

Slash Your Grocery Bill and Still Eat Well

Ellen Pompeo Shares 3 Moves to Make You Sexier

SELF

YOU AT YOUR BEST

A Healthier, Happier You

Feel Calm, Confident, In Control of Your Life!

Bikini-Ready

Your Kit for *By May!*

- FLAT ABS
- LEAN LEGS
- AMAZING ARMS

Carefree Hair & Skin

New Ways to Look Fantastic Without All the Fuss

RELATIONSHIP REPORT

More Sex, Fewer Spats: Connect Better Tonight!

20 Free Spa Trips WIN ONE! P. 54

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50 Best Foods

Eat to Beat Cancer, Stress, Sneaky Pounds and More P. 120



