

The \$1 Secret to a Better Workout p.148

TAYLOR SWIFT
On Love, Life,
and Listening to Yourself

SELF

YOU
AT YOUR
BEST

15-PAGE SPECIAL

Get Your Dream Body

1 M
Amazing!

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Flat Abs
Trimmer
And Tone
Arms With
Our Effect
Fast Mov

Your **SELF**
Challenge
2009

Hey, beautiful! Yes, you!
Want to make every inch of you even more toned and gorgeous? Or lose 8, 12 or 16 pounds or more? Welcome to Your SELF Challenge, the world's most effective exercise and eating plan. It's all new and customized to your life and your likes. Getting fit and looking fabulous has never been easier.

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- Boost Your Mood

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New Ideas to
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and Feel
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