

2013

WEIGHT-LOSS
SPECIAL ISSUE

Health

Jennie Garth
MY SECRETS
TO SLIM

LOSE 12 LBS THIS MONTH

Fast! Safe! For Good!

**Softer Skin,
Head to Heel**

Your Body Will Love
Our Tips

5

**DIET MISTAKES
EVEN "GOOD"
EATERS MAKE**

**Get the
Best
Energy
of Your
Life!**

**BURN
200
CALORIES**
IN JUST
3 MINUTES

**THE #1
HEALTH
RISK
FOR
WOMEN**

PROTECT
YOURSELF
P. 83



NEED A
CHANGE?

*Beauty
Perk-Ups
You'll
Love*

WE CHALLENGED
HAIR AND MAKEUP
PROS TO GIVE US THEIR
TOP QUICK UPDATES.
THE TWO-MINUTE
MAKEOVER IS ON.

By Krista Bennett DeMaio



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covers (and brightens with vitamin C), hence



MOISTURIZER. Quench parched skin with a few drops of mega-humectant glycerin (from the drugstore) in your moisturizer.