

THE 7 SECRETS OF SLIM WOMEN (dieting's not one of them), p. 220

# SHAPE

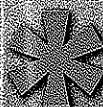
SHAPE  
YOUR  
LIFE

**BURN  
MORE  
CALORIES**  
AT YOUR DESK  
p. 136

RESEARCH PROVEN

## DOUBLE YOUR WORKOUT RESULTS

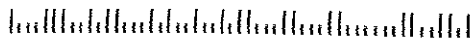
18 shortcuts  
that will sculpt  
your body fast

 The lies  
even smart  
women tell  
their doctors  
...and why it's hurting  
their health, p. 130

June 2007

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## TYRA BANKS

I'M NOT  
A SIZE 2  
SO WHAT?

My #1 body  
confidence  
rule, p. 63

## 4 WEEKS TO A BIKINI BODY

You can do it!

Firm up your abs,  
butt, thighs,  
everything! with  
our exclusive  
workout, p. 208

## PLUS BAD BEAUTY HABITS

that make you look 5 years older