

fit **mag** **SS**

SUMMER **GET FIT** SPECIAL

It's Hot Out—
Look Even Hotter!

Hope Solo
Steal the Fit and Fierce
Rules She and Other
Olympians Live By

TONE EVERY INCH

The No-Gym Secret
to Sleeker Arms,
Abs & Legs

Healthy Food

That's More Yum,
Less Ho-Hum

Happier, Healthier,
Wealthier

How to Win at Everything

BURN FAT FASTER
5 Must-Do Moves

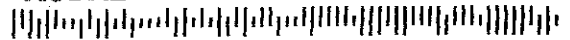
Beat Back Pain
Smarter, Drug-Free
Relief, p. 97

Frizz-Free Hair
Tame Your Mane in 30 Seconds

Slim-Down Success!
**10 Best Diet Tricks
You Haven't Tried**

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