

Get-Back-in-Shape Special
Women's Health

**5
WAYS
TO LOSE
15 LBS**
(SUMMER'S
COMING!)

**Sofia
Vergara**

*How to Be
Your Own Kind
of Sexy*

**Ultra-
Hot Sex
Moves**

**Whip Out
These
Sizzling
Skills
Tonight!**

**INSTANT
HEALTH
BOOSTERS**

Stronger Heart,
Sounder Sleep,
Smarter Diet
More!

**BIKINI
READY**

in 10 days!

**Shrink
Your Belly,
Butt &
Thighs**

**CUTEST
DENIM
CUTOFFS
FOR YOUR
BODY**

**The (Zip) Code
to Beautiful Skin**

Location, location, location! Dermatologists now believe where you live should be a key factor in determining your skin-care routine. This road map will help you navigate your way to a dream complexion.

By Kayleigh Donahue

