

Healthy, Sexy Breasts: 9 Easy Steps

It's Good to Be You™

Women's Health

75
HOT
BODY
MOVES

- ✓ Flatten Your Belly
- ✓ Firm Your Butt
- ✓ Sculpt Your Legs
- ✓ Tone Your Arms

**More Sex,
Better Sex**

Sizzling Tips That Double Your
Confidence *and* Satisfaction

Get Glowing!
New Age-Erasing
Skin Secrets

**Eat,
Drink
& Still
Shrink!**

**125 Tasty
Power
Foods**

**Rachel
Bilson**
How She Got
Her Amazing
Curves

**Instant
Energy!**
**5 Natural
Boosters**

WIN IT
October freebies: We're giving away more than \$3,200 worth of eco-friendly gear!

GRAND PRIZE ←

PRIZES INCLUDE...

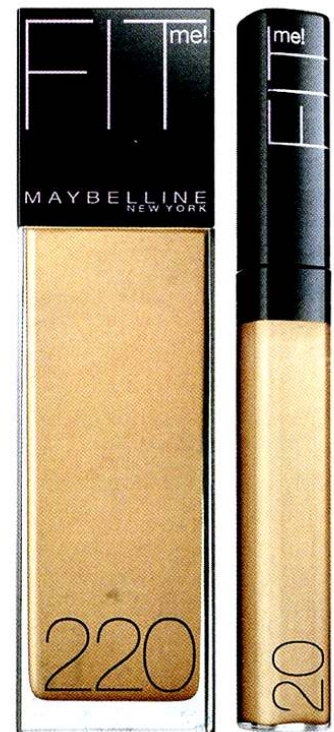
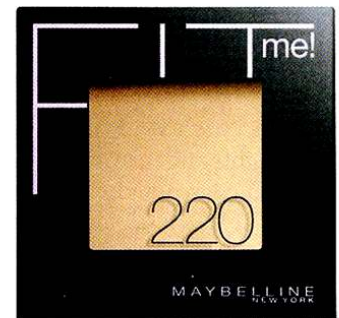
1/ Naturally sourced jewelry from **Andean Collection**
 2/ Recycled stationery from **Seltzer** 3/ Repurposed products from **WorldofGood.com by eBay** 4/ Recycled jackets from **Nau** 5/ All-natural beauty products from **The Body Deli** 6/ Crystal-studded recycled accessories from **Kris Nations**

GRAND PRIZE:
A four-night stay for two at the Grand Hyatt San Francisco! Follow @WinTodaySweeps for our daily freebie reminders.

* ALL TIMES EASTERN. NO PURCHASE NECESSARY TO ENTER OR WIN. PURCHASE WILL NOT IMPROVE YOUR CHANCES OF WINNING. DAILY SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON THE DAY OF THE GIVEN SWEEPSTAKES AND END AT 2:59 A.M. THE NEXT DAY. THE GRAND PRIZE SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON OCTOBER 1, 2011, AND END AT 2:59 A.M. ON NOVEMBER 1, 2011. VOID WHERE PROHIBITED. OPEN TO LEGAL RESIDENTS OF THE UNITED STATES WHO ARE 18 OR OLDER AND THE AGE OF MAJORITY IN THEIR STATE OF RESIDENCE. FOR OFFICIAL RULES, GO TO WOMENSHEALTHMAG.COM/WINTODAY RODALE INC., 400 SOUTH TENTH STREET, EMMAUS, PA 18098-0099 IS THE OPERATOR OF THE SWEEPSTAKES.

FIND YOUR NUMBER. FIND YOUR FIT.

The first shade-aligned system of foundation, powder and concealer.



MAYBELLINE NEW YORK

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Quickie Quiz

Think you can identify what 100 calories' worth of Halloween candy looks like? Take our online quiz and you'll never be tricked by treats again.

WomensHealthMag.com/Halloween



FROM BOTTOM: TODD HUFFMAN; COURTESY OF THE BODY DELI; LISA SHIN (5); MITCHELL FUNK/GETTY IMAGES