

BONUS Summer Gear Guide **fit** **cross**

**SHRINK
YOUR
BELLY!**

Best Moves for
Beach-Ready Abs
FAST

Mind, Body + Spirit

**EAT
WHAT
YOU** 
*and Still
Lose!*

Stress **Less**
Every Day

Smart Steps to a
Saner Self

Host a Healthy
Cookout **8 Easy**
Grill Recipes

Reach Your
Body Goals

Motivation Secrets
to Bust Any Slump



Only 10 percent
of women wear
sunscreen daily
year-round.