

IT'S GOOD TO BE YOU™

Women's Health MAGAZINE

JULY/AUGUST 2008

FLAT SEXY ABS!

IN JUST 2 WEEKS

**Boost Your Metabolism
& Lose 5 lbs—Fast**

Delicious 400-Calorie Meals

**Too Much Stuff?
Recycle Everything!**

Take Control of Your Life

WH BEAUTY AWARDS

**65 SKIN, HAIR & MAKEUP
PROBLEMS SOLVED!**