

10 ANTIAGING SUPERFOODS

fit **me**ss

FLAT ABS NOW

Blast That Muffin Top
FAST—Without Crunches!

LOOK GREAT NAKED

(Tricks to Try
TONIGHT!)

Healthy
30-Minute
Meals

Go From **Heavy to Hot!**

BURN 33% MORE FAT

Even While You Sleep, p.108

Biggest Loser

Must-Steal Secrets
You Didn't See on TV

Olivia &
Hannah
249 lbs
Lighter—and
Keeping it
Off!



CHEAT, DRINK & STILL SHRINK!

All-Day Energy in One Easy Step

SEPTEMBER 2011 FITNESSMAGAZINE.COM

1
0000712854
3
000340
035/14205

RODALE LIBRARY
LYNN BONCHES
RODALE LIBRARY/PRESS
33 E MINOR ST
EMMAUS PA 18098-0099

#BXNDOS *****RT LOT**C-099
#FT1106073818/#5# EXP:JAN12
*****FIRM**C**R

RM