

FREE  
WORKOUT  
CARDS  
INSIDE!

SHAPE  
YOUR LIFE  
SHAPE.COM

# SHAPE

## DROP A DRESS SIZE

YOUR  
BEST BODY  
EVER!

*20-Minute  
Secret Solution*

**DRY SKIN  
FIXES THAT  
REALLY  
WORK!**

TV's  
*Molly Sims*  
**"I wasn't  
born with  
this body"**  
HER BEST  
GET-FIT TIPS

**12 TRICKS FOR  
BETTER SLEEP**

**THE NO-HUNGER DIET  
EAT & STILL LOSE!**

TAKE ON  
2012!

197 SMART WAYS  
TO JUMP-START  
YOUR NEW YEAR

BURN  
600  
CALORIES  
THE CARDIO  
MACHINE YOU  
SHOULD  
BE USING

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