

# fitness

mind, body + spirit

Win!  
30 DAYS OF  
WORKOUT  
MOTIVATION  
p. 108

LOVE YOUR SIZE, LOVE YOUR AGE

## 146 SEXY BODY SHORTCUTS

See results in  
just 10 days

DESSERTS THAT  
WON'T BLOW  
YOUR DIET  
(250 Calories!)

10-PAGE ♥ HEALTH SPECIAL  
Get Heart Smart in  
Your 20s, 30s, 40s

7 MOVES TO...  
**LOOK YOUR BEST**

Advice for size 0 to 24 inside

"How running  
helped us  
heal" p. 87

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