

THE BEST SWIMSUIT FOR YOUR BODY Real women, real solutions

SHAPE  
YOUR  
LIFE

LOOK  
10 LBS  
THINNER  
INSTANT  
TRICKS  
P. 106

NO FASTING NECESSARY!

# BIKINI BODY DETOX

Beat belly bloat,  
drop pounds FAST

**Blast fat  
and boredom**

The 30-minute  
cardio plan  
you'll LOVE, p. 80

The  
**CANCER  
FIGHTER  
IN YOUR  
FRIDGE**

p. 86

SEXY SURFER  
**MARISA  
MILLER**  
"The 6 firming  
moves  
I swear by"

RESULTS IN JUST 1 MONTH

# SCULPT EVERY INCH

Get flat abs,  
a toned butt &  
jiggle-free arms

BONUS!

**FREE  
WORKOUT  
CARDS**

**EXACTLY  
WHAT TO EAT  
BEFORE  
EXERCISE, p. 28**



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**PLUS!** Tasty ice cream treats—150 calories or less

