

HAVE TO FINISH THE WHOLE BAG? How to calm your crazy appetite, p. 94

# SHAPE

SHAPE  
YOUR  
LIFE

THE  
SEXY  
LEG  
WORKOUT  
p.122

YOU CAN DO IT!

**BURN  
MORE  
FAT**  
IN LESS TIME

Drop 5 pounds  
this month  
with these  
calorie blasters

**DETOX  
YOUR  
DINNER**

What to eat,  
what to skip **TONIGHT**

April 2007

**VANESSA  
MINNILLO**

How she got  
**THIS BODY**  
(without a  
trainer!), p. 60

**SKIP THE  
SALON**

**Love  
Your  
Hair!**

6 simple ways  
to go from flat  
to fabulous

**THE BUSY  
WOMAN'S  
STRESS-BUSTING  
SECRET**

See inside, p. 198

**PLUS** Is your home  
hurting your health?

16 dangers that will surprise you

\$3.99 U.S. \$4.99 Canada  
Shape.com