

# Women's Health

IT'S GOOD TO BE YOU™

**NO-FUSS  
PARTY FOODS**

**26 WEIGHT-LOSS  
TRICKS THAT WORK**

**REAL WOMEN—  
REAL SEX SECRETS**

**QUICK FIX!  
MAIL-ORDER YOUR  
NEXT MEAL**

**TAKE OUR QUIZ!  
BOOST YOUR  
BRAIN POWER**

**YOUR  
FITTEST  
YEAR**

**STARTS NOW!**

**ALL-NEW WORKOUTS!  
INSTANT RESULTS!**

**EXCLUSIVE WH  
BOOK BONUS!**

**THE  
PERFECT  
BODY  
DIET**