

20th Anniversary
Special!

fit **NESS**

*Elle
Macpherson*

*How She's Still
"The Body" at 48*

LOSE 10 POUNDS

Your 20-Minute Plan
to Get Sexy, Slim and
Summer-Ready

**BURN
MAXIMUM
CALORIES**

Bob Harper
Shows You How

Go for It!

Achieve the Body, Job,
Life You Want

The New Skinny Foods You Should Be Eating

Best Swimsuits That Flatter Your Shape

Pretty Simple Hair

Fresh Styles for
Every Hair Type

MAY 2012 FITNESSMAGAZINE.COM

RODALE LIBRARY

HE