

Special Easy Issue: Less Stress Every Day!

IT'S GOOD TO BE YOU™

# Women's Health

## FLAT SEXY ABS!

EXCLUSIVE  
ABS DIET  
FOR  
WOMEN  
EXCERPT!

## NEW WAYS TO HEALTHIER EATING



The (New)  
Rules of  
"I Do"

## SCULPT YOUR BEST BODY

You Choose  
the Moves!\*

## 100 WAYS TO BURN 100 CALORIES!

## FLAWLESS SUMMER SKIN!

p. 58

# 8

## SIMPLE STEPS TO PERFECT HEALTH

Answers  
Jun 8, 07

\*New! Customize Your Workout at  
[womenshealthmag.com](http://womenshealthmag.com)