

# IT'S GOOD TO BE YOU™ Women's Health

OCTOBER 2007

**GET THE  
BODY  
YOU  
WANT!**

**BURN  
FAT  
FAST**  
NEW MOVES  
THAT WORK

**ZAP IT HEALTHY  
MICROWAVE RECIPES**

**FIX IT A NEW TEST  
THAT COULD SAVE  
YOUR LIFE**

**BUY IT GREAT FALL  
FASHIONS (FOR A STEAL!)**

**DO IT 50 DIET TRICKS TO  
STAY FULLER LONGER!**

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