

NO DIET REQUIRED! The easiest way to drop 10 lbs without trying

SHAPE

SHAPE
25TH
ANNIVERSARY
SPECIAL

GET
SEXY
ARMS
BY SEPT. 1
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START TODAY!

FOUR WEEKS TO FABULOUS

- ✓ DROP INCHES
- ✓ GET FLAWLESS SKIN
- ✓ TAKE YOUR DIET FROM SO-SO TO SUPER HEALTHY AND WATCH YOUR

NO TIME?
NO TRAINER?

The surprising truth about how **Actress Kristen Bell** got this body

GO AHEAD,
HAVE
DESSERT!

6 guilt-free treats under 250 calories

EXCLUSIVE

Look & Feel 10 Years Younger

Simple ways to age-proof your body from head to toe

US The 5 best
scapes under \$300

shape
shops

eating on the run? Try these 4 favorites



for lunch & snacks

The Wrapables Milano Lunch Tote (\$20; wrapables.com) is made of insulating neoprene to keep your sandwich and fruit cool till lunchtime.



to stay hydrated

Keep the CamelBak Bottle (\$14; camelbak.com) on your desk so you'll sip all day long. The dishwasher-safe flip-top bottle holds about 4 cups.



for salads on the go

Fit & Fresh's Salad Shaker (\$10; fit-fresh.com) contains an ice pack for keeping lettuce crisp, a compartment for utensils and a dressing cup and dispenser built right into the lid.



to keep smoothies cold

This insulated Raya by Thermos Tumbler (\$13; thermos.com) is made of an unbreakable polycarbonate plastic, so it will keep your coffee hot too.

fit & fresh™
Tools for
a healthy life