

**Sculpt a Gym**

**Body at Home**

10 Best Workouts

# fit **NESS**

## **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*

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