

Super Shape-Up-in-2012 Issue

# fitness

## DROP 10 lbs THIS MONTH

*Our Simplest Plan to  
Get the Body You've  
Always Wanted*

**Get  
Moving!**  
*Tricks to  
Squash Your  
Inner Slacker  
FOR GOOD*

**Cold-Free  
ALL Winter**  
*Immunity Boosters*  
p. 95

**STRESS LESS  
INSTANTLY**  
*5 Ahh-mazing Moves  
to Undo Every Kink*

**Burn MORE  
Calories**

**FLAT, SEXY ABS!**  
*(Even After Four Kids)*  
Brooke Burke's Fit Secrets

# 24-7

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**HOW TO EAT  
FOR ALL-DAY  
ENERGY**

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