

Spring Shape-Up Special!

Women's Health

Sexy Abs & Butt!

Sizzle in Your
Skinny Jeans

THE BETTER- SEX WORKOUT!

Tighten, Tone,
Then...Mmmmoan

8 New Super Foods

- ✓ BOOST ENERGY
- ✓ PREVENT CANCER
- ✓ SLASH STRESS

LOSE
5,10,15+
POUNDS
Start Today!

**THE #1
HEALTH
RISK**
For Fit
Women

**BURN TONS
OF CALORIES**
With One
Simple Move

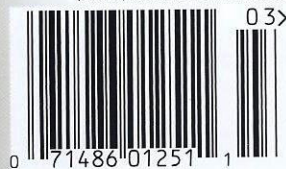
**ERASE ZITS
& WRINKLES**
A Flawless-Skin
Solution

*Elizabeth
Banks*

← How She Got
This Healthy,
Hot & Happy

March 2012

\$4.99 US/DISPLAY UNTIL MARCH 13, 2012



WomensHealthMag.com

WIN IT

Must-have accessories:
We're giving away more than \$5,000 worth of cool jewelry, bags, and shoes!



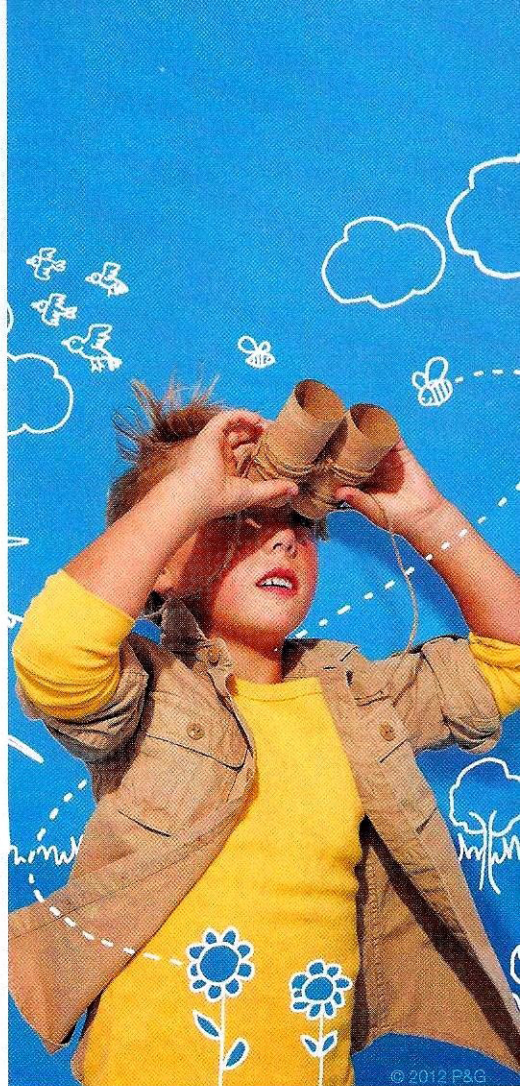
PRIZES INCLUDE...

- 1/ Lingerie from Affinitas
- 2/ Bags and apparel by Brooklyn Industries
- 3/ Wedges and sandals from Isolá
- 4/ Necklaces and bracelets by Victoria Bekerman Studio
- 5/ Watches from Timex
- 6/ Shoes from Corso Como

GRAND PRIZE:

A four-night stay for two at The Brazilian Court Hotel & Beach Club in Palm Beach, Florida, including a free breakfast and dinner for two, a travel stipend, and easy beach access—all worth a total of \$2,300!

Follow @WinTodaySweeps on Twitter for our daily freebie reminders.



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SEE THE BIG IN
THE LITTLE
THINGS YOU DO.



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