

SLEEK, SEXY ARMS (10-Minute Solution)

fitness

Mind, Body + Spirit

Singer
Colbie Caillat's
Body-Confidence
Secrets

How Your
Diet Can

HOT BEACH BODY NOW!

Moves & Meals to
Shed 10 Pounds Fast

Life's Biggest Fat Traps

(And the Fixes That'll
Keep You Sane & Slim)

Your Best Shape Ever

9 Must-Dos to Get Fit,
Healthy & Happy

>YOU CAN DO IT!

"I need extra lift
on top."

—Allison Beale, 32

Allison is not fan of underwire. A halter top with full coverage and band below the bust, and halter straps gave her the boost she wanted. "This suit is so functional and yet so stylish," Allison says.



ON ALLISON: City Mike, \$98, fit.fashionstyle.com

ABOVE: FROM TOP: City Mike, \$98, fit.fashionstyle.com; City Mike, \$98, fit.fashionstyle.com; City Mike, \$98, fit.fashionstyle.com; City Mike, \$98, fit.fashionstyle.com; City Mike, \$98, fit.fashionstyle.com; City Mike, \$98, fit.fashionstyle.com



"Give me
something
flirty and
playful!"

—Kelli Kelly
Fletcher, 28

With her freestyle shape, Kelli can wear a bikini in a bold print that plays up her curves without overexaggerating them. "The ruffles are sweet and the pattern is fun," Kelli says.

ON KELLI: Amy Dade, \$98, fit.fashionstyle.com

ABOVE: FROM TOP: City Mike, \$98, fit.fashionstyle.com; City Mike, \$98, fit.fashionstyle.com; City Mike, \$98, fit.fashionstyle.com; City Mike, \$98, fit.fashionstyle.com; City Mike, \$98, fit.fashionstyle.com