

# fitness **fitness** mind, body + spirit

*Sexy You!*  
LOTS OF  
WEIGHT LOSS,  
LITTLE  
EFFORT

YOUR ULTIMATE MOTIVATION GUIDE

## WALK OFF EVERY BULGE

Results In 2 Weeks

*Plus*

- CURB Your Appetite
- STOP Sugar Cravings
- FIGHT Winter Colds

## LOVE <sup>Size 2?</sup> YOUR <sup>Size 20?</sup> BODY AT ANY SIZE

Turn Your Health and  
Your Confidence  
Around This Month

### Get Back In SHAPE!

1-Minute  
Toners For  
Every Body  
Part, p. 90

**ABS**  
5 EASY WAYS TO  
A FLAT BELLY

**LEGS**  
UNCOVER LEAN,  
SEXY MUSCLES

**CARDIO**  
WIN \$10,000  
WORTH OF  
GYM STUFF, P.14

**SCULPT**  
9 ALL-NEW  
BUTT & THIGH  
MOVES

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