

Women's Health



YOU & IMPROVED!

NEW!

Get Back In Shape!

8 Ways To Dress Slimmer

THE BODY YOU WANT IN THE TIME YOU HAVE

Foods That Burn Fat page 100

Awesome Abs!

FLAT AND FIRM IN JUST 10 MINUTES

The Abs Diet
EXCLUSIVE EXCERPT!

BRIEFS

JOYSTICK IT TO FAT

If Jane Fonda and Bill Gates had a love child, it might look a lot like Maya, the virtual personal trainer from Yourself! Fitness, a new interactive fitness game for women. The game, developed by responDESIGN, features

more than 600 customizable workout programs, including yoga, aerobics, and strength training. It will be available for use via your PC or your boyfriend's Xbox in October.

PLUS:

Great Skin Made Easy
Life-Changing Travel
Inner Peace—Now!