

# fitness *Mind, Body + Spirit* fitness

**Best  
Cellulite  
Fighters**

**Blast  
Belly Fat  
Faster!**

**What Works  
for Everyone**

**Size 2? Size 14?**

**4 Weeks  
to Your  
Best Beach  
Body**

*Toned arms!  
Firm thighs!  
A great butt!*

**That's Intense!  
The 30-Minute  
Total-Body Workout**

**Sexy  
Supermodel**

**Niki  
Taylor**

**Curvy & Proud**

**Easy Spa  
Meals  
for Lazy  
Cooks**

**45  
INSTANT  
FIXES!**

- Turn off cravings
- Cut your cancer risk
- Look 10 lbs thinner

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