

**BURN 700 CALORIES BEFORE BREAKFAST** No gym necessary, p. 244

# SHAPE UP

SHAPE  
YOUR  
LIFE

**SLEEK  
THIGHS  
IN 3  
MOVES**  
p.156

**ALL NEW MOVES!**

**GET  
FLAT  
SEXY  
ABS**

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waist in just 4 weeks

**\*Skip  
the salon!**  
Home color secrets  
that get you gorgeous

October 2007

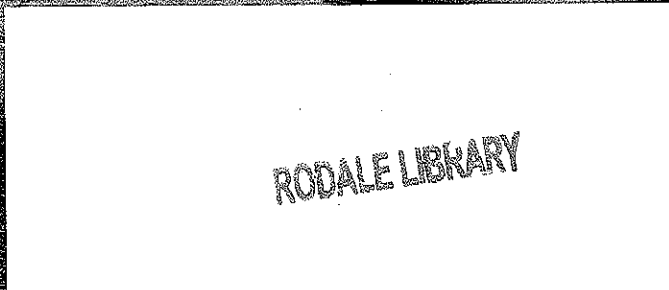
**Drop 5  
pounds  
FAST**  
No dieting  
No deprivation

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**SHERYL  
GROW**

**"How I  
survived the  
toughest year  
of my life,"** p. 61

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