

Why Wait? Get a Hot Summer Body NOW!

fitnes

mind, body + spirit

CONFIDENT HEALTHY & STRONG

Recharge Your Mind
& Body in 20 Mins.

- **WALK** Off More Weight
- **EAT** Without the Guilt
- **CURE** Your Body Image Blues

New!

LOSE FAT WITHOUT TRYING!

- **24 Tricks That Work for Any Shape**

See Yourself
10 LBS.
THINNER!
p.19

QUICK

Pants Too Tight? See p.52

BONUS!

Save Money and Your Health, p.94

6 Brighter Smile Tips p.35

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