

The ultimate health checklist for your 20s, 30s, 40s

JULY 2000

Fitness

Flawless skin: Find YOUR formula

MIND · BODY · SPIRIT FOR WOMEN

11 ways to lose 10 lbs

FAST WORKOUT FIXES

Fitness protein plan
Cut carbs safely

Get a better booty

DO IT OUTDOORS
14 summer calorie blasters

Restaurant fat traps
Don't get caught

21 ways to get happy today

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