

STOP BELLY BLOAT FAST
3 EVERYDAY FOODS TO SKIP

EAT MORE, EXERCISE LESS
NEW CELLULITE FIXES

SHAPE
YOUR
LIFE

USE
THIS TOOL
BURN
600
CALORIES
IN 30 MINS.

REVEALED!
**KIM
KARDASHIAN**

"I'LL NEVER
BE ONE OF THOSE
SKINNY GIRLS,
SO WHAT?"

YOUR BEST
BODY EVER!

**SLIMMER
BY NEXT
WEEK**

TRY THIS
PLAN, SEE
RESULTS
IN JUST
5 DAYS

"HELP!
MY JOB
IS MAKING
ME FAT"

SNEAKY WAYS
WORK PACKS
ON POUNDS

best in-office options

We know Endermologie can ditch dimpling. Here, two newer treatments that promise hope.

YOUR SECRET WEAPON
SmoothShapes (\$2,000 to \$3,000 for eight sessions over four weeks; smoothshapes.com for physicians) uses a laser and light energy to shrink enlarged fat cells and tighten skin, while a vacuum and rollers massage the body, increasing circulation.

EXPERT TAKE "This FDA-approved treatment definitely has the science to back up its claims," says Francesca Fusco, M.D.

REAL LIFE RESULTS "It felt like getting a deep tissue massage, and while I did experience a little hickey-like bruising, the decrease in dents was noticeable after four weeks." —Samantha, 30

**WHAT GUYS
LOVE ABOUT
YOUR BODY
(YOU'LL BE
SURPRISED!) p. 39**

THE 28 SEXIEST SWIMSUITS!
THEY SOLVE ALL YOUR FIGURE PROBLEMS

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