

Flat Abs! Firm Butt! Killer Legs!

# fitness

## Drop Two Sizes!

The Best Moves and Foods to Get You **Swimsuit Sexy**

## Cut 500+ Calories

The New Easy Eating Trick

# Summer FUN

Our Fit Girl's Travel Guide to Great Getaways

**Plus**

Superhot Looks You'll Want to Sweat In

**BONUS**  
Workout Card  
Inside

JUNE 2012 FITNESSMAGAZINE.COM

**Feeling Lazy?**

### Quick Tips to Bust Any Workout Rut

### Get Your Grill On

No-Guilt, No-Hassle Meals

**ALERT!**

### HIDDEN HEALTH HAZARDS OF YOUR BUSY LIFE

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