

BLAST (MUCH) MORE FAT: 51 INSTANT IDEAS P. 134

fitness

# fitness

mind, body + spirit

# WALK IT OFF!

**DROP  
10•30•50  
POUNDS  
At Last!**

3 easy plans  
to get you  
slim by summer

Is Your  
Salad **WORKING**  
Making  
You Fat?

SEE RESULTS IN JUST WEEKS!

# GET BACK IN SHAPE

Easy workout **plus** bonus video

Swimsuit  
Special

72 STYLES,  
SIZE 0-18

+ Win a  
made-for-you  
swimsuit

**PRETTY!**

The beauty  
trend you've  
gotta try!

**SIMPLE!**

Banish belly  
bulge in just  
one move!

**QUICK!**

Grab-n-go  
healthy  
lunches

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