

**BONUS**

**The 100 Best Foods for Women**

IT'S GOOD TO BE YOU™

# Women's Health

ULTIMATE GET-FIT PLAN

# BURN MORE FAT!

FREE  
POSTER  
INSIDE!

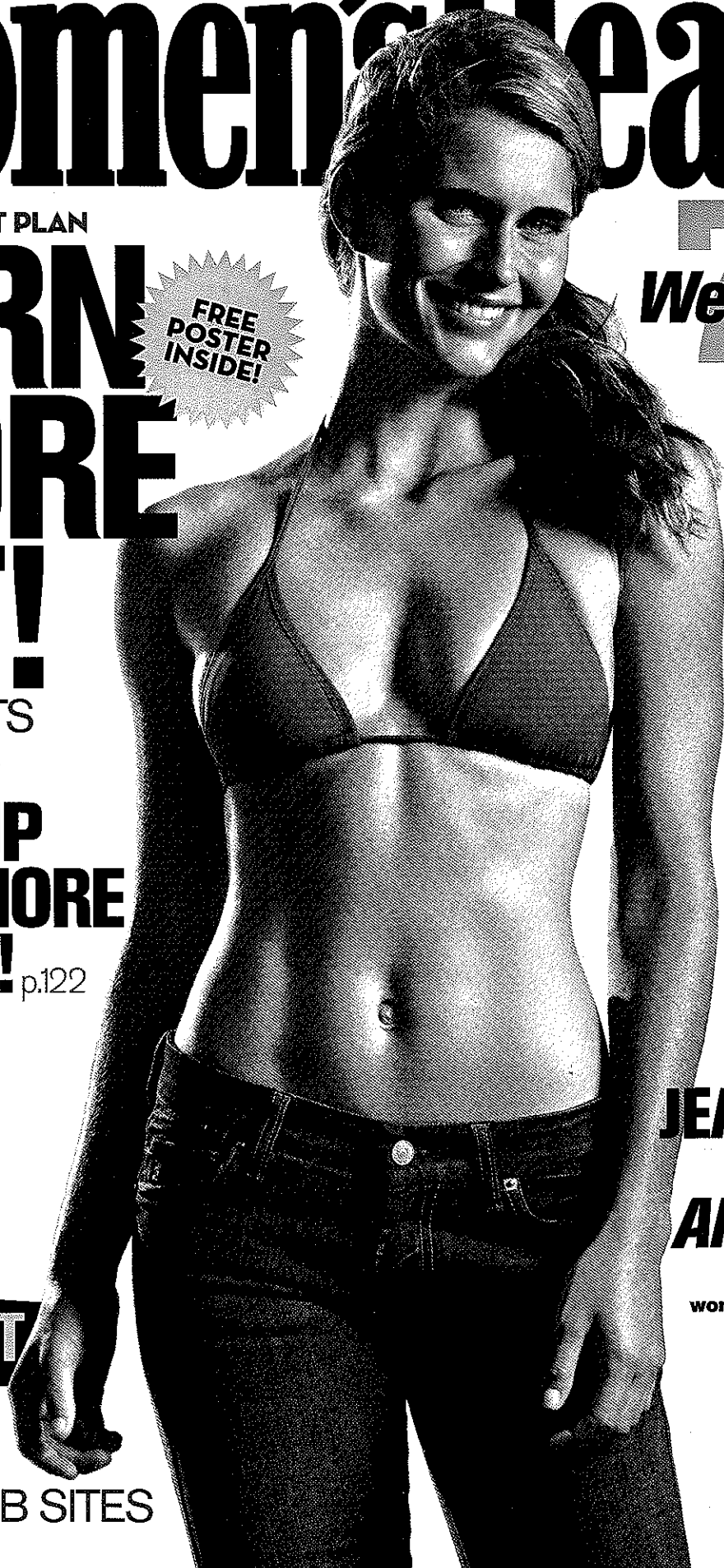
SEE RESULTS  
IN 3 WEEKS

# WAKE UP WITH MORE ENERGY!

p.122

# The 15 MINUTE TOTAL BODY WORKOUT

17 TOP  
HEALTH WEB SITES



# 7 (New!) Weight-Loss Secret Weapons



What He'll  
Never Tell  
You! p.148

# ALL-NEW BLEMISH BUSTERS

# JEANS THAT FLATTER ANY SHAPE

womenshealthmag.com

SEPTEMBER 2007  
DISPLAY UNTIL SEPTEMBER 18, 2007

\$4.99US \$5.99CAN

