

*Eat Out, Drop Weight and Save Money!*

# SHAPE

SHAPE  
YOUR LIFE  
SHAPE.COM

## LOOK BETTER NAKED!

Easy Sculpting Plan  
& Fast Cellulite Fixes

**#1 WAY  
TO LOSE  
THE LAST  
10 LBS  
AND KEEP THEM  
OFF FOREVER!**

TV'S  
HAPPY  
ENDINGS'

*Elisha  
Cuthbert*

Her 5-Minute  
Workout for  
Killer  
Curves



## 9 SURPRISING WAYS TO PROTECT YOUR HEALTH

## Get Slim Without the Gym

Total-Body Toning Moves

### Super Snacks That Won't Make You Fat

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