

GET A BIKINI BODY BY SPRING! Yes, you can in just 30 minutes a day, p. 120

# SHAPE

SHAPE  
YOUR  
LIFE

**GET  
LEAN,  
SEXY  
LEGS**  
p. 96

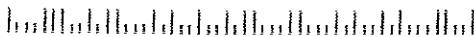
NEW YEAR, NEW YOU!

**DROP  
5, 10  
OR 15  
POUNDS**  
without  
counting a  
single calorie

**The scary  
health threat  
living in your bed  
(it's not what you think)**

January 2007

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