

A FLAT BELLY IN  
15 MINUTES!

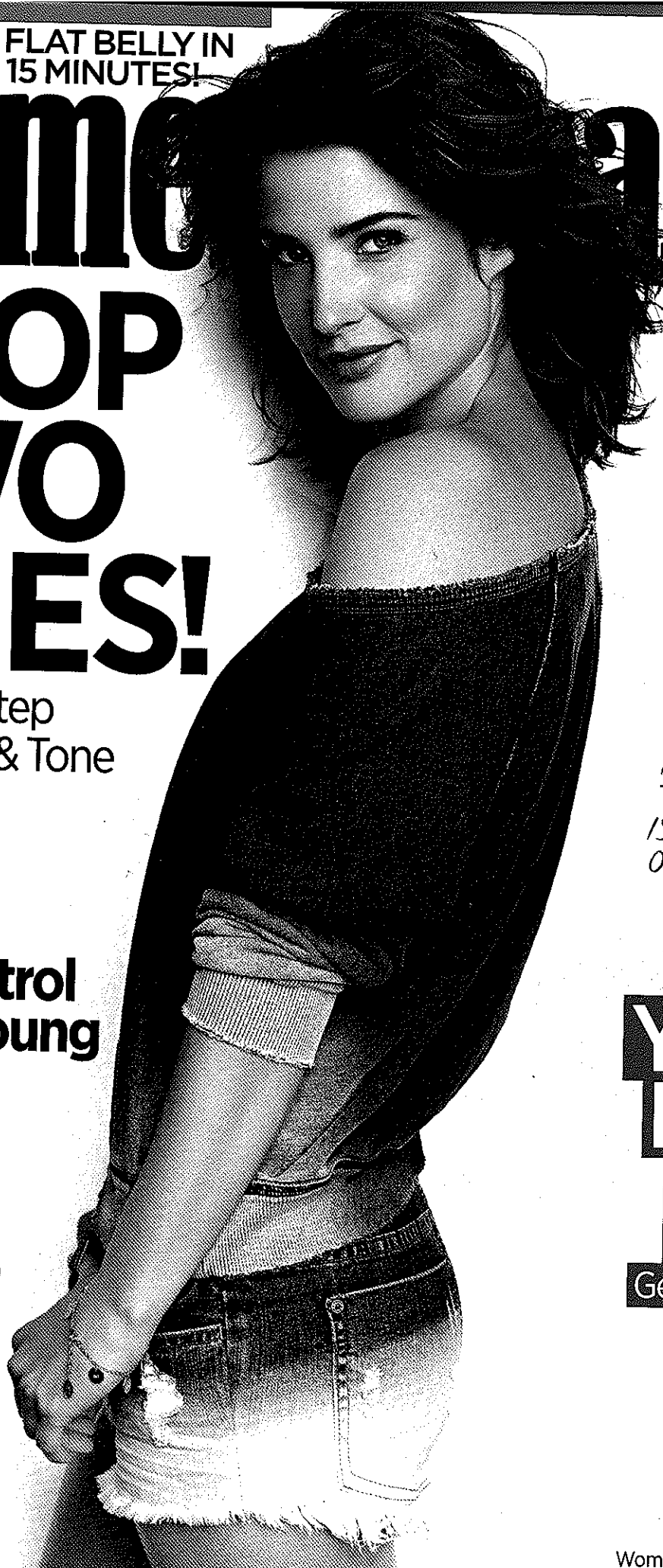
# Women's Health

## DROP TWO SIZES!

A Step-by-Step  
Plan to Trim & Tone  
Every Inch

Health Alert!  
**The New  
Birth-Control  
Danger Young  
Women  
Face**

**10 Hot  
Hair Color  
Trends**



**Cobie  
Smulders  
Shares Her  
Confidence-  
Boosting  
Secrets**

**FALL  
FASHION  
GUIDE**

FLIP  
THIS  
ISSUE  
OVER 

**RUN  
YOUR  
BUTT  
OFF!**  
(Turn On Your  
Get-Lean Gene)