

SPECIAL WEIGHT
LOSS ISSUE

fitness **fit** Mind, Body + Spirit **ness**

You Can Do It!

Drop 10 Lbs This Month!

Plus

- DE-JELLY your belly
- KICK your sugar habit
- LOOK-slimmer shortcuts

SUCCESS-STORY SECRETS

Behind the scenes of
THE BIGGEST LOSER

Cook Healthy

Yummy meals, fewer calories

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WWW.FITNESSMAGAZINE.COM

Walk off
every bulge

All-new
fat-melting
plan, p. 53

10 new!
**SUPER
FOODS**

Power up
your diet the
easy way

 **DAISY
FUENTES**

Exactly how
she stays
stress-free
& sculpted

