

# GIVEAWAY

## EXPERIENCE A SCI-FI ACTION THRILLER

**E**NJOY the great selection of DVDs and books we have to give away this week — five **FREE** copies of each. For a chance to win any of the valuable items in this issue, pick your top **FOUR** choices **ONLY** and mail the coupon to P.O. Box 3021. Do not enclose the coupon with a request for a list of winners. If possible, please use an address label.

JOHN BOYEGA and Scott Eastwood star in the action-packed adventure “Pacific Rim Uprising,” now available on DVD from Universal Pictures Home Entertainment for \$29.98. Set ten years after the first film, “Pacific Rim,” “Uprising” is filled with one-of-a-kind special effects as the rebellious Jake Pentecost is given one last chance to live up to his father’s legacy.



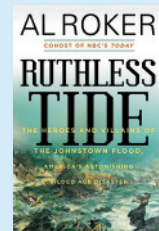
NEW York Times Critic’s Pick and award-nominated film “Oh Lucy!” is a fish-out-of-water story starring Josh Hartnett as an American teacher in Tokyo. It centers on an unfulfilled single woman with a drab life who enrolls in Hartnett’s English class wearing a blonde wig and taking on an American alter ego named Lucy. The DVD is \$24.95 from Film Movement.

A UNIVERSAL story of love and loyalty, “Dogs of Democracy” is a documentary about the stray dogs of Athens and the people who take care of them. Available on DVD for \$24.95 from Film Movement, the film explores life on the streets through the eyes of dogs and shows what we can learn from animals.



PIERCE BROSNAN and Guy Pierce join Minnie Driver and Jamie Kennedy in the thriller “Spinning Man.” The story of a professor whose life spirals out of control when he becomes the prime suspect in the disappearance of a female college student is based on the book by George Harrar. Available on DVD for \$19.98 from Lionsgate.

IN NBC “Today” co-host Al Roker’s new book, “Ruthless Tide,” the weatherman takes a new look at the 1889 Johnstown Flood — the deadliest in U.S. history — and reveals the startling relevance the devastating event has to today’s climate change issues. It’s available for \$28.99 from William Morrow.



## Walk and chew gum — and LOSE WEIGHT!

**C**HEWING gum while walking may actually help you burn more calories and shed those pesky pounds!

Researchers from Japan’s Waseda University studied 46 regular gum-chewers. Half the group chowed down on two pieces of gum while walking for 15 minutes. The others ingested a powder containing identical ingredients — minus the gum base — before waiting an hour and taking a 15-minute stroll.

Scientists noted participants’ body mass index and measured their heart rates, as well as their speed and distance, to calculate how much energy was expended.

The study found men over the age of 40 used nearly two more calories a minute while walking and chewing gum compared to other test subjects.

Prof. Masashi Miyashita speculates the increase in blood flow to active muscles among the older men boosted the gum-chompers’ ability to cover more ground.

But we hate to burst your bubble, ladies — the weight-loss benefit did NOT apply to women!

## NATIONAL EXAMINER GIVEAWAY COUPON

We have several valuable gifts to give away **FREE** in this issue. If you would like a chance to win, fill out this coupon, or print your name, address and telephone number on a postcard deliverable by the U.S. Post Office, and mail it to us. MAIL entries **ONLY** to the P.O. Box below. Entries must be received by July 8, 2018, to be eligible to win. The winners will be selected no later than July 15, 2018, and will be selected at random from all entries received by the deadline. Please use an address label if possible. **PLEASE SELECT FOUR ITEMS AND NUMBER THEM 1, 2, 3 & 4 IN ORDER OF PREFERENCE.**

- **Piqipi Monkey Edition** (p. 6)
- **Futzuki InSoles** (p. 31)
- **Sun Visor** (p. 34)
- **Drawing School: Fundamentals for the Beginner** (p. 36)
- **The Best Simple Recipes** (p. 42)
- DVDs & BOOKS** (p. 46)
  - **Pacific Rim Uprising**
  - **Oh Lucy!**
  - **Spinning Man**
  - **Dogs of Democracy**
  - **Ruthless Tide**

MAIL TO: **EXAMINER GIVEAWAY #26**  
P.O. Box 3021, Boca Raton, FL 33431-0921

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(even if unlisted)  
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No purchase necessary. Void where prohibited by law. Open to all U.S. residents 18 years and older. Odds of winning depend on number of entries received. Any information entrants provide to sponsor may be used to communicate with entrant for sponsor’s or third party marketing purposes. All entries become property of National EXAMINER. For a list of winners, send a self-addressed stamped envelope to LIST OF EXAMINER GIVEAWAY WINNERS #26, The EXAMINER, 1000 American Media Way, Boca Raton, FL 33464-1000.