42	1/25/2002	United States
FLEX - BATTLE OF THE BICEPS	41	76/272,579 6/15/2001	United States

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SERIAL NO.	FILING DATE	COUNTRY
FLEX - BATTLE OF THE BICEPS	9,25	United States
FLEX MAGAZINE	18,25	United States
FLEX MAGAZINE	21,28	United States
FLEX MAGAZINE	41	United States

Pre-recorded audio-cassettes, audio discs, audio tapes, compact discs, computer programs, CD Rom, interactive videos, DAT mini compact discs, tapes and pre-recorded videos featuring body building contests and contestants; and clothing namely, aprons, footwear, athletic footwear, head bands, sweat bands, bathing suits, bathing trunks, bathrobes, belts, cloth bibs, blouses, boxer shorts, caps, coats, dresses, footwear, gloves, hats, jackets, jogging suits, leg warmers, leotards, mittens, neck ties, nightgowns, night shirts, pajamas, play suits, pants, panties, sweat pants, polo shirts, pullovers, scarves, shirts, sweat shirts, golf shirts, T-shirts, socks, sneakers, shorts, suits, jump suits, jogging suits, sweaters, sun visors, t-shirts, tennis wear and vests

Athletic bags, backpacks, baby backpacks, all-purpose sport bags, beach bags, book bags, duffel bags, gym bags, overnight bags, school book bags, tote bags, shopping bags, travel bags, daypacks, fanny packs, handbags and knapsacks, wallets, pouches, purses, luggage, key cases, key chains, card cases, money clips, billfolds, checkbook covers, travel kits, shaving kits, umbrellas and leather gloves; and clothing, namely, men's, women's and children's tops and bottoms, underwear, outerwear, sleepwear, neckwear, sportswear, lingerie, swimwear, beachwear, loungewear, footwear, legwear, headwear, belts and gloves

Coffee mugs, beer mugs, cups, beverageware, portable beverage coolers, beverage glassware, bottle openers, bowls, lunch boxes, clothes brushes, hair brushes, combs, nail brushes, shoe brushes, tooth brushes, comb cases, coasters, drinking glasses, figurines, picnic baskets, gift baskets, shoe horns and wastepaper baskets; and gymnastic, sporting and exercise equipment, exercise machines, exercise mats, exercise tables, exercise platforms, trampolines, weights, weight benches, games and toys; weight lifting belts and baseball, batting, bicycling, boxing and weight lifting gloves

Computer services, namely, providing on-line information in the field of health and fitness in the form of magazines via a global communication information network; special event planning, namely, planning, organizing, coordinating, promoting and managing community sporting and cultural events, contests, and weightlifting and body building competitions

CLASS	MARK	NO.	FILED	DATE	COUNTRY	
FLEX MAGAZINE		44	Computer services, namely providing on-line information in the field of health and fitness, and information relating to the demographics, circulation and advertising policies of Applicant's magazine via a global communication information network site	76/394,760	4/8/2002	United States
FLEX MAGAZINE		9,16	Pre-recorded CD-Roms, prerecorded audio and video cassettes featuring information about health and fitness; computer hardware and software, electronic devices, sun glasses, magnets, tape measures, calculators, flashlights, binoculars, telephones, radios and cameras; and printed matter, namely a set of updatable binders containing information related to health and fitness and to the content of Applicant's magazine; posters, calendars, pens, pencils, greeting cards, poster books, photograph albums, address books, appointment books, paper place mats, decals, stickers, notebooks, and lithographs, note pad, business card holders, playing cards, prints and postcards, scratch pads, folders, posters and trading cards	76/394,756	4/8/2002	United States
FLEXY		41	Entertainment services, namely an annual award in recognition of actors and actresses who have achieved enhanced physiques and muscularity by way of bodybuilding, for film and television roles	76/446,341	9/3/2002	United States
GIFT-O-METER		16,35	Publication, namely an advertising supplement; and computer services, namely advertising content via a global computer network	75/923,079	2/18/2000	United States
ISHAPE		41	Interactive online services, namely, providing an online magazine featuring health and fitness information; newsletter related to health, fitness and weight loss delivered via e-mail; personalized reports related to nutrition, exercise and weight loss delivered by e-mail via a global communication network; providing on-line fitness information via a global communication information network;	78/131,924	1/29/2002	United States
ISHAPE		44	Providing on-line information in the field of health, nutrition and personal weight loss, weight planning and weight management via a global communication network.	78/131,924	1/29/2002	United States
JOE WEIDER'S BATTLE OF THE BICEPS		41	Competitions in the field of body building and fitness	76/272,577	6/15/2001	United States
JOE WEIDER'S BATTLE OF THE BICEPS		9,25	Pre-recorded audio-cassettes, audio discs, audio tapes, compact discs, computer programs, CD Rom, interactive videos, DAT mini compact discs, tapes and pre-recorded videos featuring body building contests and contestants; clothing, namely, aprons, footwear, athletic footwear, head	76/272,576	6/15/2001	United States

		PUBLICATION		REGISTRATION		COUNTRY	
MEN'S FITNESS BRAND FRANCHISE ENCYCLOPEDIA	9,16,42	Pre-recorded CD-Roms, audio and video cassettes featuring information related to editorial content, advertising, circulation, marketing, publicity, new media and research pertaining to Applicant's magazine; printed matter, namely a set of updatable binders containing information related to editorial content, advertising, circulation, marketing, publicity, new media and research pertaining to Applicant's magazine; and computer services, namely, providing on-line business information in the nature of editorial content, advertising, circulation, marketing, publicity, new media and research pertaining to Applicant's magazine, via a global communication information network site	76/363,124	1/25/2002	United States		
MUSCLE & FITNESS	16	Publications, namely magazines in the field of health and fitness	76/379,152	2/22/2002	United States		
MUSCLE & FITNESS	18,25	Athletic bags, backpacks, baby backpacks, all-purpose sport bags, beach bags, book bags, duffel bags, gym bags, overnight bags, school book bags, tote bags, shopping bags, travel bags, daypacks, fanny packs, handbags and knapsacks, wallets, drawstring pouches, purses, luggage, key cases, leather key chains, business card cases, credit card cases, calling card cases, name card cases, billfolds, checkbook covers, travel kits sold empty, shaving kits sold empty, umbrellas and leather gloves; and Clothing, namely, men's women's and children's tops and bottoms, underwear, sleepwear, neckwear, lingerie, swimwear, beachwear, loungewear, footwear, headwear, clothing belts, gloves, rainwear, ski wear, surf wear, tennis wear, coats, jackets, sweaters, vests, dresses, shirts, pants, sweatshirts, sweatpants, shorts, skirts, and socks	76/381,534	3/1/2002	United States		
MUSCLE & FITNESS	21,28	Coffee mugs, beer mugs, cups, beverage ware, portable beverage coolers, beverage glassware, bottle openers, bowls, lunch boxes, clothes brushes, hair brushes, combs, nail brushes, shoe brushes, toothbrushes, comb cases, coasters not of paper and not being table linen, drinking glasses, figurines made of china, crystal, earthenware, glass, porcelain, and terra cotta, fitted picnic baskets, gift baskets made of wicker, straw, cloth or wood, shoe	76/381,535	3/1/2002	United States		

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		SERIAL NO.	FILED DATE	COUNTY
MUSCLE & FITNESS	35			United States
MUSCLE & FITNESS	41	76/381,533	3/1/2002	United States
MUSCLE & FITNESS	44	76/379,510	2/22/2002	United States
MUSCLE & FITNESS	9,16	76/379,150	2/22/2002	United States

horns, and wastepaper baskets; and gymnastic, sporting and exercise equipment, namely, exercise machines, exercise mats, exercise tables, exercise platforms, trampolines, exercise weights, weight benches; weight lifting belts; baseball, batting, bicycling, boxing and weight lifting gloves; games and toys, namely, action skill games, board games, arcade games, card games, manipulative games, parlor games, pinball games, party games, ring games, role playing games, target games, coin operated video games, bath toys, baby multiple activity toys, children's multiple activity toys, battery operated action toys, bendable toys, collectable toy figures, construction toys, disc toss toys, drawing toys, electric action toys, electronically operated toy motor vehicles, inflatable toys, modeled plastic toy figurines, musical toys, mechanical toys, pet toys, plush toys, pop up toys, pull toys, punching toys, sand toys, squeeze toys, talking toys, toy action figures, toy boxes, toy vehicles and accessories therefore, water squirting toys, windup toys

Direct response retail services; namely, mail order services, direct mail services and on-line retail store services in the field of general merchandise; namely, clothing, including t-shirts, shorts, pants, sweatshirt, jackets, hats, caps, towels, water bottles, toiletry cases, fanny packs, back packs, videos, books, mugs, key chains and photos

Computer services, namely, providing on-line information in the field of health and fitness in the form of magazines via a global communication information network; special event planning, namely, planning, organizing, coordinating, promoting and managing community sporting and cultural events, contests, and weightlifting and body building competitions

Computer services, namely providing on-line information in the field of health and fitness, and information relating to the demographics, circulation and advertising policies of Applicant's magazine via a global communication information network site

Pre-recorded CD-Roms, prerecorded audio and video cassettes and computer software, all featuring information about health and fitness; computer hardware; electronic devices, namely, electronic personal organizers, CD players, radios, televisions, telephones, personal stereos, audio tape players and recorders, video tape players and recorders, mp3 players, digital video disc players and recorders, digital audio players and

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			DATE OF FILING	FILED DATE	COUNTRY
MUSCLE & FITNESS		recorders; sunglasses, decorative magnets, tape measures, calculators, flashlights, binoculars, and cameras; printed matter, namely a set of updateable binders containing information related to health and fitness and to the content of Applicant's magazines; posters, calendars, pens, pencils, greeting cards, poster books, photograph albums, address books, appointment books, paper place mats, decals, stickers, notebooks, and lithographs, note pads, desktop business card holders, playing cards, prints and postcards, scratch pads, folders and trading cards			
MUSCLE & FITNESS — BATTLE OF THE BICEPS	41	Competitions in the field of body building and fitness	76/461,984	10/28/02	United States
MUSCLE & FITNESS — BATTLE OF THE BICEPS	9,25	Audio-cassettes, audio discs, audio tapes, compact discs, computer programs, CD Rom, interactive videos, DAT mini compact discs and tapes featuring pre-recorded videos; and clothing namely, aprons, footwear, athletic footwear, head bands, sweat bands, bathing suits, bathing trunks, bathrobes, belts, bibs, blouses, boxer shorts, caps, coats, dresses, footwear, gloves, hats, jackets, jogging suits, leg warmers, leotards, mittens, neck ties, nightgowns, night shirts, pajamas, play suits, pants, panties, sweat pants, polo shirts, pullovers, scarves, shirts, sweat shirts, golf shirts, T-shirts, socks, sneakers, shorts, suits, jump suits, jogging suits, sweaters, sun visors, t-shirts, tennis wear and vests	76/272,582	6/15/2001	United States
MUSCLE & FITNESS' BIG MAN ON CAMPUS	16	Printed publications, namely event programs, books and flyers featuring bodybuilding contests and contestants; printed collectibles, namely pens, pencils, notepads; desk sets, paper cutters, decals, letter openers, gift paper, business card holders, paperweights, plastic bags for merchandise packaging, posters wrapping, calendars, markers, playing cards, color prints and postcards featuring body building contestants, scratch pads, desk organizers, pen or pencil holders, paper tags, stationery, paper stock, folders, posters, address books, trading cards and blotters	76/198,600	1/20/2001	United States
MUSCLE & FITNESS' BIG MAN ON CAMPUS	25	Men's, women's and children's clothing	76/198,601	1/20/2001	United States
MUSCLE & FITNESS' BIG MAN ON CAMPUS	41	Entertainment services, namely the arranging and conducting of fitness competitions	76/194,791	1/10/2001	United States
MUSCLE & FITNESS' BIG MAN	9	Computer hardware and software, electronic devices, sun glasses,	76/198,602	1/20/2001	United States

ON CAMPUS		FOOTNOTES	SEARCH NUMBER	FILED DATE	COUNTRY
MUSCLE & FITNESS HERS	16	magnets, tape measures, calculators, flashlights, binoculars, telephones, radios, cameras, media for recording, videotapes, digital video discs, cassettes and CD-Roms			
MUSCLE & FITNESS HERS	44	Publications, namely magazines in the fields of health and fitness Computer services, namely providing on-line information in the field of health and fitness, and information relating to the demographics, circulation and advertising policies of Applicant's magazine via a global communication information network site	76/379,154	2/22/2002	United States
MUSCLE & FITNESS HERS	9,16	Pre-recorded CD-Roms, prerecorded audio and video cassettes and computer software, all featuring information about health and fitness; computer hardware; electronic devices, namely, electronic personal organizers, CD players, radios, televisions, telephones, personal stereos, audio tape players and recorders, video tape players and records, mp3 players, digital video disc players and recorders, digital audio players and recorders; sunglasses, decorative magnets, tape measures, calculators, binoculars, and cameras; printed matter, namely a set of updateable binders containing information related to health and fitness and to the content of Applicant's magazines; posters, calendars, pens, pencils, greeting cards, poster books, photograph albums, address books, appointment books, paper place mats, decals, stickers, notebooks, lithographs, note pads, desk top business card holders, playing cards, prints and postcards, scratch pads, folders and trading cards	76/379,151	2/22/2002	United States
MUSCLE & FITNESS HERS (Stylized)	9,16	Pre-recorded CD-Roms, prerecorded audio and video cassettes and computer software, all featuring information about health and fitness; computer hardware; electronic devices, namely, electronic personal organizers, CD players, radios, televisions, telephones, personal stereos, audio tape players and recorders, video tape players and records, mp3 players, digital video disc players and recorders, digital audio players and recorders; sunglasses, decorative magnets, tape measures, calculators, binoculars, and cameras; printed matter, namely a set of updateable binders containing information related to health and fitness and to the content of Applicant's magazines; posters, calendars, pens, pencils, greeting cards, poster books, photograph albums, address books, appointment books, paper place mats, decals, stickers, notebooks, lithographs, note pads, desk top business card holders, playing cards, prints and postcards, scratch pads, folders and trading cards	76/379,718	2/22/2002	United States

		CLASSIFICATION	SERIAL NO.	FILING DATE	COUNTRY
MUSCLE & FITNESS HERS (Stylized)	16	Publications, namely magazines in the fields of health and fitness	76/379,155	2/22/2002	United States
MUSCLE & FITNESS HERS (Stylized)	44	Computer services, namely providing on-line information in the field of health and fitness, and information relating to the demographics, circulation and advertising policies of Applicant's magazine via a global communication information network site	76/379,160	2/22/2002	United States
MUSCLE & FITNESS HOMEBODY	16	Magazine featuring information on health, fitness and nutrition	76/358,478	1/14/2002	United States
MUSCLE & FITNESS (Stylized)	16	Publications, namely magazines	76/379,509	2/22/2002	United States
MUSCLE & FITNESS (Stylized)	44	Computer services, namely providing on-line information in the field of health and fitness, and information relating to the demographics, circulation and advertising policies of Applicant's magazine via a global communication information network site	76/379,508	2/22/2002	United States
MUSCLE & FITNESS (Stylized)	9,16	Pre-recorded CD-Roms, prerecorded audio and video cassettes featuring information about health and fitness; computer hardware and software, electronic devices, sun glasses, magnets, tape measures, calculators, flashlights, binoculars, telephones, radios and cameras; and printed matter, namely a set of updateable binders containing information related to health and fitness and to the content of Applicant's magazine; posters, calendars, pens, pencils, greeting cards, poster books, photograph albums, address books, appointment books, paper place mats, decals, stickers, notebooks, and lithographs, note pad, business card holders, playing cards, prints and postcards, scratch pads, folders, posters and trading cards	76/379,506	2/22/2002	United States
NATURAL HEALTH BRAND FRANCHISE ENCYCLOPEDIA	9,16,42	Pre-recorded CD-Roms, audio and video cassettes featuring information related to editorial content, advertising, circulation, marketing, publicity, new media and research pertaining to Applicant's magazine; printed matter, namely a set of updateable binders containing information related to editorial content, advertising, circulation, marketing, publicity, new media and research pertaining to Applicant's magazine; and computer services, namely, providing on-line business information in the nature of editorial content, advertising, circulation, marketing, publicity, new media and research pertaining to Applicant's magazine, via a global communication information network site	76/363,123	1/25/2002	United States
NATURAL HEALTH NEWS	42	Informational services, namely, providing news and other information in	76/265,048	6/1/2001	United States

		the field of health and fitness	SERIAL NO.	FILING DATE	COUNTRY
OPTIMIZE	44	Computer services, namely, providing information relating to health, weight loss and fitness.	76/363,112	1/25/2002	United States
OPTIMIZE FITNESS SYSTEMS	44	Computer services, namely, providing information relating to health, weight loss and fitness.	76/358,799	1/14/2002	United States
OPTIMIZE PERSONAL FITNESS SYSTEM	44	Computer services, namely, providing information relating to health, weight loss and fitness.	76/358,875	1/14/2002	United States
OPTIMIZE PERSONAL WEIGHT MANAGEMENT SYSTEMS	44	Computer services, namely, providing information relating to health, weight loss and fitness.	76/358,876	1/14/2002	United States
PARTNER POWER PROGRAM			76/475,511	12/16/02	United States
SHAPE	25	Clothing, namely, men's, women's and children's tops, bottoms, underwear, sleepwear, neckwear, lingerie, swim wear, beachwear, loungewear, footwear, headwear, jackets, raincoats, coats, socks, stockings, booties, hosiery, sweat shirts, sweat pants, sweat suits and warm-up suits	76/363,122	1/25/2002	United States
SHAPE			76/475,870	12/17/02	United States
SHAPE			76/475,872	12/17/02	United States
SHAPE (Stylized)	25	Clothing, namely, men's, women's and children's tops and bottoms, underwear, outerwear, sleepwear, neckwear, lingerie, swimwear, beachwear, loungewear, footwear, legwear and headwear	76/363,121	1/25/2002	United States
SHAPE (Stylized)	1641	a magazine dealing with health and fitness; and computer services, namely, providing on-line magazines in the field of health and fitness; and providing information in the field of health and fitness via a global communication information network site	76/454,921	9/23/2002	United States
SHAPE BRAND FRANCHISE ENCYCLOPEDIA	9,16,42	Pre-recorded CD-Roms, audio and video cassettes featuring information related to editorial content, advertising, circulation, marketing, publicity, new media and research pertaining to Applicant's magazine; printed matter, namely a set of updateable binders containing information related to editorial content, advertising, circulation, marketing, publicity, new media and research pertaining to Applicant's magazine; and computer services, namely, providing on-line business information in the nature of editorial content, advertising, circulation, marketing, publicity, new media	76/363,111	1/25/2002	United States

CLASSIFICATION	CLASS	COMMENTS	SERIAL NO.	FILING DATE	COUNTRY
		and research pertaining to Applicant's magazine, via a global communication information network site			
SHAPES ESSENTIAL GUIDE TO ADVENTURE TRAVEL	16	Magazine, magazine columns and magazine supplements in the field of health and fitness	75/492,547	5/28/1998	United States
SHAPES ESSENTIAL GUIDE TO BEAUTY	16	Magazines, magazine columns and magazine supplements in the field of health and fitness	75/492,538	5/23/1998	United States
SHAPES ESSENTIAL GUIDE TO FALL	16	Magazines, magazine columns and magazine supplements in the field of health and fitness	75/942,667	3/13/2000	United States
SHAPES ESSENTIAL GUIDE TO GEAR	16	Magazines, magazine columns and magazine supplements in the field of health and fitness	75/492,546	5/23/1998	United States
SHAPES ESSENTIAL GUIDE TO SUMMER	16	Magazines, magazine columns and magazine supplements in the field of health and fitness	75/397,970	12/1/1997	United States
SHAPES ESSENTIAL GUIDE TO WINTER	16	Magazines, magazine columns and magazine supplements in the field of health and fitness	75/942,666	3/13/2000	United States
SHAPES FIT FOR ADVENTURE	41	Recreational services in the nature of various outdoor activities, including rafting and hiking trips	76/272,578	6/15/2001	United States
WEIDER BRAND FRANCHISE ENCYCLOPEDIA	9,16,42	Pre-recorded CD-Roms, audio and video cassettes featuring information related to editorial content, advertising, circulation, marketing, publicity, new media and research pertaining to Applicant's magazine; printed matter, namely a set of updatable binders containing information related to editorial content, advertising, circulation, marketing, publicity, new media and research pertaining to Applicant's magazine; and computer services, namely, providing on-line business information in the nature of editorial content, advertising, circulation, marketing, publicity, new media and research pertaining to Applicant's magazine, via a global communication information network site	76/363,113	1/25/2002	United States
WEIDER'S HOMEBODY	16	Magazine featuring information on health, fitness and nutrition	76/358,480	1/14/2002	United States

**SYL COMMUNICATIONS  
US TRADEMARKS**

Applications Pending For U.S. Registration

SHAPE YOUR LIFE	REG. NO.	REG. DATE	COUNTRY
3	78/186,761	11/20/2002	United States
4	78/186,759	11/20/2002	United States
9	78/187,143	11/20/2002	United States
16	78/187,115	11/20/2002	United States
18	78/187,104	11/20/2002	United States

1 Trademark applications pending for SYL Communications



		health information; health care advisory and consultation services		
			SERIAL NO.	
			FILE NO.	

SUPPLEMENT NO. 4 dated as of January 23, 2003, to the Security Agreement dated as of May 7, 1999, among AMERICAN MEDIA OPERATIONS, INC., a Delaware corporation (the "*Borrower*"), AMERICAN MEDIA, INC., a Delaware corporation ("*Holdings*"), each subsidiary of Holdings listed on Schedule I thereto (each such subsidiary individually a "*Subsidiary*" or a "*Guarantor*" and, collectively, the "*Subsidiaries*" or, with Holdings, the "*Guarantors*"; the Guarantors and the Borrower are referred to collectively herein as the "*Grantors*") and JPMORGAN CHASE BANK (formerly known as The Chase Manhattan Bank), a New York banking corporation ("*JPMCB*"), as collateral agent (in such capacity, the "*Collateral Agent*") for the Secured Parties (as defined herein).

A. Reference is made to (a) the Credit Agreement dated as of May 7, 1999, as amended and restated as of May 21, 2002 (as amended, supplemented or otherwise modified from time to time, the "*Credit Agreement*"), among the Borrower, Holdings, the lenders from time to time party thereto (the "*Lenders*") and JPMCB, as administrative agent for the Lenders (in such capacity, the "*Administrative Agent*"), and (b) the Guarantee Agreement dated as of May 7, 1999 (as amended, supplemented or otherwise modified from time to time, the "*Guarantee Agreement*"), among the Guarantors and the Collateral Agent.

B. Capitalized terms used herein and not otherwise defined herein shall have the meanings assigned to such terms in the Security Agreement and the Credit Agreement.

C. The Grantors have entered into the Security Agreement in order to induce the Lenders to make Loans and the Issuing Bank to issue Letters of Credit. Pursuant to Section 5.12 of the Security Agreement, each Subsidiary Loan Party of the Borrower that was not in existence or not a Subsidiary Loan Party on the date of the Credit Agreement and each Unrestricted Subsidiary that is designated as a Restricted Subsidiary is required to enter in to this Agreement as a Grantor upon becoming a Subsidiary Loan Party. Section 7.15 of the Security Agreement provides that such Subsidiaries of the Borrower may become Grantors under the Security Agreement by execution and delivery of an instrument in the form of this Supplement. Each of the undersigned Subsidiaries (each, a "*New Grantor*" and, collectively, the "*New Grantors*") is executing this Supplement in accordance with the requirements of the Credit Agreement to become a Grantor under the Security Agreement in order to induce the Lenders to make additional Loans and the Issuing Bank to issue additional Letters of Credit and as consideration for Loans previously made and Letters of Credit previously issued.

Accordingly, the Collateral Agent and the New Grantors agree as follows:

SECTION 1. In accordance with Section 7.15 of the Security Agreement, each New Grantor by its signature below becomes a Grantor under the Security Agreement with the same force and effect as if originally named therein as a Grantor and each New Grantor hereby (a) agrees to all the terms and provisions of the Security Agreement applicable to it as a Grantor thereunder and (b) subject to Section 10 hereof, represents and warrants that the representations and warranties made by it as a Grantor thereunder are true and correct on and as of the date hereof except to the extent a representation and warranty expressly relates solely to a specific date

in which case such representation and warranty shall be true and correct on such date. In furtherance of the foregoing, each New Grantor, as security for the payment and performance in full of the Obligations (as defined in the Security Agreement), does hereby create and grant to the Collateral Agent, its successors and assigns, for the benefit of the Secured Parties, their successors and assigns, a security interest in and lien on all of such New Grantor's right, title and interest in and to the Collateral (as defined in the Security Agreement) of such New Grantor. Each reference to a "Grantor" in the Security Agreement shall be deemed to include each New Grantor. The Security Agreement is hereby incorporated herein by reference.

SECTION 2. Each New Grantor represents and warrants to the Collateral Agent and the other Secured Parties that this Supplement has been duly authorized, executed and delivered by it and constitutes its legal, valid and binding obligation, enforceable against it in accordance with its terms.

SECTION 3. This Supplement may be executed in counterparts (and by different parties hereto on different counterparts), each of which shall constitute an original, but all of which when taken together shall constitute a single contract. This Supplement shall become effective when the Collateral Agent shall have received counterparts of this Supplement that, when taken together, bear the signatures of the New Grantors and the Collateral Agent. Delivery of an executed signature page to this Supplement by facsimile or other electronic transmission shall be as effective as delivery of a manually signed counterpart of this Supplement.

SECTION 4. Each New Grantor hereby represents and warrants that set forth on Schedule I attached hereto is a true and correct schedule of the location of any and all Collateral of each New Grantor and sets forth the true and correct location of the chief executive office of each New Grantor. In addition, Schedules II, III, IV and V of the Security Agreement are hereby supplemented by the information set forth on Schedules II, III, IV and V hereto relating to each New Grantor. Each of the New Grantors hereby represents and warrants that the information set forth on Schedules II, III, IV and V attached hereto is true and correct.

SECTION 5. Except as expressly supplemented hereby, the Security Agreement shall remain in full force and effect.

**SECTION 6. THIS SUPPLEMENT SHALL BE GOVERNED BY, AND CONSTRUED IN ACCORDANCE WITH, THE LAWS OF THE STATE OF NEW YORK.**

SECTION 7. In case any one or more of the provisions contained in this Supplement should be held invalid, illegal or unenforceable in any respect, the validity, legality and enforceability of the remaining provisions contained herein and in the Security Agreement shall not in any way be affected or impaired thereby (it being understood that the invalidity of a particular provision in a particular jurisdiction shall not in and of itself affect the validity of such provision in any other jurisdiction). The parties hereto shall endeavor in good-faith negotiations to replace the invalid, illegal or unenforceable provisions with valid provisions the economic effect of which comes as close as possible to that of the invalid, illegal or unenforceable provisions.

SECTION 8. All communications and notices hereunder shall be in writing and given as provided in Section 7.01 of the Security Agreement. All communications and notices hereunder to each New Grantor shall be given to it at the address set forth under its signature below.

SECTION 9. Each New Grantor agrees to reimburse the Collateral Agent for its reasonable out-of-pocket expenses in connection with this Supplement, including the reasonable fees, other charges and disbursements of counsel for the Collateral Agent.

SECTION 10. Notwithstanding anything to the contrary contained herein or in the Security Agreement but subject to Section 5.13(d) of the Credit Agreement and Section 4.03 of the Security Agreement, solely for the purpose of the representations and warranties made in Section 4 hereof and in Article 3 of the Security Agreement, it is understood and agreed that such representations and warranties shall not be made with respect any registered copyrights of either New Grantor (a) that were acquired, directly or indirectly, by a Loan Party in connection with the Weider Acquisition and (b) either (i) that were not disclosed to any Loan Party by the seller in connection with the Weider Acquisition or (ii) with respect to which no Loan Party has knowledge, as of the Restatement Effective Date, of registration.

IN WITNESS WHEREOF, each New Grantor and the Collateral Agent has duly executed this Supplement to the Security Agreement as of the day and year first above written.

WEIDER PUBLICATIONS, LLC,

By Michael Kahane  
Name: Michael Kahane  
Title: Sr. V. P. + General Counsel

SYL COMMUNICATIONS,

By Michael Kahane  
Name: Michael Kahane  
Title: Senior Vice President & General Counsel

JPMORGAN CHASE BANK, as Collateral Agent,

By \_\_\_\_\_  
Name:  
Title:

IN WITNESS WHEREOF, each New Grantor and the Collateral Agent has duly executed this Supplement to the Security Agreement as of the day and year first above written.

WEIDER PUBLICATIONS, LLC,

By \_\_\_\_\_  
Name:  
Title:

SYL COMMUNICATIONS,

By \_\_\_\_\_  
Name:  
Title:

JPMORGAN CHASE BANK, as Collateral Agent,

By *Peter B. Thauer*  
Name: *Peter B. Thauer*  
Title: *Vice President*

<<FTCORP-2218844.S:4276W:01/23/03-1:37a>>

LOCATION OF COLLATERAL

**Weider Publications, LLC**

<u>Description</u>	<u>Location</u>
Principal Executive Office	21100 Erwin Street Woodland Hills, CA 91367 (818) 251-2901

**SYL Communications**

<u>Description</u>	<u>Location</u>
Principal Executive Office	21100 Erwin Street Woodland Hills, CA 91367 (818) 884-6800
Books and records relating to accounts receivable and general intangibles	21100 Erwin Street Woodland Hills, CA 91367 (818) 251-2901

**COPYRIGHTS**

Copyrights held by Weider Publications, LLC and SYL Communications attached hereto

**Weider Publications, Inc. Copyrights<sup>1, 2</sup>**

**Titles**

<b>PUBLICATION</b>	<b>REG. NO.</b>	<b>EFFECTIVE DATE</b>
Joe Weider's Mr. Olympia Training Encyclopedia/ Joe Weider with Bill Reynolds	TX 3-170-465	10/15/1991
Muscle & Fitness Training Notebook	Pending	Pending
Complete Book Of Abs	Pending	Pending
Natural Health Cookbook	TX 4-049-995	5/26/1995
52 Simple Steps To Natural Health	TX 4-186-837	2/27/1996

**Flex: beyond-the-scenes in the world of body building.**

<b>MONTH.</b>	<b>REG. NO.</b>	<b>EFFECTIVE DATE</b>
April	TX 1-284-301	2/15/1984
May	TX 1-284-305	2/15/1984
June	TX 1-197-669	8/31/1983
July	TX 1-197-670	8/31/1983
August	TX 1-158-711	7/25/1983
September	TX 1-158-710	7/25/1983
October	TX 1-197-668	8/31/1983
November	TX 1-197-472	9/28/1983
December	TX 1-208-163	10/17/1983

**Flex: beyond-the-scenes in the world of body building.**

<b>MONTH.</b>	<b>REG. NO.</b>	<b>EFFECTIVE DATE</b>
January	TX 1-242-103	11/28/1983
February	TX 1-256-296	12/23/1983
March	TX 1-271-777	1/27/1984
April	TX 1-286-925	2/21/1984
May	TX 1-313-961	3/26/1984
June	TX 1-324-454	4/23/1984
July	TX 1-367-766	6/18/1984
August	TX 1-392-753	7/20/1984

<sup>1</sup> Unless otherwise noted, each of the copyrights listed under "Weider Publications, Inc. Copyrights" is owned by Weider Publications, Inc.

<sup>2</sup> Weider Publications, LLC will become the owner upon execution of the Contribution Agreement, as defined in the Purchase and Contribution Agreement by and among Weider Health and Fitness, Weider Health and Fitness, LLC, Weider Interactive Networks, Inc., Weider Publications, LLC, EMP Group L.L.C., and American Media Operations, Inc., dated as of November 26, 2002.

WPI - COPYRIGHTS

**TRADEMARK**  
**REEL: 002668 FRAME: 0670**

(2 of them)	TX 1-441-435	10/5/1984
October	TX 1-441-703	10/9/1984
November	TX 1-446-455	11/26/1984
December	TX 1-458-897	11/2/1984

**Flex: beyond-the-scenes in the world of body building.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-466-213	11/23/1984
February	TX 1-477-496	12/19/1984
March	TX 1-505-572	1/25/1985
April	TX 1-528-372	2/27/1985
May	TX 1-546-640	3/25/1985
June	TX 1-573-913	5/2/1985
July	TX 1-618-647	7/22/1985
August	TX 1-618-660	7/22/1985
September	TX 1-628-151	8/1/1985
October	TX 1-640-704	8/22/1985
November	TX 1-685-949	10/31/1985
December	TX 1-688-146	11/4/1985

**Flex: beyond-the-scenes in the world of body building.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-726-461	12/20/1985
February	TX 1-718-848	12/23/1985
March	TX 1-752-898	2/3/1986
April	TX 1-759-336	2/24/1986
May	TX 1-804-520	4/25/1986
June	TX 1-804-409	4/25/1986
July	TX 1-819-504	5/22/1986
August	TX 1-867-689	7/7/1986
September	TX 1-868-598	7/21/1986
October	TX 1-893-626	8/19/1986
November	TX 1-908-077	9/17/1986
December	TX 1-936-413	10/20/1986

**Flex: beyond-the-scenes in the world of body building.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-947-152	12/8/1986
February	TX 1-977-681	12/23/1986
March	TX 1-989-080	1/29/1987
April	TX 2-004-894	2/26/1987
May	TX 2-034-076	4/3/1987
June	TX 2-060-868	5/1/1987
July	TX 2-078-089	6/8/1987
August	TX 2-083-386	6/16/1987
September	TX 2-114-444	7/20/1987
October	TX 2-130-295	8/19/1987
November	TX 2-148-471	9/21/1987
December	TX 2-175-478	10/20/1987

**Flex: beyond-the-scenes in the world of body building.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-193-734	11/23/1987
February	TX 2-231-132	1/13/1988
March	TX 2-257-908	1/29/1988
April	TX 2-248-937	2/23/1988
May	TX 2-283-529	3/31/1988
June	TX 2-336-697	6/28/1988
July	TX 2-295-541	6/28/1988
August	TX 2-295-776	6/28/1988
September	TX 2-383-453	8/15/1988
October	TX 2-381-923	8/24/1988
November	TX 2-462-813	12/19/1988
December	TX 2-458-961	12/20/1988

**Flex: beyond-the-scenes in the world of body building.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-492-828	2/6/1989
February	TX 2-462-706	12/20/1988
March	TX 2-480-951	1/17/1989
April	TX 2-501-753	2/21/1989
May	TX 2-534-782	4/17/1989
June	TX 2-578-732	6/15/1989

July	TX 2-581-129	6/19/1989
August	TX 2-581-806	6/19/1989
September	TX 2-583-732	6/23/1989
October	TX 2-656-788	10/6/1989
November	TX 2-657-253	10/6/1989
December	TX 2-674-591	11/7/1989

**Flex: beyond-the-scenes in the world of body building.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-770-421	3/13/1990
February	TX 2-773-168	3/13/1990
March	TX 2-775-055	3/13/1990
April	TX 2-773-653	3/15/1990
May	TX 2-823-292	4/5/1990
June	TX 2-860-938	6/12/1990
July	TX 3-014-968	6/13/1990
August	TX 2-861-893	7/12/1990
September	TX 2-865-104	7/23/1990
October	TX 2-879-387	8/21/1990
November	TX 2-909-069	9/24/1990
December	TX 2-924-424	10/24/1990

**Flex: beyond-the-scenes in the world of body building.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2 948 435	11/23/1990
February	TX 2 979 664	12/16/1990
March	TX 2 995 299	1/22/1991
April	TX 3 018 840	2/22/1991
May	TX 3 041 540	4/3/1991
June	TX 3 063 888	5/2/1991
July	TX 3 073 539	5/20/1991
August	TX 3 094 525	6/24/1991
September	TX 3 110 014	8/5/1991
October	TX 3 126 837	8/23/1991
November	TX 3 158 388	10/7/1991
December	TX 3 183 189	11/1/1991

**Flex: beyond-the-scenes in the world of body building.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 3 209 351	12/4/1991
February	TX 3 216 850	12/24/1991
March	TX 3 246 677	1/27/1992
April	TX 3 271 448	3/10/1992
May	TX 3 278 791	3/23/1992
June	TX 3 300 652	4/27/1992
July	TX 3 307 880	6/2/1992
August	TX 3 334 794	6/29/1992
September	TX 3 368 075	8/18/1992
October	TX 3 377 218	8/24/1992
November	TX 3 409 304	10/5/1992
December	TX 3 419 949	10/27/1992

**Flex: beyond-the-scenes in the world of body building.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 3 443 376	11/17/1992
February	TX 3 445 561	12/11/1992
March	TX 3 458 929	1/7/1993
April	TX 3 494 524	3/19/1993
May	TX 3 504 308	3/15/1993
June	TX 3 520 847	4/19/1993
July	TX 3 555 209	5/21/1993
August	TX 3 571 683	6/7/1993
September	TX 3 588 059	7/9/1993
October	TX 3 621 489	8/9/1993
November	TX 3 640 885	9/13/1993
December	TX 3 629 977	10/8/1993

**Flex: beyond-the-scenes in the world of body building.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 3 689 083	12/9/1993
February	TX 3 689 082	12/9/1993
March	TX 3 670 608	1/11/1994
April	TX 3 762 074	2/14/1994
May	TX 3 802 957	3/25/1994
June	TX 3 828 428	4/20/1994
July	TX 3 841 121	5/20/1994

WPI - COPYRIGHTS

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TRADEMARK  
REEL: 002668 FRAME: 0674

August	TX 3 842 107	7/21/1994
September	TX 3 842 132	7/25/1994
October	TX 3 893 932	9/14/1994
November	TX 3 893 931	9/14/1994
December	TX 3 936 422	11/14/1994

**Flex: beyond-the-scenes in the world of body building.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 3 936 423	11/14/1994
February	TX 3 967 185	1/11/1995
March	TX 4 002 453	2/27/1995
April	TX 3 813 075	4/11/1995
May	TX 4 018 286	4/11/1995
June	TX 4 026 252	5/2/1995
Summer, 1995 - Special Edition	TX 4 040 370	5/18/1995
July	TX 4 045 089	6/19/1995
August	TX 4 100 212	7/18/1995
September	TX 4 135 316	9/1/1995
October	TX 4 126 574	10/5/1995
November	TX 4 174 286	10/16/1995
December	TX 4 156 548	11/24/1995

**Flex: beyond-the-scenes in the world of body building.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 4-230-423	1/5/1996
February	TX 4-233-276	3/29/1996
March	TX 4-176-318	2/26/1996
April	TX 4-256-551	4/5/1996
May	TX 4-282-572	5/10/1996
June	TX 4-180-091	5/24/1996
July	TX 4-301-577	6/17/1996
August	TX 4-316-424	7/26/1996
September	TX 4-328-232	8/12/1996
October	TX 4-389-192	11/13/1996
November	TX 4-349-155	10/15/1996
December	TX 4-378-287	11/18/1996

**Flex: beyond-the-scenes in the world of body building.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 4-409-736	1/3/1997
February	TX 4-269-751	1/27/1997
March	TX 4-431-171	2/18/1997
April	TX 4-452-566	3/18/1997
May	TX 4-467-908	4/15/1997
June	TX 4-474-162	5/12/1997
July	TX 4-491-239	6/9/1997
August	TX 4-515-243	7/10/1997
September	TX 4-529-114	8/25/1997
October	TX 4-565-124	10/24/1997
November	TX 4-560-539	10/22/1997
December	TX 4-584-463	11/24/1997

**Flex: beyond-the-scenes in the world of body building.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 4-608-485	12/23/1997
February	TX 4-610-200	1/8/1998
March	TX 4-629-480	3/2/1998
April	TX 4-644-988	3/19/1998
May	TX 4-694-464	5/11/1998
June	TX 4-692-864	5/20/1998
July	TX 4-835-087	2/2/1999
August	TX 4-723-059	7/16/1998
September	TX 4-741-646	8/14/1998
October	TX 4-812-567	2/2/1999
November	TX 4-798-901	11/18/1998
December	TX 4-796-979	11/16/1998

**Flex: beyond-the-scenes in the world of body building.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 4-814-910	12/22/1998
February	TX 4-824-689	1/19/1999
March	TX 4-833-142	2/8/1999
April	TX 4-854-426	3/9/1999
May	TX 4-885-264	4/19/1999
June	TX 4-906-213	5/14/1999
July	TX 4-947-373	7/23/1999

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TRADEMARK  
REEL: 002668 FRAME: 0676

August	TX 4-948-979	7/26/1999
September	TX 4-952-506	8/9/1999
October	TX 5-005-028	10/15/1999
November	TX 5-009-312	11/8/1999
December	TX 5-009-126	11/8/1999

**Flex: beyond-the-scenes in the world of body building.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 5-050-969	1/24/2000
February	TX 5-054-263	2/2/2000
March	TX 5-055-197	2/14/2000
April	TX 5-121-028	3/13/2000
May	TX 5-088-861	4/21/2000
June	TX 5-096-786	5/22/2000
July	TX 5-214-392	7/5/2000
August	TX 5-159-330	8/28/2000
September	TX 5-165-745	9/11/2000
October	TX 5-197-393	11/13/2000
November	TX 5-229-114	11/20/2000
December	TX 5-334-259	5/14/2001

**Flex: beyond-the-scenes in the world of body building.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 5-324-834	2/27/2001
February	TX 5-255-431	2/26/2001
March	TX 5-264-850	3/7/2001
April	TX 5-299-584	4/5/2001
May	TX 5-334-260	5/14/2001
June 2001	TX 5-385-257	6/25/2001
July 2001	TX 5-402-332	8/13/2001
August 2001	TX 5-402-337	8/13/2001
September 2001	TX 5-428-613	10/5/2001
October 2001	TX5-456-373	10/15/2001
November 2001	TX 5-531-396	12/10/2001
December 2001	TX 5-531-395	12/10/2001

**Flex: beyond-the-scenes in the world of body building.**

MONTH	REG. NO.	EFFECTIVE DATE
January 2002	TX 5-512-887	4/8/2002
February 2002	TX 5-513-987	3/18/2002
March 2002	TX 5-558-018	4/25/2002
April 2002	TX 5-558-019	4/25/2002
May 2002	TX 5-546-200	4/25/2002
June 2002	TX 5-593-385	8/14/2002
July 2002	Pending	Pending
August 2002	Pending	Pending
September 2002	Pending	Pending
October 2002	Pending	Pending
November 2002	Pending	Pending
December 2002	Pending	Pending

**Muscle & fitness.****Copyright Registrations**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-297-340	2/16/1984
February	TX 1-284-302	2/15/1984
March	TX 1-284-303	2/15/1984
April	TX 1-284-304	2/15/1984
May	TX 1-275-871	2/2/1984
June	TX 1-183-674	9/6/1983
July	TX 1-275-892	2/2/1984
August	TX 1-284-665	2/2/1984
September	TX 1-183-719	9/6/1983
October	TX 1-183-681	9/6/1983
November	TX 1-218-154	11/4/1983
December	TX 1-208-297	10/17/1983

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-247-078	12/13/1983
February	TX 1-259-836	1/3/1984
March	TX 1-284-666	2/2/1984
April	TX 1-297-662	3/5/1984
May	TX 1-323-151	4/18/1984
June	TX 1-339-766	5/10/1984

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TRADEMARK  
REEL: 002668 FRAME: 0678

July	TX 1-367-424	6/18/1984
	TX 1-440-837	10/4/1984
August	TX 1-441-720	10/9/1984
	TX 1-441-436	10/5/1984
	TX 1-392-656	7/20/1984
September	TX 1-406-539	8/13/1984
September	TX 1-441-603	10/9/1984
October (celeb)	TX 1-472-391	10/5/1984
	TX 1-472-390	10/5/1984
November	TX 1-460-814	11/9/1984
December (celeb)	TX 1-467-977	12/3/1984

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January (celeb)	TX 1-467-988	12/3/1984
	TX 1-467-449	11/29/1984
February	TX 1-505-548	1/25/1985
	TX 1-486-522	1/4/1985
March	TX 1-512-084	2/4/1985
April	TX 1-530-743	3/4/1985
May	TX 1-574-583	5/3/1985
June	TX 1-618-545	7/22/1985
July	TX 1-618-661	7/22/1985
August	TX 1-618-540	7/22/1985
September	TX 1-640-705	8/22/1985
October	TX 1-650-157	9/3/1985
November	TX 1-692-205	11/1/1985
December	TX 1-692-206	11/1/1985

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-718-118	12/23/1985
February	TX 1-731-652	1/7/1986
March	TX 1-762-198	2/24/1986
April	TX 1-789-996	3/25/1986
May	TX 1-822-924	4/28/1986
June	TX 1-818-960	5/6/1986
July	TX 1-827-692	6/12/1986
August	TX 1-860-360	7/7/1986

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TRADEMARK  
REEL: 002668 FRAME: 0679

September	TX 1-886-292	7/29/1986
October	TX 1-900-873	9/5/1986
November	TX 1-923-740	10/7/1986
December	TX 1-923-954	11/3/1986

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-967-251	12/8/1986
February	TX 1-991-128	1/29/1987
March	TX 1-998-095	2/10/1987
April	TX 2-005-870	3/5/1987
May	TX 2-049-815	4/6/1987
June	TX 2-064-685	5/4/1987
July	TX 2-083-451	6/9/1987
August	TX 2-114-232	7/17/1987
September	TX 2-115-735	8/3/1987
October	TX 2-141-614	9/4/1987
November	TX 2-168-947	10/8/1987
December	TX 2-198-363	11/6/1987

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-198-038	12/7/1987
February	TX 3-199-073	8/20/1991
March	TX 2-257-909	1/29/1988
April	TX 2-283-492	3/31/1988
May	TX 2-299-638	4/29/1988
June	TX 2-337-651	6/27/1988
July	TX 2-337-682	6/28/1988
August		
September	TX 2-368-358	8/12/1988
October	TX 2-393-645	9/19/1988
November	TX 2-456-755	12/16/1988
December	TX 2-492-829	2/6/1989

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-456-784	12/16/1988
February	TX 2-476-987	1/17/1989
March	TX 2-491-316	2/6/1989
April	TX 2-510-049	3/6/1989
May	TX 2-537-292	4/17/1989
June	TX 2-581-059	6/19/1989
July	TX 2-575-869	6/21/1989
August	TX 2-584-567	6/23/1989
September	TX 2-609-278	8/3/1989
October	TX 2-651-070	9/4/1990
November	TX 2-891-141	8/27/1990
December	TX 2-676-969	11/7/1989

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-768-531	3/7/1990
February	TX 2-768-530	3/7/1990
March	TX 2-912-935	10/3/1990
April	TX 2-769-054	3/7/1990
May	TX 2-862-179	7/20/1990
June	TX 3-014-969	6/13/1990
July	TX 2-844-451	6/21/1990
August	TX 2-852-494	7/2/1990
September	TX 2-876-726	8/6/1990
October	TX 2-895-205	9/6/1990
November	TX 2-909-423	10/1/1990
December		

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2 964 243	12/18/1990
February	TX 3 004 757	1/2/1991
March	TX 3 007 362	2/6/1991
April	TX 3 039 901	3/18/1991
May	TX 3 058 332	4/19/1991
June	TX 3 069 884	5/28/1991
July	TX 3 094 154	6/17/1991

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TRADEMARK  
REEL: 002668 FRAME: 0681

August	TX 3 116 912	7/5/1991
September	TX 3 129 139	8/2/1991
October	TX 3 151 556	9/23/1991
November	TX 3 182 188	11/1/1991
December	TX 3 195 866	11/13/1991

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 3 200 327	12/2/1991
February	TX 3 213 603	1/7/1992
March	TX 3 256 383	2/18/1992
April	TX 3 265 576	3/3/1992
May	TX 3 285 792	4/6/1992
June	TX 3 301 874	5/13/1992
July	TX 3 329 616	6/15/1992
August	TX 3 343 917	7/10/1992
September	TX 3 377 217	8/19/1992
October	TX3 398 446	9/10/1997
November	TX 3 409 120	10/19/1992
December	TX 3 478 605	11/16/1992

**Muscle & fitness.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 3 447 979	12/16/1992
February	TX 3 450 067	1/5/1993
March	TX 3 480 930	2/8/1993
April	TX 3 494 523	3/19/1993
May	TX 3 519 785	3/30/1993
June	TX 3 568 761	5/21/1993
July	TX 3 576 526	6/8/1993
August	TX 3 589 307	7/7/1993
September	TX 3 646 617	7/30/1993
October	TX 3 631 977	8/30/1993
November	TX 3 687 344	10/8/1993
December	TX 3 736 684	11/2/1993

**Muscle & fitness.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 3-694-278	12/10/1993
February	TX 3-702-746	1/4/1994
March	TX 3-746-733	2/4/1994
April	TX 3-802-958	3/25/1994
May	TX 3-803-321	4/19/1994
June	TX 3-867-578	5/19/1994
July	TX 3-883-384	9/16/1994
August	TX 3-895-478	7/25/1994
September	TX 3-894-081	9/16/1994
October	TX 3-904-545	9/19/1994
November	TX 3-930-981	10/24/1994
December	TX 3-936-264	11/14/1994

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 3 967 190	1/11/1995
February	TX 4 002 534	2/27/1995
March	TX 3 990 052	2/24/1995
April	TX 4 007 346	4/11/1995
May	TX 4 026 041	5/3/1995
June	TX 4 026 250	5/3/1995
July	TX 4 142 279	9/5/1995
August	TX 4 066 812	7/18/1995
September	TX 4 129 436	9/1/1995
October	TX 4 126 611	10/5/1995
November	TX 4 160 948	10/16/1995
December	TX 4 148 795	11/24/1995

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4-238-981	1/11/1996
February	TX 4-240-591	2/20/1996
March	TX 4-206-032	2/26/1996
April	TX 4-245-376	4/1/1996
May	TX 4-195-752	4/26/1996
June	TX 4-180-103	5/24/1996
July	TX 4-304-208	6/17/1996

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TRADEMARK  
REEL: 002668 FRAME: 0683

August	TX 4-304-463	8/19/1996
September	TX 4-315-805	8/8/1996
October	TX 4-324-225	9/6/1996
November	TX 4-349-456	10/7/1996
December	TX 4-378-392	11/15/1996

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4-409-831	1/3/1997
February	TX 4-423-652	1/28/1997
March	TX 4-421-093	2/3/1997
April	TX 4-449-419	3/24/1997
May	TX 4-466-682	4/11/1997
June	TX 4-485-248	5/12/1997
July	TX 4-529-203	8/25/1997
August	TX 4-515-244	7/11/1997
September	TX 4-533-997	8/25/1997
October	TX 4-534-462	9/8/1997
November	TX 4-550-795	10/6/1997
December	TX 4-580-543	11/18/1997

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4-608-568	12/23/1997
February	TX 4-609-820	1/14/1998
March	TX 4-620-384	2/2/1998
April	TX 4-634-976	3/18/1998
May	TX 4-660-621	4/6/1998
June	TX 4-682-289	5/11/1998
July	TX 4-711-633	6/9/1998
August	TX 4-722-995	7/6/1998
September	TX 4-734-443	9/3/1998
October	TX 4-759-276	9/8/1998
November	TX 4-804-074	11/23/1998
December	TX 4-798-888	11/18/1998

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4-814-911	12/22/1998
February	TX 4-837-362	1/29/1999
March	TX 4-835-085	2/2/1999
April	TX 4-947-374	7/23/1999
May	TX 4-885-260	4/19/1999
June	TX 4-948-950	7/26/1999
July	TX 4-929-562	6/23/1999
August	TX 4-947-482	7/20/1999
September	TX 4-956-308	8/9/1999
October	TX 3-768-051	10/6/1999
November	TX 4-995-322	10/4/1999
December	TX 5-009-125	11/8/1999

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 5-049-133	1/24/2000
February	TX 5-052-734	1/31/2000
March	TX 5-148-480	1/31/2000
April	TX 5-148-479	3/2/2000
May	TX 5-088-865	4/26/2000
June	TX 5-097-676	5/22/2000
July	TX 5-131-521	6/30/2000
August	TX 5-159-563	8/31/2000
September	TX 5-170-372	9/11/2000
October	TX 5-202-371	11/14/2000
November	TX 5-224-849	12/19/2000
December	TX 5-233-903	12/18/2000

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 5-262-991	2/27/2001
February	TX 5-273-640	2/27/2001
March	TX 5-281-886	3/2/2001
April	TX 5-281-885	3/2/2001
May 2001	TX 5-362-729	6/25/2001
June	TX 5-338-698	5/14/2001
July 2001	TX 5-365-602	6/25/2001

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TRADEMARK  
REEL: 002668 FRAME: 0685

August 2001	TX 5-398-537	8/13/2001
September 2001	TX 5-402-335	8/13/2001
October 2001	TX5-526-313	12/10/2001
November 2001	TX5-531-397	12/10/2001
December 2001	TX 5-549-867	12/27/2001

**Muscle & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
January 2002	TX 5-513-988	3/15/2002
February 2002	TX 5-505-133	4/25/2002
March 2002	TX 5-505-132	4/25/2002
April 2002	TX 5-549-800	4/25/2002
May 2002	TX 5-505-131	4/25/2002
June 2002	TX 5-593-384	8/14/2002
July 2002	Pending	Pending
August 2002	TX 5-593-383	8/14/2002
September 2002	Pending	Pending
October 2002	TX 5-613-584	10/10/2002
November 2002	Pending	Pending
December 2002	Pending	Pending

**Joe Weider's Prime health & fitness.**  
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MONTH	REG. NO.	EFFECTIVE DATE
Winter, 1995	TX 4 191 664	11/27/1995

**Joe Weider's Prime health & fitness.**

MONTH	REG. NO.	EFFECTIVE DATE
Spring 1996	TX 4-024-975	3/1/1996
Summer 1996	TX 4-180-262	4/29/1996
Fall 1996	TX 4-316-152	7/29/1996
Winter 1996	TX 4-357-707	10/28/1996

**Joe Weider's Prime health & fitness.**

MONTH	REG. NO.	EFFECTIVE DATE
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Spring 1997	TX 4-396-380	1/29/1997
Summer 1997	TX 4-465-959	5/5/1997
Fall 1997	TX 4-533-693	8/25/1997
Winter 1997	TX-578-201	11/3/1997

**Joe Weider's Prime health & fitness.**

MONTH.	REG. NO.	EFFECTIVE DATE
Summer 1998	TX 4-664-446	5/12/1998
Fall 1998	TX 4-737-945	7/30/1998

**Joe Weider's Men's fitness [the healthy man's guide to living].  
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MONTH.	REG. NO.	EFFECTIVE DATE
August	TX 2-119-311	7/27/1987
September	TX 2-115-581	8/3/1987
October	TX 2-139-895	9/4/1987
November	TX 2-167-863	10/20/1987
December	TX 2-142-174	11/23/1987

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-237-865	1/15/1988
February	TX 2-237-866	1/15/1988
March	TX 2-246-620	2/9/1988
April	TX 2-285-051	3/31/1988
May	TX 2-297-643	4/28/1988
June	TX 2-356-135	6/28/1988
July	TX 2-337-675	6/28/1988
August	TX 2-374-337	8/12/1988
September	TX 2-483-198	8/26/1988
October	TX 2-391-084	9/16/1988
November	TX 2-458-912	12/20/1988
December	TX 2-461-911	12/20/1988

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-461-912	12/20/1988
February	TX 2-480-662	1/17/1989
March	TX 2-493-447	2/10/1989
April	TX 2-507-933	3/13/1989
May	TX 2-568-383	3/31/1989
June	TX 2-600-824	7/17/1989
July	TX 2-571-965	5/31/1989
August	TX 2-590-427	6/23/1989
September	TX 2-649-443	9/28/1989
October	TX 2-649-442	9/28/1989
November	TX 2-678-868	11/8/1989
December	TX 2-687-985	11/20/1989

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-769-046	3/6/1990
February	TX 2-760-318	2/26/1990
March	TX 2-760-224	2/26/1990
April	TX 2-795-093	4/5/1990
May	TX 2-844-403	6/12/1990
June	TX 2-874-542	6/14/1990
July	TX 2-845-078	6/12/1990
August	TX 2-862-185	7/20/1990
September	TX 2-876-727	8/6/1990
October	TX 2-904-064	9/17/1990
November	TX 2-924-731	10/22/1990
December	TX 2-942-790	11/19/1990

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2 978-227	1/2/1991
February	TX 2 995-298	1/22/1991
March	TX 3-031-873	3/8/1991
April	TX 3-031-877	3/18/1991
May	TX 3-046-313	4/16/1991
June	TX 3-078-847	5/17/1991

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TRADEMARK  
REEL: 002668 FRAME: 0688

July	TX 3-090-307	6/18/1991
August	TX 3-099-479	7/17/1991
September	TX 3-121-717	8/16/1991
October	TX 3-155-955	10/8/1991
November	TX 3-156-451	10/21/1991
December	TX 3-199-805	11/22/1991

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 3-214-082	12/23/1991
February	TX 3-246-679	1/27/1992
March	TX 3-275-293	3/25/1992
April	TX 3-278-789	3/23/1992
May	TX 3-300-348	4/20/1992
June	TX 3-314-250	5/26/1992
July	TX 3-328-314	6/15/1992
August	TX 3-350-502	7/20/1992
September	TX 3-375-566	8/21/1992
October	TX 3-409-302	10/6/1992
November	TX 3-409-348	10/19/1992
December	TX 3-411-640	11/12/1992

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 3 448 205	12/21/1992
February	TX 3 460 331	1/19/1993
March	TX 3 493 901	2/16/1993
April	TX 3 494 344	3/19/1993
May	TX 3 555 163	5/21/1993
June	TX 3 555 553	5/21/1993
July	TX 3 553 625	6/18/1993
August	TX 3 599 956	7/16/1993
September	TX 3 620 444	8/17/1993
October	TX 3 641 175	9/20/1993
November	TX 3 662 175	10/26/1993
December	TX 3 671 923	11/22/1993

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 3-735-853	12/21/1993
February	TX 3-787-096	1/28/1994
March	TX 3-755-267	2/23/1994
April	TX 3-670-743	3/25/1994
May	TX 3-801-487	5/3/1994
June	TX 3-831-766	5/17/1994
July	TX 3-846-527	6/27/1994
August	TX 3-844-403	7/25/1994
September	TX 3-894-928	9/16/1994
October	TX 3-917-905	10/21/1994
November	TX 3-917-900	10/21/1994
December	TX 3-963-458	1/11/1995

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 3-967-188	1/11/1995
February	TX 3-990-045	2/24/1995
March	TX 4-016-799	4/12/1995
April	TX 4-026-093	5/2/1995
May	TX 4-016-108	5/19/1995
June	TX 4-099-895	6/19/1995
July	TX 4-052-994	6/26/1995
August	TX 4-096-785	7/24/1995
September	TX 4-208-632	9/1/1995
October	TX 4-126-612	10/5/1995
November	TX 4-166-426	10/17/1995
December	TX 4-159-283	12/18/1995

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4 180 370	1/11/1996
February	TX 4-245-413	2/15/1996
March	TX 4-224-149	3/7/1996
April	TX 4-223-274	4/8/1996
May	TX 4-213-855	4/26/1996
June	TX 4-180-102	5/24/1996

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TRADEMARK  
REEL: 002668 FRAME: 0690

July	TX 4-301-576	6/17/1996
August	TX 4-320-431	7/31/1996
September	TX 4-335-790	8/26/1996
October	TX 4-343-108	9/23/1996
November	TX 4-356-766	10/15/1996
December	TX 4-390-356	12/3/1996

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4-398-783	1/3/1997
February	TX 4-423-632	1/28/1997
March	TX 4-432-660	2/18/1997
April	TX 4-473-657	4/28/1997
May	TX 4-467-809	4/14/1997
June	TX 4-495-836	5/27/1997
July	TX 4-529-204	8/25/1997
August	TX 4-513-371	7/15/1997
September	TX 4-533-881	8/25/1997
October	TX 4-579-508	11/5/1997
November	TX 4-458-465	11/18/1997
December	TX 4-584-464	11/24/1997

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4-604-841	1/5/1998
February	TX 4-620-743	2/2/1998
March	TX 4-629-696	3/21/1998
April	TX 4-650-473	4/1/1998
May	TX 4-682-037	5/11/1998
June	TX 4-694-610	5/21/1998
July	TX 4-722-332	6/26/1998
August	TX 4-734-776	7/22/1998
September	TX 4-624-631	8/20/1998
October	TX 4-766-370	9/14/1998
November	TX 4-798-898	11/18/1998
December	TX 4-801-637	12/10/1998

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4-820-112	12/22/1998
February	TX 4-824-380	1/19/1999
March	TX 4-840-384	2/18/1999
April	TX 4-859-602	3/23/1999
May	TX 4-885-278	4/19/1999
June	TX 4-935-566	6/23/1999
July	TX 4-935-503	6/28/1999
August	TX 4-949-012	7/23/1999
September	TX 4-964-304	8/23/1999
October	TX 5-004-636	10/4/1999
November	TX 5-009-127	11/8/1999
December	TX 5-036-083	12/27/1999

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 5-049-120	1/24/2000
February	TX 5-052-412	1/31/2000
March	TX 5-058-221	2/14/2000
April	TX 5-088-131	4/24/2000
May	TX 5-089-091	4/26/2000
June	TX 5-097-534	5/22/2000
July	TX 5-139-518	6/30/2000
August	TX-5-159-406	8/30/2000
September	TX 5-164-832	9/11/2000
October	TX 5-209-046	11/14/2000
November	TX 5-248-106	12/19/2000
December	TX 5-229-158	12/18/2000

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 5-262-992	2/27/2001
February	TX 5-273-639	2/27/2001
March	TX 5-273-570	2/27/2001
April	TX 5-298-974	4/5/2001
May	TX5-320-989	5/14/2001
June 2001	TX5-365-818	6/25/2001

July 2001	TX 5-398-538	8/13/2001
August 2001	TX 5-402-336	8/13/2001
September 2001	TX 5-425-346	10/9/2001
October 2001	TX 5-425-347	10/9/2001
November 2001	TX 5-526-314	12/10/2001
December 2001	TX 5-526-236	12/10/2001

**Joe Weider's Men's fitness [the healthy man's guide to living].**

MONTH	REG. NO.	EFFECTIVE DATE
January 2002	TX 5-510-452	3/15/2002
February 2002	TX 5-510-453	3/15/2002
March 2002	TX 5-546-201	4/25/2002
April 2002	TX 5-546-198	4/25/2002
May 2002	TX 5-546-228	4/25/2002
June 2002	Pending	Pending
July 2002	TX 5-601-145	8/15/2002
August 2002	TX 5-622-144	8/15/2002
September 2002	Pending	Pending
October 2002	Pending	Pending
November 2002	Pending	Pending
December 2002	Pending	Pending

**Shape: total fitness for the active woman.**

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MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-289-185	2/23/1984
February	TX 1-287-065	2/21/1984
March	TX 1-286-924	2/21/1984
April	TX 1-286-923	2/21/1984
May	TX 1-163-874	6/10/1983
June	TX 1-163-873	6/10/1983
July	TX 1-135-771	6/13/1983
August	TX 1-156-351	7/22/1983
September	TX 1-286-921	2/21/1984
October	TX 1-287-064	2/21/1984
November	TX 1-208-291	10/17/1983
December	TX 1-226-895	11/15/1983

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TRADEMARK  
REEL: 002668 FRAME: 0693

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-247-079	12/13/1983
February	TX 1-267-651	1/18/1984
March	TX 1-284-651	2/16/1984
April	TX 1-297-799	3/5/1984
May	TX 1-323-895	4/20/1984
June	TX 1-341-766	5/14/1984
July	TX 1-383-926	6/18/1984
August	TX 1-392-654	7/20/1984
September	TX 1-441-838	10/9/1984
October	TX 1-441-605	10/9/1984
November	TX 1-454-222	11/2/1984
December	TX 1-525-658	11/5/1984

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-480-422	12/10/1984
February	TX 1-494-515	1/14/1985
March	TX 1-524-401	2/19/1985
April	TX 1-535-946	3/11/1985
May	TX 1-581-417	5/2/1985
June	TX 1-618-544	7/22/1985
July	TX 1-619-084	7/23/1985
August	TX 1-628-146	8/1/1985
September	TX 1-640-703	8/22/1985
October	TX 1-692-189	11/1/1985
November	TX 1-690-182	11/1/1985
December	TX 1-718-116	12/23/1985

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-718-863	12/20/1985
February	TX 1-750-389	2/4/1986
March	TX 1-759-728	2/24/1986
April	TX 1-804-606	4/25/1986
May	TX 1-822-923	4/25/1986
June	TX 1-819-534	5/22/1986
July	TX 1-857-664	7/7/1986

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REEL: 002668 FRAME: 0694

August	TX 1-876-469	7/21/1986
September	TX 1-885-940	8/25/1986
October	TX 1-914-412	9/22/1986
November	TX 1-934-264	10/20/1986
December	TX 1-948-282	11/28/1986

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 1-962-101	12/23/1986
February	TX 1-991-131	1/29/1987
March	TX 2-004-892	2/26/1987
April	TX 2-030-588	4/3/1987
May	TX 2-054-276	5/1/1987
June	TX 2-080-187	6/9/1987
July	TX 2-084-238	6/16/1987
August	TX 2-113-142	7/27/1987
September	TX 2-130-076	8/18/1987
October	TX 2-148-293	9/17/1987
November	TX 2-169-997	10/20/1987
December	TX 2-201-991	11/23/1987

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-231-133	1/13/1988
February	TX 2-237-185	1/29/1988
March	TX 2-248-888	2/23/1988
April	TX 2-290-765	3/31/1988
May	TX 2-302-646	4/28/1988
June	TX 2-342-670	6/27/1988
July	TX 2-338-003	6/27/1988
August	TX 2-374-339	8/12/1988
September	TX 2-377-544	8/25/1988
October	TX 2-397-148	9/19/1988
November	TX 2-459-128	12/20/1988
December	TX 2-458-913	12/20/1988

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-462-195	12/20/1988
February	TX 2-492-301	1/23/1989
March	TX 2-501-890	2/21/1989
April	TX 2-531-190	4/17/1989
May	TX 2-568-588	6/2/1989
June	TX 2-630-938	8/17/1989
July	TX 2-568-721	6/2/1989
August	TX 2-600-581	7/17/1989
September	TX 2-644-206	9/28/1989
October	TX 2-644-207	9/28/1989
November	TX 2-691-536	11/20/1989
December	TX 2-690-065	11/20/1989

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-781-751	3/15/1990
February	TX 2-756-855	2/26/1990
March	TX 2-772-934	3/15/1990
April	TX 2-850-985	7/1/1990
May	TX 2-844-402	6/12/1990
June	TX 2-793-297	6/11/1990
July	TX 2-865-712	7/23/1990
August	TX 2-862-192	7/20/1990
September	TX 2-885-178	8/17/1990
October	TX 2-904-055	9/17/1990
November	TX 2-920-406	10/22/1990
December	TX 2-935-347	11/20/1990

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 2-960-808	12/18/1990
February	TX 2-992-829	1/21/1991
March	TX 3-031-866	3/8/1991
April	TX 3-031-619	3/18/1991
May	TX 3-046-321	4/16/1991

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REEL: 002668 FRAME: 0696

June	TX 3-073-541	5/17/1991
July	TX 3-092-795	6/17/1991
August	TX 3-099-480	7/17/1991
September	TX 3-208-179	8/16/1991
October	TX 3-163-215	10/8/1991
November	TX 3-162-061	10/21/1991
December	TX 3-199-954	11/22/1991

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 3 209-778	12/23/1991
February	TX 3-232-866	1/24/1992
March	TX 3-256-103	2/18/1992
April	TX 3-279-570	3/20/1992
May	TX 3-301-395	4/20/1992
June	TX 3-312-707	5/26/1992
July	TX 3-328-888	6/15/1992
August	TX 3-350-530	7/20/1992
September	TX 3-368-915	8/18/1992
October	TX 3-409-032	10/6/1992
November	TX 3-409-275	10/19/1992
December	TX 3-430-364	11/12/1992

**Shape: total fitness for the active woman.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 3 450 880	1/4/1993
February	TX 3 460 332	1/19/1993
March	TX 3 478 334	2/16/1993
April	TX 3 505 267	3/22/1993
May	TX 3 522 008	4/16/1993
June	TX 3 576 788	5/21/1993
July	TX 3 561 682	6/18/1993
August	TX 3 597 768	7/16/1993
September	TX 3 607 348	8/17/1993
October	TX 3 689 196	10/1/1993
November	TX 3 655 292	10/21/1993
December	TX 3 687 289	11/22/1993

**Shape: total fitness for the active woman.**

MONTH	REG. NO.	EFFECTIVE DATE
January	TX 3-781-649	12/21/1993
February	TX 3-729-759	1/28/1994
March	TX 3-755-266	2/23/1994
April	TX 3-670-750	3/25/1994
May	TX 3-831-670	5/3/1994
June	TX 3-831-938	6/14/1994
July	TX 3-837-803	6/27/1994
August	TX 3-904-134	7/25/1994
September	TX 3-910-388	9/19/1994
October	TX 3-673-112	10/24/1994
November	TX 3-931-116	10/24/1994
December	TX 3-967-187	1/11/1995

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 3 967 186	1/11/1995
February	TX 4 016 314	2/28/1995
March	TX 4 018 288	4/12/1995
April	TX 4 019 286	4/12/1995
May	TX 4 040 535	5/1/1995
June	TX 4 067 966	6/19/1995
July	TX 4 067 248	6/26/1995
August	TX 4 073 730	7/24/1995
September	TX 4 135 429	9/1/1995
October	TX 4 126 394	10/5/1995
November	TX 4 156 858	10/19/1995
December	TX 4 156 618	11/27/1995

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4-191-712	1/11/1996
February	TX 4-263-246	3/7/1996
March	TX 4-199-469	2/27/1996
April	TX 4-263-168	4/8/1996
May	TX 4-276-753	5/10/1996
June	TX 4-275-439	5/24/1996
July	TX 4-300-499	6/17/1996

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August	TX 4-319-738	7/26/1996
September	TX 4-328-181	8/19/1996
October	TX 4-349-817	9/27/1996
November	TX 4-357-297	10/21/1996
December	TX 4-390-642	12/3/1996

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4-398-762	1/3/1997
February	TX 4-415-553	1/27/1997
March	TX 4-431-284	2/18/1997
April	TX 4-473-872	3/31/1997
May	TX 4-448-386	4/21/1997
June	TX 4-485-453	5/22/1997
July	TX 4-511-906	6/20/1997
August	TX 4-515-450	7/21/1997
September	TX 4-534-001	8/25/1997
October	TX 4-561-674	10/17/1997
November	TX 4-574-362	11/3/1997
December	TX 4-584-940	12/2/1997

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4-603-926	12/23/1997
February	TX 4-616-588	2/2/1998
March	TX 4-629-516	3/2/1998
April	TX 4-697-800	5/21/1998
May	TX 4-694-463	5/11/1998
June	TX 4-697-799	5/21/1998
July	TX 4-717-470	6/19/1998
August	TX 4-738-033	7/22/1998
September	TX 4-840-306	2/2/1999
October	TX 4-763-377	9/22/1998
November	TX 4-798-900	11/18/1998
December	TX 4-798-874	11/18/1998

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 4-819-894	12/22/1998
February	TX 4-821-795	1/15/1999
March	TX 4-841-108	2/8/1999
April	TX 4-859-563	3/22/1999
May	TX 4-895-992	4/26/1999
June	TX 4-912-644	5/18/1999
July	TX 4-948-974	7/26/1999
August	TX 4-948-951	7/23/1999
September	TX 4-952-055	8/9/1999
October	TX 4-995-666	10/6/1999
November	TX 4-986-126	11/8/1999
December	TX 5-039-900	12/27/1999

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 5-049-017	1/24/2000
February	TX 5-070-693	1/31/2000
March	TX 5-139-801	3/9/2000
April	TX 5-088-850	4/26/2000
May	TX 5-088-864	4/26/2000
June	TX 5-097-708	5/22/2000
July	TX 5-011-383	6/28/2000
August	TX-5-159-562	8/31/2000
September	TX 5-170-439	9/12/2000
October	TX 5-202-382	11/13/2000
November	TX 5-224-664	11/21/2000
December	TX 5-228-967	12/19/2000

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January	TX 5-282-329	2/27/2001
February	TX 5-255-433	2/26/2001
March	TX 5-273-706	2/26/2001
April	TX 5-298-630	4/6/2001
May	TX 5-311-159	5/14/2001
June 2001	TX 5-362-730	6/25/2001

July 2001	TX 5-402-333	8/13/2001
August 2001	TX 5-402-014	8/13/2001
September 2001	TX 5-420-948	10/9/2001
October 2001	TX 5-512-884	3/18/2002
November 2001	TX 5-558-017	4/25/2002
Special Issue: Shape Presents Fit Hollywood	TX 5-580-898	12/14/2001
December 2001	TX5 531-220	12/27/2001

**Shape: total fitness for the active woman.**

MONTH.	REG. NO.	EFFECTIVE DATE
January 2002	TX 5-513-986	3/18/2002
February 2002	TX 5-549-799	4/25/2002
March 2002	TX 5-549-806	4/25/2002
April 2002	TX 5-549-846	4/25/2002
May 2002	TX5-593-711	8/15/2002
June 2002	TX 5-593-381	8/14/2002
July 2002	TX 5-593-380	8/14/2002
August 2002	TX 5-593-709	8/15/2002
September 2002	TX 5-613-593	10/10/2002
October 2002	Pending	Pending
November 2002	Pending	Pending
December 2002	Pending	Pending

**Shape presents fit pregnancy.**

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MONTH	REG. NO.	EFFECTIVE DATE
Spring 1995	TX 4 020 461	4/12/1995
Spring 1994	TX 4 199 427	2/20/1996
Winter 1995	TX 4 073 258	2/15/1996

**Shape presents fit pregnancy.**

MONTH.	REG. NO.	EFFECTIVE DATE
Summer 1996	TX 4-295-718	4/3/1996
Fall 1996		
Winter 1996	TX 4-351-234	10/7/1996

**Shape presents fit pregnancy.**

MONTH.	REG. NO.	EFFECTIVE DATE
Spring 1997	TX 4-431-995	2/10/1997
Summer 1997	TX 4-482-476	5/1/1997
Fall 1997	TX 4-515-447	7/21/1997
Special Issue 1997	TX 4-548-118	9/25/1997
Winter 1997	TX 4-571-382	11/3/1997

**Shape presents fit pregnancy.**

MONTH.	REG. NO.	EFFECTIVE DATE
Spring 1998	TX 4-616-742	1/30/1998
Summer 1998	TX 4-661-176	4/20/1998
Fall 1998	TX 4-803-502	7/30/1998
Winter 1998	TX 4-798-506	11/16/1998

**Shape presents fit pregnancy.**

MONTH.	REG. NO.	EFFECTIVE DATE
Spring 1999	TX 4-832-675	1/19/1999
Summer 1999	TX 4-890-012	4/19/1999
Fall 1999	TX 4-948-949	7/26/1999
Winter 1999	TX 5-018-701	11/8/1999

**Shape presents fit pregnancy.**

MONTH.	REG. NO.	EFFECTIVE DATE
February/March 2000	TX 5-062-416	2/7/2000
April/May 2000	TX 5-088-866	4/26/2000
June/July 2000	TX 5-131-387	6/30/2000
August/September 2000	TX 5-159-462	8/31/2000
October/November 2000	TX 5-197-390	11/13/2000

**Shape presents fit pregnancy.**

MONTH.	REG. NO.	EFFECTIVE DATE
December/January 2001	TX 5-233-900	12/19/2000
February/March 2001	TX 5-273-705	2/26/2001
April/May 2001	TX 5-299-648	4/6/2001
June/July 2001	TX 5-365-601	6/25/2001
August/September 2001	TX 5-402-013	8/13/2001

October/November 2001	TX5-532-755	10/15/2001
Special Issue	TX 5-425-348	10/9/2001
December 2001/January 2002	TX 5-549-868	12/14/2001

**Shape presents fit pregnancy.**

MONTH.	REG. NO.	EFFECTIVE DATE
February/March 2002	TX 5-510-449	3/18/2002
April/May 2002	TX 5-546-199	4/25/2002
June/July 2002	TX 5-593-382	8/14/2002
August/September 2002	TX 5-593-710	8/15/2002
October/November 2002	Pending	Pending
December 2002/January 2003	Pending	Pending

**Living fit: a guide to fitness at any age.  
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MONTH.	REG. NO.	EFFECTIVE DATE
Winter, 1994	TX 3 917 685	10/19/1994

**Living fit: a guide to fitness at any age.**

MONTH.	REG. NO.	EFFECTIVE DATE
Fall, 1995	TX 4 212 819	2/20/1996
Summer, 1995	TX 4 282 413	6/10/1996
Winter, 1995	TX 4 222 503	2/16/1996

**Living fit: a guide to fitness at any age.**

MONTH.	REG. NO.	EFFECTIVE DATE
January/February	TX 4-273-092	4/30/1996
March/April	TX 4-215-004	5/1/1996
May/June	TX 4-257-604	5/8/1996
July/August	TX 4-300-380	7/3/1996
September/October	TX 4-318-210	8/30/1996
November/December	TX 4-362-183	11/1/1996

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**Living fit: a guide to fitness at any age.**

MONTH.	REG. NO.	EFFECTIVE DATE
January/February	TX 4-415-654	1/27/1997
March	TX 4-436-971	3/5/1997
April	TX 4-457-985	3/31/1997
May	TX 4-086-464	5/5/1997
June	TX 4-490-776	6/9/1997
July	TX 4-505-823	7/7/1997
August	TX 4-533-695	8/25/1997
September	TX 4-533-949	9/3/1997
October	TX 4-557-705	10/6/1997
November/December	TX 4-571-385	11/3/1997

**Living fit: a guide to fitness at any age.**

MONTH.	REG. NO.	EFFECTIVE DATE
January/February	TX 4-611-523	1/15/1998
March	TX 4-629-520	3/2/1998
April	TX 4-654-105	3/30/1998
May	TX 4-668-556	5/8/1998
June	TX 4-699-651	6/5/1998
July/August	TX 4-722-994	7/6/1998

**Shape Cooks: the guide to healthy eating.**

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**Shape Cooks: the guide to healthy eating.**

MONTH.	REG. NO.	EFFECTIVE DATE
Summer 1996	TX 4-286-050	6/6/1996

**Shape Cooks: the guide to healthy eating.**

MONTH.	REG. NO.	EFFECTIVE DATE
Spring 1997	TX 4-436-598	2/25/1997
Summer 1997	TX 4-492-384	6/12/1997
Fall 1997	TX 4-533-959	9/3/1997
Winter 1997	TX 4-579-468	11/10/1997

**Shape Cooks: the guide to healthy eating.**

MONTH.	REG. NO.	EFFECTIVE DATE
Spring 1998	TX 4-616-738	1/30/1998
Summer 1998	TX 4-694-467	5/11/1998
Fall 1998	TX 4-753-854	8/14/1998
Winter 1998	TX-4-796-981	11/16/1998

**Jump: for girls who dare to be real.****COPYRIGHT REGISTRATIONS**

MONTH.	REG. NO.	EFFECTIVE DATE
September/October	TX 4-534-149	9/2/1997
November/December	TX 4-555-246	10/14/1997

**Jump: for girls who dare to be real.**

MONTH.	REG. NO.	EFFECTIVE DATE
January/February	TX 4-603-923	12/23/1997
March	TX 4-629-559	3/2/1998
April	TX 4-645-442	3/18/1998
May	TX 4-683-261	4/20/1998
June	TX 4-694-604	5/21/1998
July	TX-4-754-725	6/19/1998
August	TX 4-723-124	7/20/1998
September	TX-4-753-848	8/17/1998
October/November	TX-4-768-485	9/14/1998
December	TX-4-798-542	11/16/1998

**Jump: for girls who dare to be real.**

MONTH.	REG. NO.	EFFECTIVE DATE
January/February	TX 4-819-893	9/2/1999
March	TX 4-841-107	2/8/1999
April	TX 4-849-342	3/4/1999
May	TX 4-885-279	4/19/1999
June/July	TX 4-981-541	5/18/1999
August	TX 4-940-773	7/13/1999
September	TX 4-956-307	8/9/1999
October/November	TX 4-995-321	10/4/1999

**Jump: for girls who dare to be real.**

MONTH.	REG. NO.	EFFECTIVE DATE
December 1999/January/February 2000	TX 5-039-653	12/23/1999
March	TX 5-052-487	2/8/2000
April	TX 5-063-029	3/13/2000
May	TX 5-088-863	4/26/2000
June/July	TX 5-096-785	5/22/2000
August	TX 5-159-557	8/31/2000
September	TX 5-171-223	9/11/2000
October	TX 5-197-392	11/13/2000
November/December 2000/January 2001	TX 5-239-280	11/21/2000

**Jump: for girls who dare to be real.**

MONTH.	REG. NO.	EFFECTIVE DATE
February/March	TX 5-262-990	2/27/2001
Spring 2001	TX 5-298-620	4/6/2001

**Muscle & Fitness Hers.****COPYRIGHT REGISTRATIONS**

MONTH.	REG. NO.	EFFECTIVE DATE
Spring 2000	TX 5-059-501	2/7/2000
Summer 2000	TX 5-097-154	5/22/2000
Fall 2000	TX-5-159-408	8/30/2000
Winter 2000	TX-5-210-520	11/20/2000

**Muscle & Fitness Hers.**

MONTH.	REG. NO.	EFFECTIVE DATE
February/March 2001	TX 5-273-497	2/23/2001
April/May 2001	TX 5-307-244	4/5/2001
June/July 2001	TX 5-365-600	6/25/2001
August/September 2001	TX 5-402-338	8/13/2001
October/November 2001	TX 5-425-345	10/9/2001
December 2001/January 2002	TX5-531-274	12/10/2001

**Muscle & Fitness Hers.**

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REEL: 002668 FRAME: 0706

MONTH.	REG. NO.	EFFECTIVE DATE
February/March 2002	TX 5-510-450	3/18/2002
April/May 2002	TX 5-546-229	4/25/2002
June 2002	TX 5-546-230	4/25/2002
July 2002	Pending	Pending
August/September 2002	Pending	Pending
October/November 2002	Pending	Pending
December 2002	Pending	Pending
Special Issue: Muscle & Fitness Hers Weight Loss That Works	Pending	Pending

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Month	Registration Number	Effective Date
NO. 1	TX 3-375-599	8/24/1992
NO. 2	TX 3-375-434	8/24/1992
NO. 3	TX 3-375-598	8/24/1992
NO. 4	TX 3-375-596	8/24/1992
NO. 5	TX 3-486-666	2/16/1993
NO. 6	TX 3-486-662	2/16/1993

**Natural health: the guide to well being.  
volume 23**

Month	Registration Number	Effective Date
NO. 1	TX 3-486-667	2/16/1993
NO. 2	TX 3-563-083	7/9/1993
NO. 3	TX 3-563-085	7/9/1993
NO. 4	TX 3-563-084	7/9/1993
NO. 5	TX 3-785-756	3/16/1994
NO. 6	TX 3-785-754	3/16/1994

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volume 24**

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REEL: 002668 FRAME: 0707

Month	Registration Number	Effective Date
NO. 1	TX 3-785-755	3/16/1994
NO. 5	TX 4-006-483	3/27/1995
NO. 6	TX 4-006-481	3/27/1995

**Natural health: the guide to well being.  
volume 25**

Month	Registration Number	Effective Date
NO. 1	TX 4-006-480	3/27/1995
NO. 2	TX 4-006-482	3/27/1995

**Natural Health Magazine.**

Month	Registration Number	Effective Date
November/December 1998	TX 4-815-677	12/14/1998
January/February 1999	TX 4-815-775	12/15/1998
March 1999	TX 4-840-786	2/19/1999
April 1999	TX 4-874-598	3/25/1999
May 1999	TX 4-931-205	5/4/1999
June 1999	TX 4-911-938	5/19/1999
July/August 1999	TX 4-960-232	6/8/1999
September 1999	TX 4-956-870	8/11/1999
October 1999	TX 5-015-274	10/28/1999
November/December 1999	TX 5-020-500	10/27/1999

**Natural Health Magazine.**

Month	Registration Number	Effective Date
January/February 2000	TX 5-058-896	2/18/2000
March 2000	TX 5-058-895	2/18/2000
April 2000	TX 5-076-570	4/3/2000
May 2000	TX 5-089-139	4/26/2000
June 2000	TX 5-127-535	6/27/2000
July/August 2000	TX 5-127-828	7/5/2000
September 2000	TX 5-118-184	8/22/2000

October 2000	TX 5-178-016	9/28/2000
November/December 2000	TX 5-205-286	11/8/2000

**Natural Health Magazine.**

Month	Registration Number	Effective Date
January/February 2001	TX 5-242-865	1/12/2001
March 2001	TX 5-263-356	2/27/2001
April 2001	TX 5-306-774	3/29/2001
May/June 2001	TX 5-325-514	5/2/2001
July 2001	TX 5-385-869	7/16/2001
August 2001	TX 5-415-643	9/18/2001
September 2001	TX 5-415-707	9/26/2001
October/November 2001	TX 5-417-118	10/9/2001
December 2001	TX 5-449-901	12/26/2001

**Natural Health Magazine.**

January/February 2002	TX 5-486-398	1/25/2002
March 2002	TX 5-517-076	4/22/2002
April 2002	TX 5-530-767	5/20/2002
May/June 2002	TX 5-548-782	6/13/2002
July 2002	TX 5-574-639	7/22/2002
August 2002	TX 5-611-763	10/1/2002
September 2002	Pending	Pending
October/November 2002	Pending	Pending
December 2002	Pending	Pending

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Licensee	Rights Granted	Magazines	Expiration / Auto Renewal
Rafael Santonja Gomez	Spain, Latin America, Portugal	<i>Muscle and Fitness, Flex</i>	<i>Muscle and Fitness</i> : 9/9/2006, no automatic renewal <i>Flex</i> : 1/31/2003, with automatic renewals for 1 year periods.
I.L.C. Trade Company	Ukraine	<i>Muscle and Fitness, Flex</i>	2/28/2001 (was renewed verbally)
Marquand Media AG	Poland, Hungary, Czech Republic, Slovakia and Romania	<i>Shape, Fit Pregnancy, Men's Fitness</i>	March 25, 2010, two additional 10 year periods with written notice
Marquand Media AG	Germany, Switzerland, Austria	<i>Shape, Fit Pregnancy, Men's Fitness</i>	May 25, 2010, two additional 10 year periods with written notice
Attica Publications	Greece	<i>Shape, Shape Cooks, Fit Pregnancy, Living Fit</i>	May 4, 2004, additional 4 year period with written notice
Nutra-Life Health & Fitness Australia PTY Ltd	Australia, New Zealand	<i>Muscle and Fitness, Flex</i>	Until terminated by Nutra-Life
Ideas Publishing Group LLC	Latin America	<i>Men's Fitness</i>	12/31/2009, with additional 10 year period with written notice
ZAO (Closed Stock Company) "Veneto"	Russia	<i>Natural Health</i>	12/31/2003 with additional 3 year period with written notice
ZAO (Closed Stock Company) "Veneto"	Russia	<i>Shape, Shape Fit Hollywood</i>	12/31/2003 with additional 3 year period with written notice
SK Press	Russia	<i>Men's Fitness</i>	12/31/2006 with additional 5 year period with written notice
Beijing Golden Circle Culture Publication Co. (unsigned)	China	<i>Muscle and Fitness</i>	24 months after publication of first issue
Petros Politis Fitness Company	Greece, Cyprus	<i>Flex</i>	3/31/2003, with additional 1 year period at Weider's discretion
Hong Y.P. Body Building Institute (unsigned)	South Korea	<i>Muscle and Fitness</i>	4/30/2003, with additional 1 year period at Weider's discretion
Company 000 Sila I Krasota (unsigned)	Commonwealth of Independent States	<i>Muscle and Fitness</i>	1/31/2003
Company 000 Sila I Krasota (unsigned)	Commonwealth of Independent States	<i>Muscle and Fitness Hers</i>	2/28/2003, with additional 1 year periods at Weider's discretion
Fit Plus spol. sr. o (unsigned)	Czech and Slovak Republics	<i>Muscle and Fitness</i>	5/31/2003, with additional 1 year period at Weider's discretion
Ideas Publishing Group LLC	Spanish-language in United States	<i>Men's Fitness</i>	12/31/2009, with additional 10 year period with written notice
Dennis Publishing Ltd. (signed by only one party)	United Kingdom and Ireland	<i>Shape, Men's Fitness</i>	12/31/2010, with additional 5 year period with written notice
Hachette Filipacchi S.A. (unsigned)	Spain	<i>Shape</i>	12/31/2006, with two additional 5 year periods

Licensee	Rights Granted	Magazines	Expiration / Auto Renewal
Gale Group, Inc.	Worldwide non-exclusive syndication rights	<i>Flex, Fit Pregnancy, Fit Pregnancy in Espanol, Men's Fitness, Muscle and Fitness, Muscle and Fitness/Hers, Natural Health and Shape</i>	8/31/2004, with additional 3 year periods unless terminated
EBSCO Publishing	Worldwide non-exclusive syndication rights	<i>Flex, Fit Pregnancy, Fit Pregnancy en Espanol, Men's Fitness, Muscle and Fitness, Muscle and Fitness/Hers, Natural Health and Shape</i>	9/23/2004, with additional 1 year periods unless terminated
ProQuest Information and Learning Company	Academic non-exclusive syndication rights	<i>Flex, Fit Pregnancy, Fit Pregnancy en Espanol, Men's Fitness, Muscle and Fitness, Muscle and Fitness/Hers, Natural Health and Shape</i>	After three years, with additional 3 year periods unless terminated
Wilton Publishing, LLC	Non-exclusive syndication rights in Marriott hotels	Weider editorial material (no graphics or images)	June 4, 2004
Reprint Management Services	Exclusive reprint rights for U.S. issues published after November 8, 2000	<i>Flex, Fit Pregnancy, Fit Pregnancy en Espanol, Men's Fitness, Muscle and Fitness, Muscle and Fitness/Hers, Natural Health and Shape</i>	Until terminated by Weider Publications, LLC
Gym Pro Shop, Inc.	Non-exclusive right to use trademarks for apparel products and accessories	Trademarks: <i>Muscle and Fitness, Flex, Muscle and Fitness Hers and Men's Fitness</i>	4/4/2004, with additional one year periods unless terminated

### Weider Publications, LLC Agreements

Publishing Agreement dated August 2, 2000 with Shape S.A. (Proprietary) Ltd. to create a joint venture to publish English-language editions of *Shape* and *Fit Pregnancy* in South Africa, Namibia, Angola, Zimbabwe, Mozambique, Lesotho, Swaziland, Zambia, Malawi and Tanzania, and to maintain the *Shape* trademark in those countries, amended on August 2, 2000.

Letter Agreement dated September 11, 2000 with Ben Weider concerning the rights to publish Chinese and Korean editions of *Muscle and Fitness* and the Romanian edition of *Flex*.

Letter Agreement dated March 26, 2001 with Ben Weider concerning the right to publish an Arabic-language edition of *Muscle and Fitness*.

License Agreement dated June 1, 2001 with Philip Lief Group, Inc. for the creation and publication of a series of books.

License Agreement dated April 28, 2000 with Philip Lief Group, Inc. for the creation and publication of a series of books bearing the *Natural Health* logo.

License Agreement that expires September 30, 2002 (with unsigned extension) with Danskin, Inc. for the sponsorship of a Women's Triathlon Series with promotional rights for the Shape brand.

Strategic Affiliation Agreement dated May 13, 1999 with eStyle, Inc. whereby readers of *Fit Pregnancy* and the *Fit Pregnancy* website will be exclusively directed to the Babystyle website for on-line maternity-related product needs.

**Schedule IV to  
Supplement No. 4  
to the Security Agreement**

**PATENTS**

**NONE**

**TRADEMARKS**

Trademarks held by Weider Publications, LLC and SYL Communications attached hereto.