

A NEW WAY TO BURN MORE CALORIES...even while you sleep, p. 173

# SHAPE UP

SHAPE  
YOUR  
LIFE

"HOW  
I LOST  
100  
POUNDS"  
p. 126

WHAT TO DO NOW

## STOP WINTER WEIGHT GAIN

before  
it starts

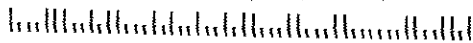
Get hair  
you'll love

ADVICE SO SIMPLE YOU  
CAN START TODAY, p. 192

November 2007

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**Heather  
Graham**  
BACK IN THE  
SPOTLIGHT  
How she stays  
this fit at 37  
(No dieting  
involved)

**BONUS!**

the body  
you want in

# 24 MINUTES A DAY

Tone your abs, butt,  
and thighs with this  
super-effective routine

## PLUS

The best stay-healthy tips  
we've ever heard, p. 168