

YOUR FAST TRACK TO A FLAT BELLY

It's Good to Be You™

Women's Health

LEAN & SEXY NOW

Shed Pounds and Tone Every Inch!

Instant Energy!

Get It—and Keep It All Day Long

Age-Proof Your Whole Body

p.43

Have Hotter Sex—Tonight!

A Simple Trick Will Triple Your Pleasure



12

New Ways to Control Cravings

SLIM LEGS! FIRM BUTT!

Glee's
Lea Michele
shares how one bold move can make big things happen

Wear This, Not That!

Fresh Summer Styles

June 2010

\$4.99 US DISPLAY UNTIL JUNE 29, 2010

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WomensHealthMag.com

JUNE'S GIVEAWAY

WIN THE COOLEST FITNESS GEAR!

Go to WomensHealthMag.com/WinToday in June to enter the daily giveaway. Hurry! Each drawing lasts only 24 hours. Check back the next day at noon* to see if you've won. Unless we note otherwise, we'll award one prize per day.

GRAND PRIZE

One person will win an amazing **Wellness Getaway at the luxurious Half Moon resort in Montego Bay, Jamaica—worth more than \$4,400.** The trip for two includes a **five-night stay, daily breakfasts, two Swedish massages, access to the brand-new Spinning studio** (the first officially licensed Spinning studio in the Caribbean), and more! Plus, the winner and a guest will receive **round-trip airfare courtesy of JetBlue** (awesome leg room and free DirecTV!) to the new terminal in Montego Bay.

To learn more about the grand prize and to qualify, visit WomensHealthMag.com/WinToday and enter to win any daily prize during the month of June.

Sign up for our newsletter at WomensHealthMag.com/WinToday to receive Win Today e-mail reminders, or follow @WinTodaySweeps on Twitter for daily prize tweets.



Prizes include...

- 1 / Fitness apparel from **Body Up**
- 2 / Fitness apparel and swimwear from **Boston Proper**
- 3 / Tennis apparel from **Loup**
- 4 / Bikinis and board shorts from **Helly Hansen**
- 5 / SandBell weights from **Hyper Wear**
- 6 / Stay Firm workout kit from **Rejuvenation**
- 7 / Outdoor gear from **Columbia**
- 8 / Shoes and apparel from **New Balance**
- 9 / Shoes from **Reebok**
- 10 / Sports bras and tank from **BodyRock Sport**
- 11 / Eco-Yoga kit from **Natural Fitness**

jetBlue

