

Diet Breakthrough: The Key to Lasting Weight Loss Revealed

SHAPE

SHAPE
YOUR LIFE
SHAPE.COM

GET A BIKINI BODY

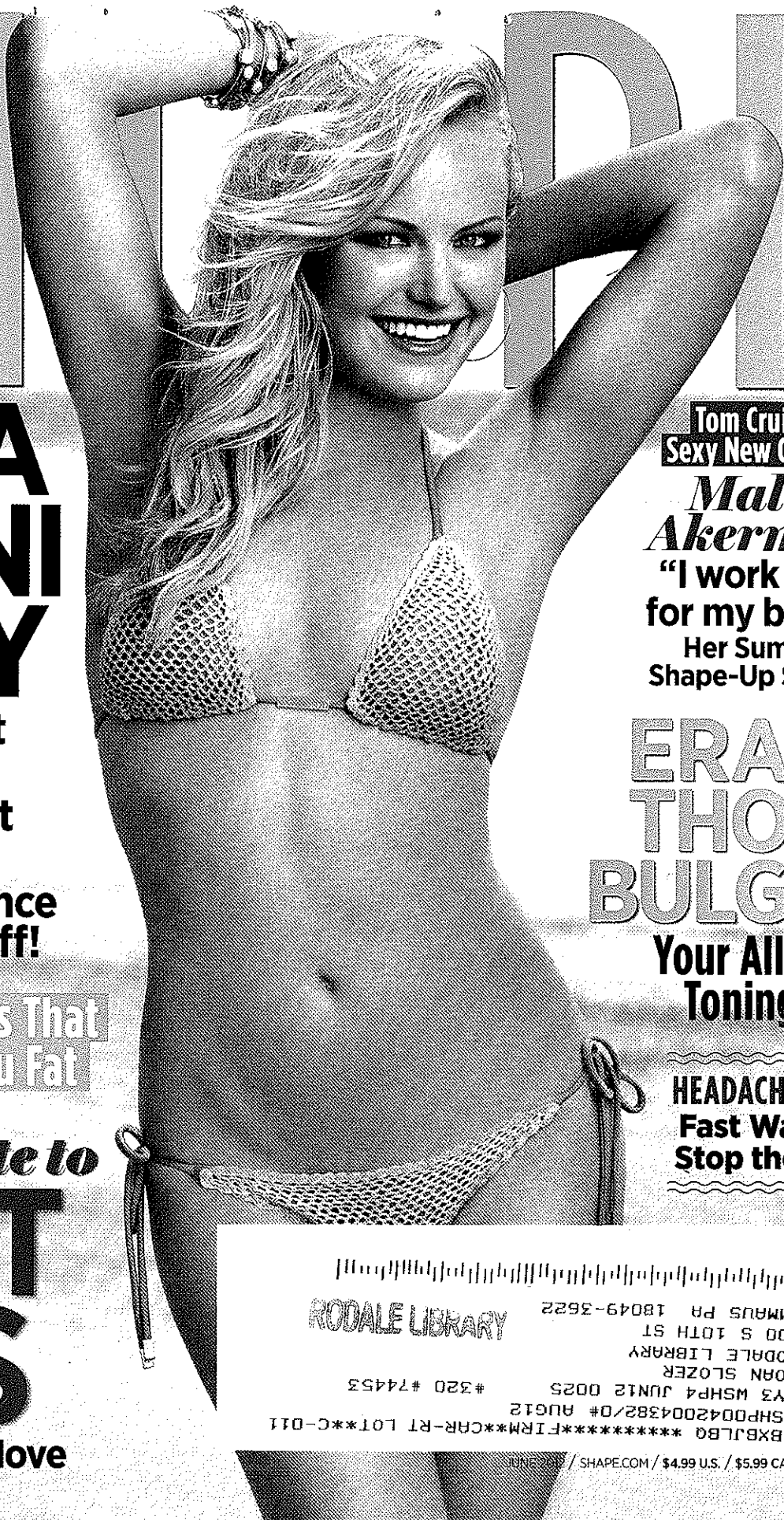
- The Workout to Sculpt It
- The Swimsuit to Flaunt It
- The Confidence to Carry It Off!

Summer Snacks That Won't Make You Fat

One Minute to

FLAT ABS

Our Must-Try Move



Tom Cruise's
Sexy New Co-Star

Malin Akerman
"I work hard for my body!"
Her Summer Shape-Up Secrets

ERASE THOSE BULGES

Your All-Over Toning Plan

HEADACHE FIXES
Fast Ways to Stop the Pain

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