

7 FOODS THAT
FIGHT WRINKLES

fitness

fitness **magazine**

SPECIAL **FAT LOSS WORKOUT**

A plan
for your
body type

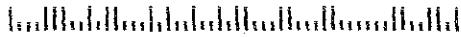
Drop 10 pounds
by the holidays

No More
Thigh Jiggle
IN 3 QUICK MOVES

Slow-Cooker
Suppers
Healthy & So Easy

NOVEMBER 2007
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Less Stress
5 ways to
find calm

What's Her
Secret?

The moves that
tone VICTORIA'S
SECRET MODEL
Marisa, p.92

