

THE 5 BEST FOODS  
FOR WOMEN  
(with recipes!)

Mind, Body + Spirit

fitness

# fitness

## Eat More & Lose Pounds

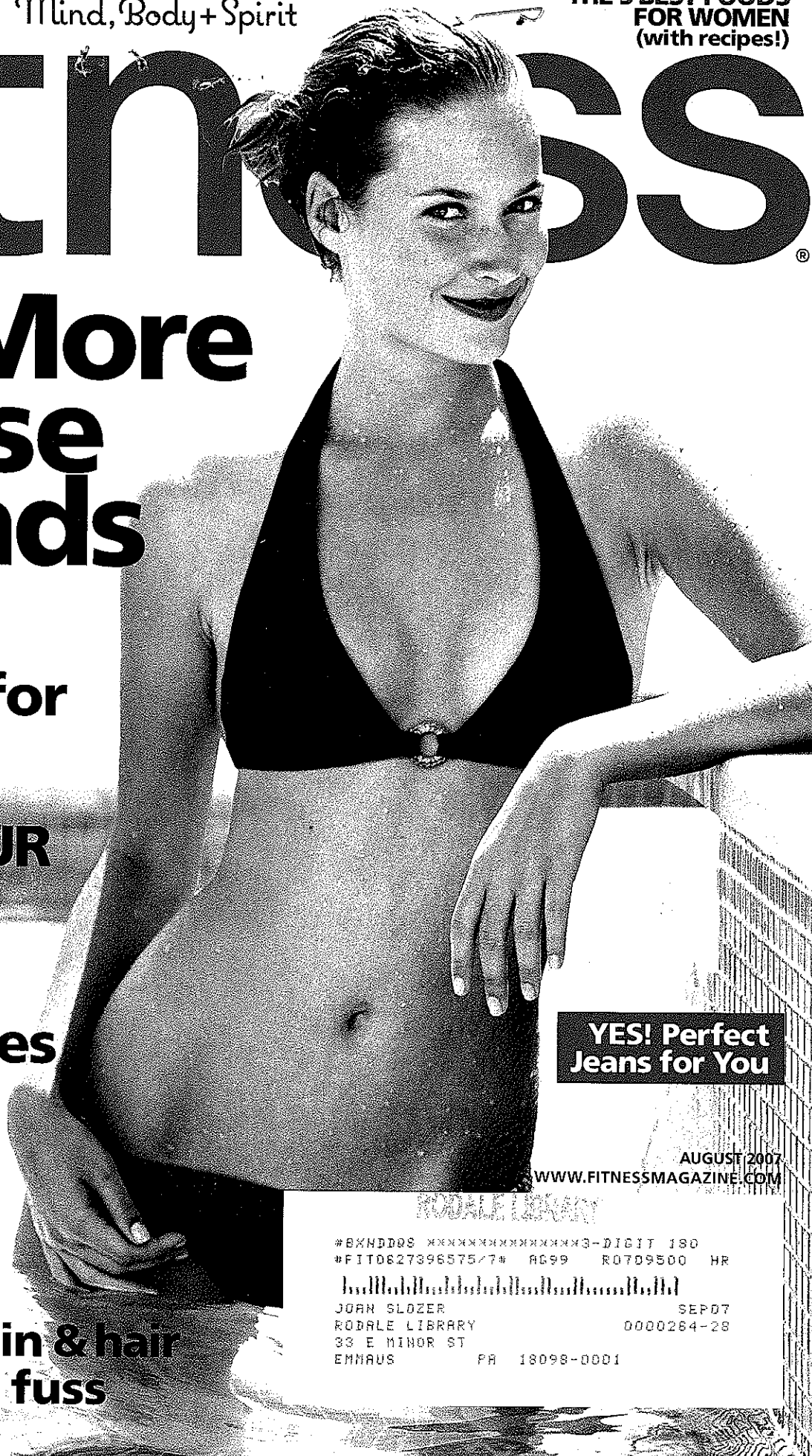
### The Best Workout for Your Age

### SLEEP YOUR WAY SLIM

### 16 Instant Health Fixes

### SHRINK BELLY BULGE

### Gorgeous skin & hair without the fuss



**YES! Perfect  
Jeans for You**

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