

**STOP BELLY BLOAT FAST**  
3 EVERYDAY FOODS TO SKIP

**EAT MORE, EXERCISE LESS**  
NEW CELLULITE FIXES

SHAPE  
YOUR  
LIFE

USE  
THIS TOOL  
BURN  
**600**  
CALORIES  
IN 30 MINS.

**REVEALED!**  
**KIM  
KARDASHIAN**

**"I'LL NEVER  
BE ONE OF THOSE  
SKINNY GIRLS,  
SO WHAT?"**

PLUS THE 7 MOVES  
THAT HELPED HER GET  
THESE CURVES p.78

**YOUR BEST  
BODY EVER!**

**SLIMMER  
BY NEXT  
WEEK**

**TRY THIS  
PLAN, SEE  
RESULTS  
IN JUST  
5 DAYS**

**A FIRM BELLY  
IN 30 DAYS**

**FLAT ABS  
THE TRUTH!**

**WHY ENDLESS  
CRUNCHES  
DON'T WORK  
AND WHY  
THIS DOES**  
p.159

**"HELP!  
MY JOB  
IS MAKING  
ME FAT"**  
SNEAKY WAYS  
WORK PACKS  
ON POUNDS

Display until June 21, 2010



**THE 28 SEXIEST SWIMSUITS!**

THEY SOLVE ALL YOUR FIGURE PROBLEMS

**WHAT GUYS  
LOVE ABOUT  
YOUR BODY  
(YOU'LL BE  
SURPRISED!)** p.39



**YOUR SECRET WEAPON**  
Anushka Skinny Caffé Latte Body Crème (\$46; [anushkaonline.com](http://anushkaonline.com)) uses caffeine and green tea to increase firmness.

**EXPERT TAKE** "The antioxidants in this cream help protect against free radical damage, which breaks down collagen, resulting in slack skin," explains Francesca Fusco, M.D., a dermatologist in New York City.

**REAL LIFE RESULTS** "By day 10, my thighs were definitely firmer and smoother." —Marissa, 27

PART 3

THE SKIN TREATMENTS

# smooth away the bumps

Experts and real women reveal what works.

BY CARLY CARDELLINO

