

Resize Your Thighs!  
Lose Belly Fat Fast!

SPECIAL  
Summer  
Issue

# Women's Health

## Bikini Ready in 7 Days!

Kate  
Beckinsale

How a Girl  
Who Hates  
the Gym  
Scored  
This Body

**MORE  
ENERGY—  
INSTANTLY!**

**GORGEOUS  
SUMMER  
SKIN!**  
5-Minute Fixes

**TASTY  
LOW-CAL  
COCKTAILS**

**THE #1  
HEADACHE  
CURE**  
(Plus 6 Sneaky  
Pain Triggers)

Exclusive!  
**SECRETS  
OF OLYMPIC  
ATHLETES**

- Find Focus
- Stay Motivated
- Eat to Excel
- Crush Fear

**4 NEW  
HEALTHY  
SNACKS**

## Hotter Sex

The Surprising Key to Ultimate Pleasure



July/August 2012

\$4.99/US\$5.99/£4.99/£5.99

Women'sHealthMag.com