

Get started today!

Want to score your dream body? Everything you need—the workouts, the menus and tons of motivation—is right here. And it's all free!

Sign up now

Every month for the next three, SELF brings you a personalized plan for losing weight (up to 8 pounds a month—or 2 a week), creating sexy curves and finding more energy and confidence than you ever thought possible. Sign up for Your SELF Challenge at Self.com and begin your head-to-toe makeover today.

- **Burn calories.** Customize your own pounds-off program with our totally tailored-to-you cardio on page 84. Break a sweat doing any activity you like on a schedule that works for you. You choose how you lose.
- **Firm all over.** Target trouble zones with our simple strength moves on the cards on page 91. Tear them out and tone anywhere; plus, see free how-to videos On Demand, online or on your smartphone.
- **Feel full.** Eat what you like and still lose weight with our tasty, no-hunger eating guide on page 98. There's even a shopping list (yes, chocolate is on it!) to take to the store.
- **Stay psyched.** Sticking with it is super easy with the mental motivators on page 94. Not to mention the prizes on page 83!

A trip for two to Costa Rica Yoga Spa in Nosara is up for grabs. Register at Self.com right now for your chance to win!



Turn the page for more prizes!

The best things about Your SELF Challenge 2010 are FREE!



Progress logs

At Self.com, you'll get your own private home page, so you can track workouts, food and all those pounds and inches lost.

Workout videos

Grab your remote, flip to the On Demand menu, select ExerciseTV and find the Challenge strength workouts in the Most Popular category. SELF fitness director Meaghan Murphy will go through the moves with you, helping you fine-tune your form.

Exercise TV

Online support

Don't have On Demand? No sweat! Watch free how-to videos of the Challenge moves at Self.com. You can also form a buddy list. Invite your pals to do the Challenge with you via our free ecards at Self.com. Cheer one another on virtually and you'll all win big. Hip, hip, hooray!

Free gym pass

You can do the Challenge entirely at home, but if you want to take a class or try out cool equipment, 24 Hour Fitness is offering a free one-week pass to one of its 400 facilities nationwide. To locate a gym in your neighborhood, head to Self.com.

24 FITNESS