

8 Things to Do **RIGHT NOW** to Stay Healthy for Life

IT'S GOOD TO BE YOU™

# Women's Health

## YOUR FITTEST YEAR STARTS NOW!

All-New Workouts,  
Instant Results!

## SUPER-HEALTHY ONE-POT MEALS

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## DO MORE— IN LESS TIME

# 1.701

## COOL HEALTH, FITNESS, NUTRITION & SEX TIPS

## LOSE FAT FAST



Plus! What  
He'll Never  
Tell You  
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## GET GLOWING WINTER SKIN!

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