

**NUTRITION
REPORT**

The #1 Food for Women p.124

IT'S GOOD TO BE YOU™

Women's Health

Amazing New Plan!

LOSE YOUR BELLY

**SEE RESULTS
IN JUST 7 DAYS!**

**EASY STEPS
TO LESS
STRESS** p.134

**FEEL HEALTHIER
INSTANTLY!**

**TIGHT ABS
TONED ARMS
LEAN LEGS
ALL NEW MOVES!**

**POWER
UP
YOUR
DIET
13
NO-FAIL
TRICKS**

**Live Green
Live Well**

womenshealthmag.com

PLUS!
**Secrets to
Amazing Sex** p.106

