

WIN A HOME GYM! \$40,000 worth of stay-fit giveaways, see p.78

SHAPE

YOUR PERFECT BUTT
IN 3 MINUTES A DAY

YOU CAN DO IT!

GET LEAN IN 4 WEEKS

The sculpting plan that firms you up all over

* The busy girl's beauty guide

Get your skin 5 minutes flatter, p.96

August 2007

#BXBJLBO *****AUTO**SCH 3-DIGIT 180
#SHP0006732259/4# OCT07
JN4 WSHPB5 AUG07 0005 #260 #38383
LYNN DONCHES
RODALE LIBRARY
33 E MINOR ST
EMMAUS PA 18098-0001

\$3.99 U.S. \$5.99 Canada
Shape.com

Hilary Duff's Secret

"How I got in the best shape ever" p.73

BONUS!

Your best body at 20, 30 & 40

What really keeps you young

- THE WORKOUT
- WHAT TO EAT
- SKIN-CARE
- ADVANCES

TIME CRUNCHED?

TRY THIS QUICKIE WORKOUT p.188

PLUS

Diet swaps that keep you slim