

1 Move + 2 Minutes = Sexy Abs p.123

SHAPE

SHAPE YOUR LIFE

BONUS:
SPECIAL
BREAST
HEALTH
HANDBOOK

Get the
**BODY
YOU
WANT**

*in 15 minutes
a day!* p.128

**I LOST
60 LBS**
ONE READER'S
WINNING TIPS p.150

ACTRESS
**OLIVIA
MUNN**
HOW SHE
SHED 16 LBS
& KEPT
THEM OFF!

p.68

#1
CALORIE
CUTTING
TOOL
HINT: IT'S IN
YOUR KITCHEN!
p.138

**EAT
THIS
& LOSE
WEIGHT**

p.141

#BXJL BQ *****FIRM**CAR-RT LOT**C-099
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SE2 MSHPTD OCT11 0051
#408 # 78130
JOAN SLOZER
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