

# fitness

QUICKIE MOVES TO BURN **MEGA** CALORIES

Mind, Body + Spirit

## FLAT ABS FAST

- ✓ Results in 4 Weeks
- ✓ Foods That Fight Fat
- ✓ Stay-Motivated Secrets

### The Simple Stress Fix Every Woman Needs

### Great Hair Every Day

### Is Your Workout Making You Fat?

Surprising  
Truths, p. 160

**Excuse-  
Proof  
Your Diet**  
Chronic Cheaters,  
Here's Help!

**Healthy  
Meals in  
Minutes**  
(Just 5 Ingredients!)

# Reach Any Goal

Your Plan for the Fierce Body  
and Life You Want

SEPTEMBER 2010 \$3.50  
FITNESSMAGAZINE.COM



> YOU CAN DO IT!

REACH YOUR  
BETTER  
BODY GOAL

## Your Transformation Starts Here

**1. Name your wish.** Sign up at [fitnessmagazine.com/transform](http://fitnessmagazine.com/transform) to follow either the Flat Abs Fast or Trim From Tush to Toe workout (details on the following pages), along with our "Eat Your Way Slim" diet (page 71). In four weeks you can lose as many as 10 pounds using our support tools: calorie trackers, videos, more skinny recipes, and answers to your biggest burning-and-firming questions from FITNESS advisory board member and exercise pro Michele Olson, Ph.D. Invite a buddy (or three) to join you, or link up with the thousands of women following the same plan on our forums.

**2. Cash in.** Join online for a chance to win a vacation for two to the aah-rific St. James's Club Resort & Villas on Antigua (a \$2,515 value) or a sleek Livestrong Fitness LS10.0T Treadmill (a \$1,000 value). Grab your SPF and spandex! (For rules, see page 175.)

**3. Pinch yourself.** Get your goal this month, then switch plans to get another.



HAIR: GEORGE ORTIZ FOR CONTACT NYC. MAKEUP: ASHLEIGH B. CIUCCI USING MAC COSMETICS. PAGE 99: ZOBHA TOP. FREESTYLE WATCH. NIKE SHOES. PAGE 60, RIGHT: VICTORIA'S SECRET PINK TOP. ZOBHA TANK TOP. TIMEX WATCH. PAGES 62-63: ZOBHA TANK TOP. ADIDAS PANTS. ADIDAS SWEATBAND. TIMEX WATCH. GIANT BIKE. SPECIALIZED HELMET. PAGES 64-65: LULULEMON SPORTS BRA. BEYOND YOGA PANTS. NIKE SHOES. PAGE 66: ALO SPORTS BRA. HARD TAIL SHORTS