Sculpt a Gym Body at Home  
10 Best Workouts

SEXY LEGS NOW  
Breakthrough Moves to Shrink Your Thighs, Calves, Even Cankles!

Look Years Younger  
Fast Fixes for Smoother Skin

Guilt-Free Pasta  
Eat Up, Carb Lovers!

Ace Your Race  
Run Your First (or Fastest!) Half-Marathon

DIET WITHOUT GETTING CRANKY

Make Everyone Want Your Life

The #1 Happiness Secret, p. 107

Rebecca Romijn
How she shed 60+ post-baby pounds

MARCH 2012 FITNESSMAGAZINE.COM