

IT'S GOOD TO BE YOU™

Women's Health

FREE
WORKOUT
BOOKLET
INSIDE!

EASY WAYS TO A FLAT BELLY!

THE TOTAL-BODY
YOGA WORKOUT

16 SUPER FOODS
FOR WOMEN

SPECIAL REPORT
CONQUER STRESS
EVERY DAY

STOP COUNTING
CALORIES—AND
LOSE MORE WEIGHT!

447
Ways
to Look
Great—
Instantly!