

**KILLER SALADS: How safe is the food you're eating? A must-read report, p.210**

# SHAPE

SHAPE  
YOUR  
LIFE

**SLEEK  
SEXY  
ARMS**  
IN 8 MINUTES  
A DAY

**TOO BUSY? NO PROBLEM!**

## SLIM DOWN IN RECORD TIME

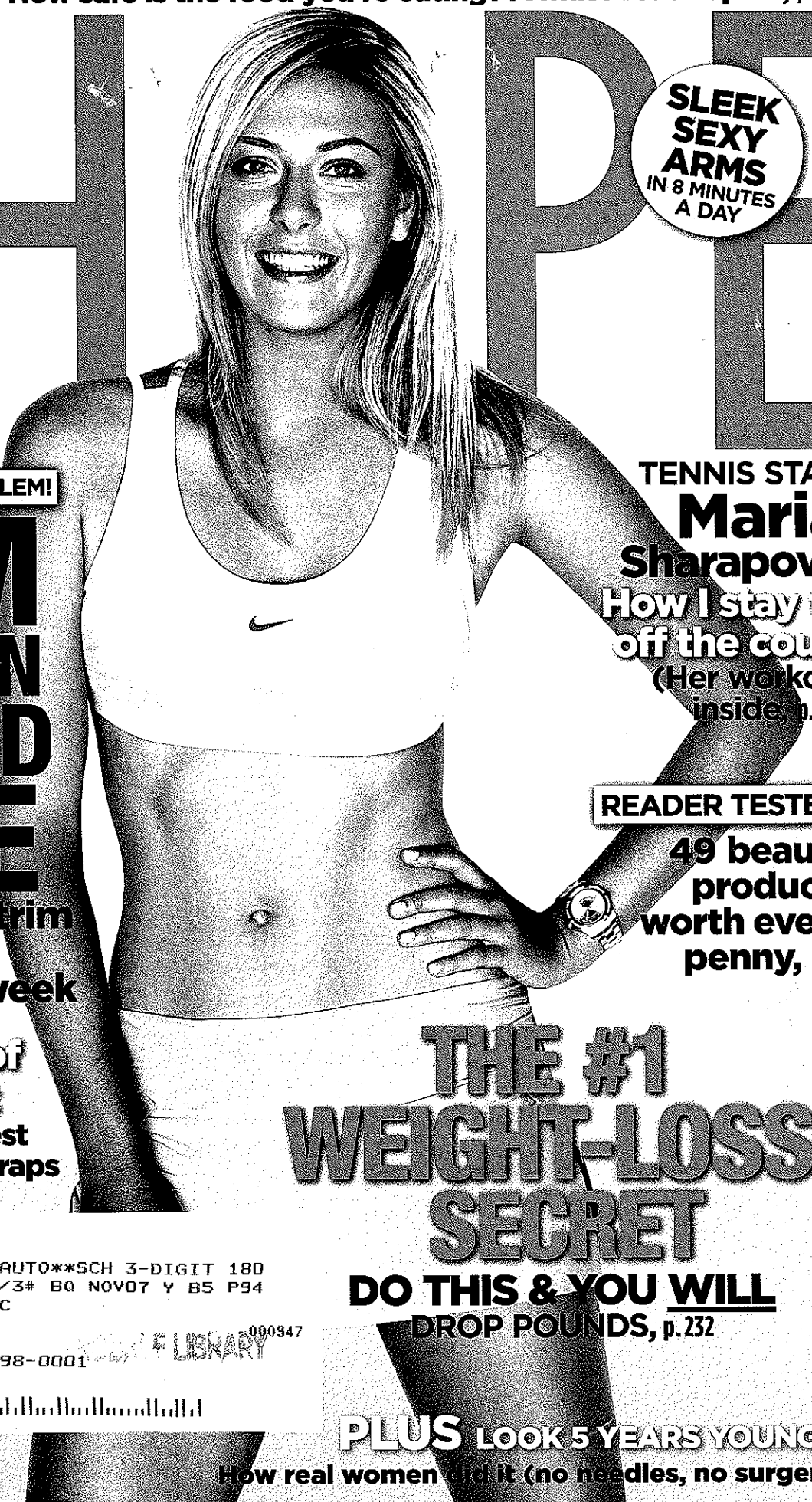
**Get toned & trim  
in just three  
workouts a week**

**\*Guy-proof  
your diet**  
**Dodge the biggest  
relationship fat traps**

September 2007

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Maria  
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**How I stay fit  
off the court**  
(Her workout  
inside, p.59)

**READER TESTED**  
**49 beauty  
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worth every  
penny, p.94**

## THE #1 WEIGHT-LOSS SECRET

**DO THIS & YOU WILL  
DROP POUNDS, p.232**

**PLUS LOOK 5 YEARS YOUNGER**  
**How real women did it (no needles, no surgery!)**