

Health

FREE
NATURAL
HEALTH
CURES

Style Solutions



"Help me look great après workout"

Transform fitness finds into a fab look with tips from Michelle Lovitt, celebrity trainer and ASICS ambassador. By Rozalynn S. Frazier

Drop your First Pound Today p.45

7 SUPER FOODS That Stop Cancer

✓ Flat Belly
✓ Slim Thighs
✓ Great Butt
They're Yours In One Easy Workout



Techno-chic watch

No one has to know this cool timepiece doubles as a fitness gadget.

Timex Ironman 150-Lap Watch
(\$89.95; Timex Ironman.com)

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On Page 124

Kristen Bell

*The fun way she burns extra calories

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157 Instant Makeovers for Hair, Skin & Body



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