

fitness

Mind, Body + Spirit

ness

**EASY
WAYS TO
A FLAT
BELLY**
p. 19

SCULPT EVERY INCH
**BURN
MORE
FAT**

SEE RESULTS
BY JAN 1

Our 3 fastest
routines ever

Brand-new
butt & thigh
moves
(you can do at home!)

5 foods
that fight
colds

WINTER SPECIAL

**THIN FOR THE
HOLIDAYS**

•Curb your appetite •Stop sugar cravings

Kelly
Ripa
How she got
this buff
PLUS: Her top
3 moves

Don't miss
our Little
Black Dress
workout!
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