

Spring Shape-Up Special!

Women's Health

Sexy Abs & Butt!

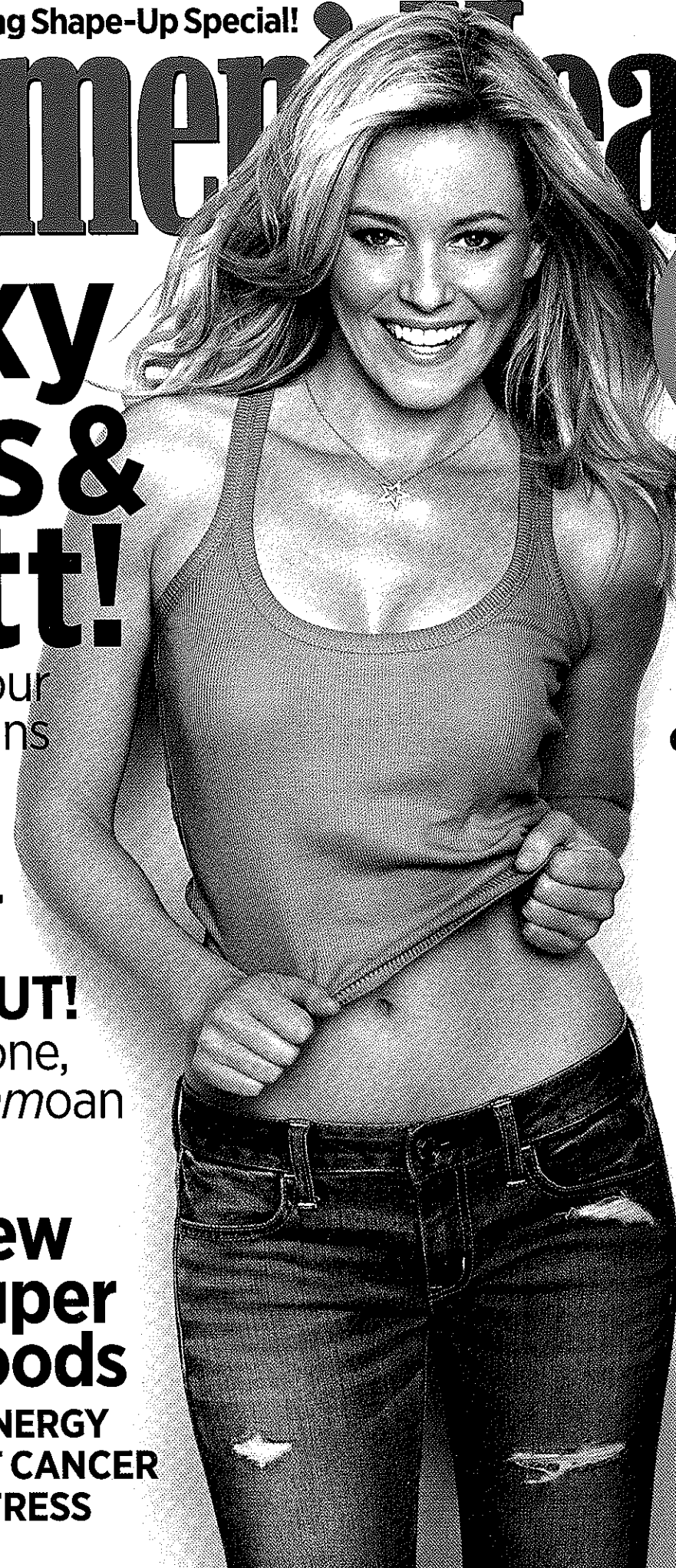
Sizzle in Your Skinny Jeans

THE BETTER-SEX WORKOUT!

Tighten, Tone, Then...*Mmmoan*

8 New Super Foods

- ✓ BOOST ENERGY
- ✓ PREVENT CANCER
- ✓ SLASH STRESS



LOSE
5,10,15+
POUNDS
Start Today!

THE #1 HEALTH RISK
 For Fit Women

BURN TONS OF CALORIES
 With One Simple Move

ERASE ZITS & WRINKLES
 A Flawless-Skin Solution

Elizabeth Banks

← How She Got This Healthy, Hot & Happy