

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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