

*Lean Legs! Firm Butt!
Toned Arms!*

Women's Health

**Exclusive
Jillian Michaels
Workout**

Lose Belly Fat!

A Breakthrough
Weight-Loss
& Fitness Plan



**Jillian
Reveals**
The Ab Move
You Should
Never Do
Again!

**Seven
Mistakes
Even
Good
Doctors
Make**

**THE
VITAMIN D
DIET**
Get Slimmer
and Happier

**HOT
SWIMSUITS
FOR EVERY
SHAPE**
Find the Perfect
Fit (No More
Dressing Rooms!)

**OUTSMART
SUN DAMAGE**
6 New Skin
Secrets