

July 21, 2008

healthy living made easy



235 quick treats

UNLEASH YOUR TRUE ENERGY

Cure for the tiredness syndrome that affects 96% of women who've dieted

SUDDENLY... SLIMMER!

Amazing tips that will make you look 15 lbs thinner right now!

YOU, HAPPY & BEAUTIFUL

KRISTIN CHENOWETH spills the 7 secrets that transformed her life—and looks!

ICE CREAM IS A-OK!

New research: Full-fat dairy helps weight loss

DROP 16 LBS IN 1 WEEK

NO PILLS!
NO HUNGER!

THIS CARB-CYCLING PLAN SENDS METABOLISM SOARING—RACHEL LOST 170 LBS!

HEAD-TO-TOE HEALTHY

Answers to questions most women are too embarrassed to ask their doctors

WORRY CURES

- ✓ Money savers
- ✓ Body shapers
- ✓ GI remedies
- ✓ Clutter fixes

Display until 7/21/08



Loving touches—for less!

\$2.49



shopping shoes!

Best to look taller

Angelina Jolie, 33, and son Maddox, 6



Sexy skin-colored footwear makes legs stretch on and on, so calves look super-lean and toned.

She's wearing: Lanvin flats, which retail for \$495—but they're so in demand that they're selling for over \$600 on eBay!

First PICK

Bronx Nicolet Flats (\$60, at Endless.com) are versatile enough to go with any outfit.



Best to trim

"cankles"

Lake Bell, 29



Thin, low straps deliver the sweet Mary Jane look while diverting attention away from thick ankles.

She's wearing: Mary Jane-style metallic flats. Find a similar pair for about \$15 on eBay (type in "Mary Jane metallic flats").

First PICK

Gabriella Rocha Leanora flats (\$65, at Zappos.com) have perforations so feet can breathe.

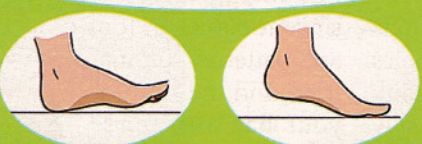


Sneaks cheat feet



Though sneakers seem ideal for running errands, their stiff soles can restrict the natural movement of feet.

...but flats flex



"When you walk in flexible soles, you get benefits similar to going barefoot," says Michael Nirenberg, D.P.M. "Feet roll with each step, so weight is evenly dispersed." This eases pain, tones lower-body muscles and improves posture.