



fit **ness**

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Smart Solutions to Bust Any Rut

The New Thinking on Fat
What Your Weight Really Says About Your Health

FLAT ABS!
BEST MOVES FOR **OMG** RESULTS

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Simple Strategies to Find Your Calm

Action Plan for Younger, Prettier Skin

Smoothies That Slim and Satisfy

No Fuss, No Fail
Ways to Shed More Pounds

JUNE 2013 \$3.99
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DISPLAY UNTIL JUNE 25



California Dreamin'

Grab your best gal pal and book the Just Do It package at the Fairmont Miramar Hotel & Bungalows in Santa Monica, California. You each get Nike+ FuelBands (yours to keep; a value of \$150 each) to clock your activity, as well as running socks and water bottles. Also included: a healthy breakfast at Fig Restaurant and a yoga class and massage at Exhale Spa. (Starting at \$579 per night based on double occupancy. Use discount code FITNESS for 20 percent off at fairmont.com/santa-monica, based on availability through 2013.)

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