

DROP 10 POUNDS WITHOUT TRYING One simple tweak makes all the difference

SHAPE

SHAPE
YOUR
LIFE

WALK
OFF
MORE
CALORIES
p.112

START TODAY!

**GET
SLIM
IN JUST
5 WEEKS**

THE PERSONALIZED
PLAN THAT

- BLASTS FAT
- BOOSTS ENERGY
- SCULPTS EVERY INCH

*** Not in
the mood?
How to boost your
libido by tonight**

February 2006

**HEATHER
LOCKLEAR**

"How I stay strong
during tough times"

**HER 10 RULES
TO LIVE BY**

**Winter-
Weary Skin
30-second
cures**

SPECIAL REPORT

**The #1 killer
of women**

**You'll want to
see your doctor
after reading
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