

Summer Sex: Make It Even Hotter!

It's Good to Be You™

Women's Health

1-2-3 Abs!

Easy Steps
to a Lean,
Sexy Belly

Eat More, Weigh Less!

No Cravings
No Crankiness
Just Results

Boost Your Bliss

New Ways
to Escape
Stress

Glee's Heather Morris

How she scored the
best body (and the best
lines) on the hit show

Bikini Confident

Shrink Your
Thighs &
Butt—in
Days!

Is Any Amount of Sun Healthy?

THE FINAL
ANSWER

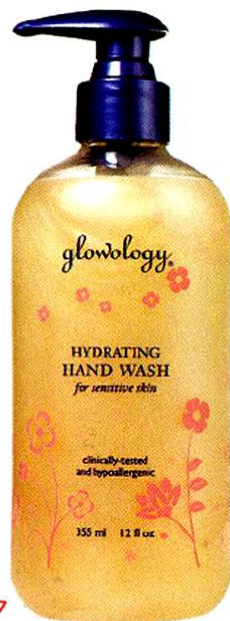
WIN:
FREE
STUFF!

WomensHealthMag.com

WE'RE GIVING AWAY SOME FABULOUS BEAUTY LOOT AT WOMENSHEALTHMAG.COM/WINTODAY



GRAND PRIZE
←



PRIZES INCLUDE...

- 1/ Self-tanning products from Beautisol
- 2/ Anti-aging products from Dermalect Cosmeceuticals
- 3/ Lotions from Ecoya
- 4/ Cleansers from Espa
- 5/ Products from EmerginC Scientific Organics
- 6/ Makeup from Beauty for Real
- 7/ Skin products from Glowology

GRAND PRIZE: One lucky reader will win a three-night stay for two in Anna Maria Island, Florida, including a couple's massage, museum tickets, and airfare certificates from JetBlue.

Follow @WinTodaySweeps for our daily freebie reminders.



WATCH:
HEATHER MORRIS'S
BEHIND-THE-SCENES
COVER SHOOT
WomensHealthMag.com/Heather



DOWNLOAD: A WORKOUT FOR SEXY ARMS

This 15-minute dumbbell routine will have you rocking flirty tank tops in no time. Want a play-by-play at the gym? You can put the video and instructions on your phone or music player. Get it at WomensHealthMag.com/Downloads.

ARE YOU OUR FITTEST FACEBOOK FRIEND?

Submit your photo or vote on who will appear in a future issue of WH at WomensHealthMag.com/FittestFriends.



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* 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 JUNE 1, 2011, AND END AT 2:59 A.M. ON JULY 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., 33 E. MINOR ST., EMMAUS, PA 18098-0099 IS THE OPERATOR OF THE SWEEPSTAKES.

marlo