

Need Motivation? Recipes, Easy Moves, Walking Plan Inside

Mind, Body + Spirit

# GET LEAN IN 4 WEEKS

- TIGHT ABS
- TONED ARMS
- SEXY LEGS

PLUS  
The Feel-Full Diet

Sleep Soundly  
Every Night

READER TESTED!

TOP 10  
WORKOUT  
DVDs

#1 Slim-Down  
Secret It Works! p. 114

FITNESS  
MAKEOVER  
The Moves  
That Sculpted  
New Mom  
JOSIE MARAN

Simple!

Foods That  
Erase Belly  
Fat p. 67

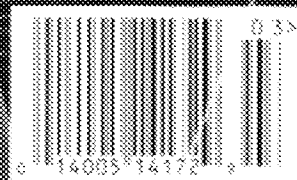
Quick!

Heart-  
Healthy  
Meals p. 131

Pretty!

Never Have  
a Bad Hair  
(or Skin) Day

FEBRUARY 2008 \$5.50  
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## Ski for 3 Days in Park City, Utah

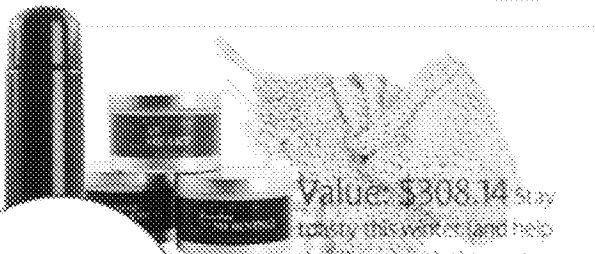


**Value: \$4,000** It's the ultimate weekend out West for you and a friend! Fly round-trip to Salt Lake City International Airport and spend three nights in the Newport Hotel. Ski at Deer Valley, The Canyons and Park City Mountain Resort. Try the Seafood Buffet or the Fireside restaurant, unwind at the spa, and dine at Sky Lodge. Go home relaxed, recharged and ready for the new year!

## 2 Pairs of Atomic She Devil Skis

**Value: \$595** These downhill skis are not only fast, they're also designed to make your turns sharp and smooth.

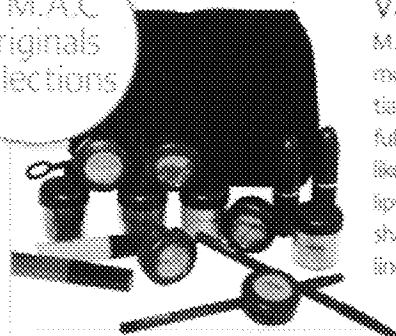
## 5 Winter Warm-Up Sets



**Value: \$308.14** Stay cozy this winter (and help the planet) with this package of 100 percent organic and fair-trade Heartwarming Cinnamon, All Heart and Sunday Morning teas from Light of Day Organics, a Sigg thermos and an alpaca blanket from Galan.

♦ For entry rules, see page 136.

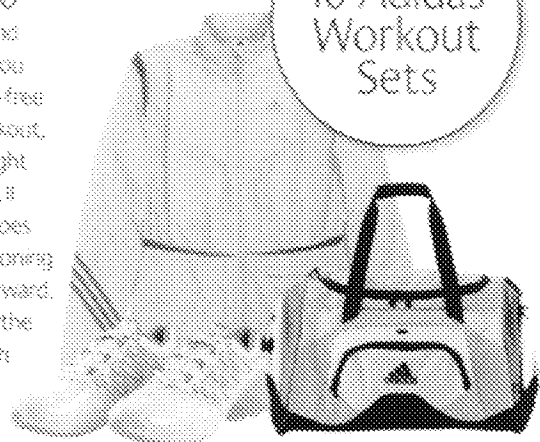
## 10 M.A.C Originals Collections



**Value: \$268.50** M.A.C has reintroduced its most beloved beauty essentials. You'll get a makeup bag full of eye shadows in colors like Parrot and Charred, and lipstick and lip gloss in all shades of red, along with eye-liners, mascara and shimmer.

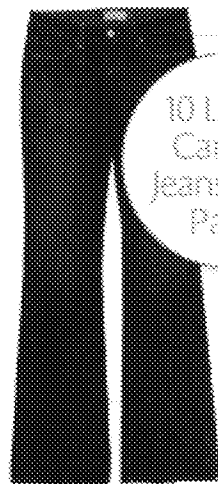
## 10 Adidas Workout Sets

**Value: \$230** The Adilbria Wind Jacket will keep you warm and sweat-free during your workout, and the lightweight Microbaxx TR II cross-training shoes offer extra cushioning and speed. Afterward, pack them up in the roomy Ultra Tech Small Duffel.



## 10 Laurel Canyon Jeans From Paige

**Value: \$179** Paige jeans—favorites of Kate Winslet, Jessica Alba and Sienna Miller—are designed to lift and shape your butt, no matter what your size. This pair is boot-cut and dark enough to wear to the office.



## 10 Timex iconcontrol Watches

**Value: \$125** Switch tracks and turn up the volume on your favorite workout mix without ever touching your iPod. The watch also sports a 50-lap memory-recall chronograph.

