



A Flat Belly in 15 Minutes!

Women's Health

WEIGH LESS
By the End of This Week!

GET UP & GET SOME!
Secrets to Mind-Blowing Morning Sex

FUN IN THE SUN
SPF News That Lets You Bask—Guilt-Free!

GREAT BUTT!
Sculpt a High, Tight Tush—in Record Time

Elsa Pataky
The Fast & Furious 6 Star Shares Her Fave Workout

HOW TO MAKE ANYONE LIKE YOU

STAY-HEALTHY SHORTCUTS

WHAT HAPPY COUPLES NEVER DO

Plus:
Summer Recipes, Hot Swimsuits & the WH Beauty Awards

June 2013
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Win It: BEACH GEAR!

Fun in the sun gets chic. Enter one (or more!) of the eight sweepstakes here for a chance to win, now through June 25, 2013, at WomensHealthMag.com/WinIt.



GRAND PRIZE



PRIZES INCLUDE...

- 1/ 5 Modify Watches interchangeable water-resistant watches
- 2/ 5 Roxy By the Sea sun hats
- 3/ 30 Aquafillics for Tarte Lights, Camera, Splashes! 4-in-1 waterproof mascaras
- 4/ 25 Sigg Switzerland Traveler 20-ounce water bottles
- 5/ 5 Lacoste Home beach towels
- 6/ 5 Echo bikinis
- 7/ 5 Polaroid Plus sunglasses
- 8/ 25 Aventura Go Anywhere totes

GRAND PRIZE: WIN A FITNESS GETAWAY!

One reader will win a two-night stay for two at the Fairmont Miramar Hotel & Bungalows in Santa Monica, California—including round-trip airfare, sports massages and yoga for two, and breakfast at Fig seasonal bistro (all worth more than \$1,000!). The winner will also receive awesome workout gear, including a Nike+ FuelBand and Nike socks.

Enter to win at WomensHealthMag.com/FairmontTrips.



All times Eastern. No purchase necessary to enter or win the monthly sweepstakes promotions or the trip giveaway sweepstakes. All monthly sweepstakes, and the trip sweepstakes, are void where prohibited. Each of the monthly sweepstakes begins at 3:00 a.m. May 21, 2013, and ends at 2:59 a.m. June 25, 2013. Must be 18 or older and a legal resident of the 50 U.S. or D.C. (excluding residents of Puerto Rico) to enter. For the official rules for each monthly sweepstakes, visit WomensHealthMag.com/WinItRules. The trip sweepstakes starts at 3:00 a.m. June 1, 2013, and ends at 2:59 a.m. July 1, 2013. Must be 18 or older and a legal resident of the 50 U.S. or D.C. (excluding residents of Puerto Rico) to enter. For the trip sweepstakes official rules, visit WomensHealthMag.com/WinItTripRules. Rodale Inc., 400 S. Tenth St., Emmaus, PA 18098-0099.