



Your **SELF** Challenge 2009

Introducing the...

Sexy new you!

Hey, beautiful! Yes, you!

Want to make every inch of you even more toned and gorgeous? Or lose 8, 12 or 16 pounds or more? Welcome to Your SELF Challenge, the world's most effective exercise and eating plan. It's all new and customized to your life and your likes. Getting fit and looking fabulous has never been easier.

By Erin Bried Photographs by Riccardo Tinelli



It's sooo easy!

The 13th annual SELF Challenge brings you every single thing you need to achieve the body you want.

Get slim! Lose up to 8 pounds each month without ever setting foot in a gym. Our quickie cardio workouts help you melt fat fast.

Get sexy! Put the *va-va* back in your *voom* with our simple strength moves, designed to sculpt a lean and luscious butt, arms, abs and legs.

Get satisfied! Fill your plate and still look great with our exclusive zero-deprivation eating plan. Good news: Treats are *required*!

Get psyched! Your very own life coach will offer stay-motivated strategies. Plus, we're giving away thousands of dollars' worth of prizes for extra encouragement. How does a trip for two to Antigua sound?