

fitness **fitn** **SS**

mind, body + spirit

**FREE
WORKOUT
VIDEOS**
For details,
see p. 12

LOSE YOUR BELLY BULGE

Plus

- Drop a Jeans Size
- Banish Cellulite
- Get Rid of Back Fat

Pssst...

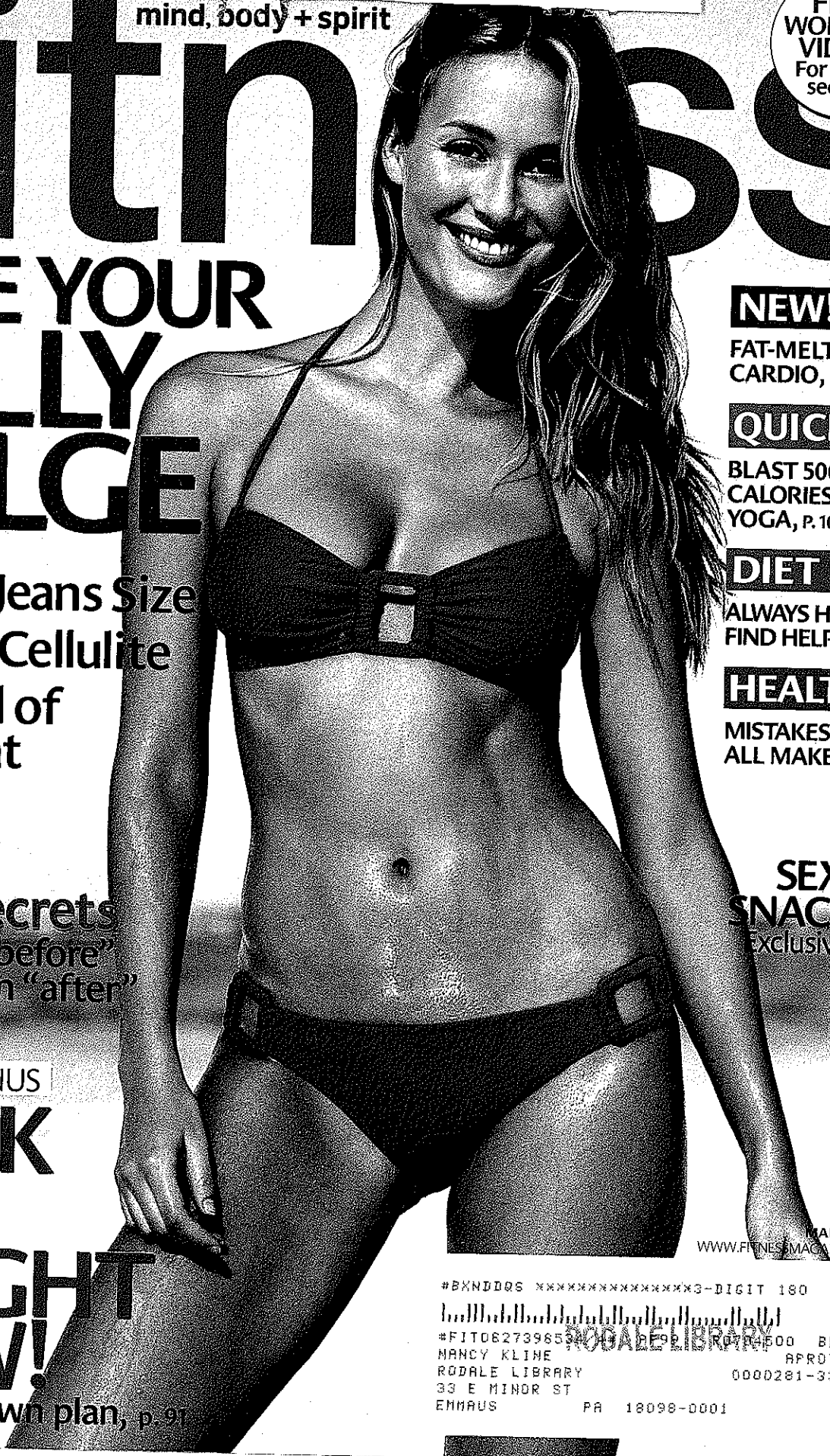
Success Story Secrets

Turn your "before" body into an "after"

WINTER BONUS

WALK OFF WEIGHT NOW!

Easy slim-down plan, p. 91



NEW!

FAT-MELTING
CARDIO, P. 56

QUICK

BLAST 500
CALORIES DOING
YOGA, P. 100

DIET

ALWAYS HUNGRY?
FIND HELP, P. 110

HEALTH

MISTAKES WE
ALL MAKE, P. 83

SEX vs. SNACKS?

Exclusive poll
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