

Cut 400 Calories Without Even Noticing!

EXCLUSIVE

Tom Brady,
Gisele & Me:
**Bridget
Moynahan's**
Happy-Life
Lessons

YOU
AT YOUR
BEST

SELF

GREAT SUMMER SLIM-DOWN

105 NEW SEXY-BODY SECRETS

- ▶ A Flatter Tummy!
- ▶ A Faster Metabolism!
- ▶ Way More Energy!

Lose
4 Pounds
In Just
2 Weeks

Bonus
Good-For-You
Grocery List

Free
Fitness
Cards!
Firm Up With
Your Pup

The
Single
Best
Workout
Even If You Don't
Love Working Out
p. 122

BE YOUR KIND OF BEAUTIFUL

3-Minute Makeovers

For Shiny Hair, Glowy Skin, Sparkly Eyes, Pretty Nails, More! p. 132

Win on August 3!



HAPPY, HEALTHY SMILE
Treat and prevent chapped
or sunburned lips with All
Terrain Lip Armor's natural
cool mint balm (\$3; 2,000
available). It has SPF 25!

