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SHAPE YOUR LIFE

SEXY BODY PLAN
GET FLAT ABS & A FIRM BUTT
by June 1

Why your allergies are getting worse
New ways to find relief—fast

THE KELLY RIPA WORKOUT
She shows us the 6 moves that got her THIS body, p. 66

Smooth, glowing
BIKINI SKIN
Get it, p. 236

THE HAPPY DIET
Lose weight, not your sanity with these 7 power foods

PLUS When trusting your gut can save your life, p. 150