

Special Weight-Loss Issue!

Women's Health

SHED TWO SIZES!

- ✓ Flat, Toned Abs
- ✓ Lean, Sexy Thighs
- ✓ Jiggle-Free Arms

Make Sex Sizzle

26 Pleasure Boosters

Slim Body, Fat Wallet

Eat Healthy for Way Less

Get More Out of Your 24

Totally Genius Time-Saving Tricks



End Bikini Stress!

Perfect Swimsuits for Your Shape

Look Hot From Behind!

15 Minutes to a Killer Back & Butt



Julianne Hough

Shares the Secrets to Being *This* Fit, Happy, and Glowing

May 2011

\$4.99 US DISPLAY UNTIL MAY 24, 2011

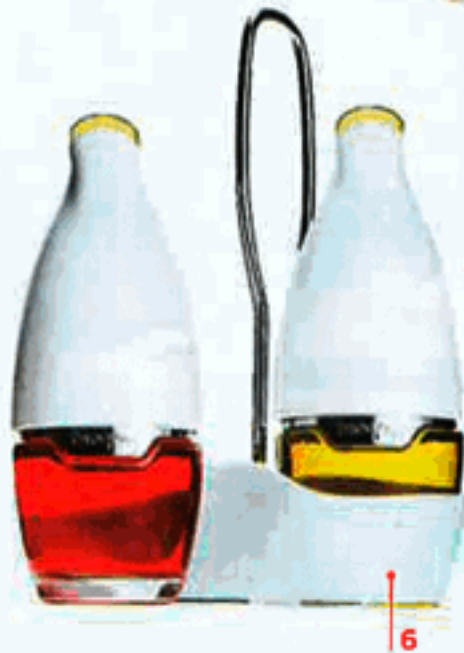
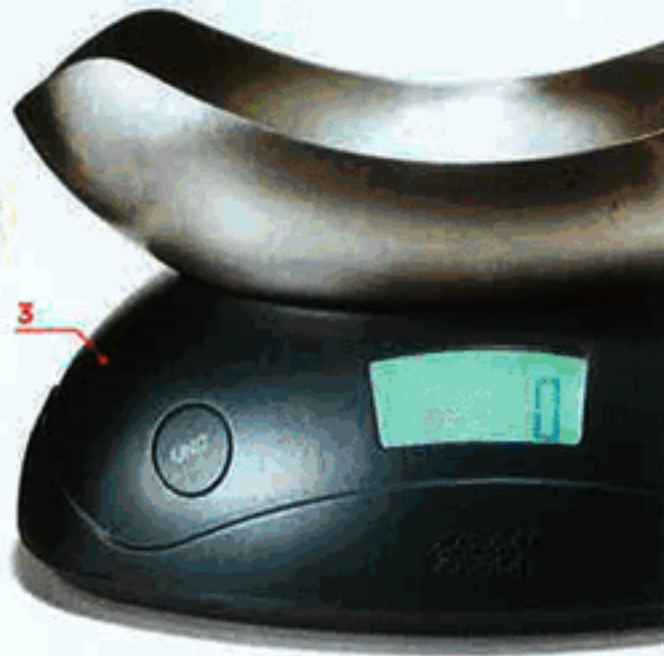


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**WIN:
FREE
STUFF!**

WE'RE GIVING AWAY
THE COOLEST
HOUSEHOLD GEAR
AT WOMENSHEALTHMAG.COM/WINTODAY

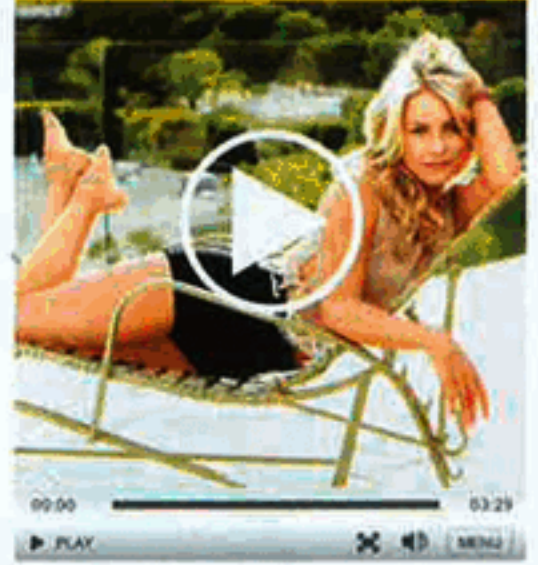


PRIZES INCLUDE...

- 1/ Timers, graters, and more from Alessi
- 2/ Sanitizers from Violight
- 3/ Digital scales from ThinkGeek
- 4/ Knives from The Conran Shop
- 5/ Soaps from B.Witching Bath Co.
- 6/ Oil and vinegar cruets, herb savers, and more from Prepara
- 7/ Cleaning products from Full Circle



WATCH:
GO BEHIND THE SCENES AT JULIANNE HOUGH'S COVER SHOOT
WomensHealthMag.com/Julianne



TELL:
SHARE YOUR THOUGHTS TO WIN \$500!

We want *Women's Health* to be the best it can be, and we need your help! Visit WomensHealthMag.com/MaySurvey and let us know what you'd like to see in future issues. You'll be entered automatically for a chance to win \$500!

CLICK:
CELEBRITY REVENGE BODIES
We'll admit it: Breakups suck. But these celebs had very public splits and sculpted even fitter, hotter bods. See their stunning transformations at WomensHealthMag.com/BreakupBodies.



GRAND PRIZE

Nothing comes close to the golden coast. One reader will win a four-night stay for two at the Park Hyatt Aviara Resort, Golf Club & Spa in California, plus complimentary massages and a travel stipend—a total prize value of more than \$3,500! Follow @WinTodaySweeps for our daily freebie reminders.



*ALL TIMES EASTERN. NO PURCHASE NECESSARY TO ENTER OR WIN. PURCHASE WILL NOT IMPROVE YOUR CHANCES OF WINNING. DAILY SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON THE DAY OF THE GIVEN SWEEPSTAKES AND END AT 2:59 A.M. THE NEXT DAY. THE GRAND PRIZE SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON MAY 1, 2011, AND END AT 2:59 A.M. ON JUNE 1, 2011. VOID WHERE PROHIBITED. OPEN TO LEGAL RESIDENTS OF THE U.S. WHO ARE 18 OR OLDER AND THE AGE OF MAJORITY IN THEIR STATE OF RESIDENCE. FOR OFFICIAL RULES, GO TO WOMENSHEALTHMAG.COM/WINTODAY. RODALE INC., 33 E. MINOR ST., EMMANUS, PA 18098-0099 IS THE OPERATOR OF THE SWEEPSTAKES.