

THE 20-MINUTE WORKOUT that keeps you fit through the holidays, p. 144

SHAPE

"HOW I ATE MY WAY THIN" p. 100

EXCLUSIVE!
3 MOVES THAT WILL CHANGE YOUR BODY

Start today and see results in just 4 weeks

*** Tired? Achy? Irritable?**

The symptoms even top doctors are misdiagnosing

Angie Harmon
How she got this body (No gym, No trainer)

SHAPE TESTED

EAT HEALTHY without hating it

Finally! Ditch the tasteless food & still drop pounds

SATISFY ANY CRAVING

GO AHEAD, INDULGE IN HOLIDAY FAVORITES

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