

ONUS ▶ \$75 WORTH of HEALTH & BEAUTY PRODUCTS

SHADE

p206

SHAPE
YOUR
LIFE

**BURN
MORE
FAT!**

4 Best Foods

**Brooke
BURKE-
CHARVET**
43, FOUR
KIDS, and
THIS BODY!
p28

**GET THE
ENERGY
YOU NEED**
9 INSTANT MOVES

SEXIER SEX!
Turbocharge
Your Love Life
Tonight

**SHRINK
YOUR
BELLY!**
Easy 7-Day Fix

**FLAWLESS
SKIN AT
ANY AGE**



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