

women's
fitness

★ **women's
fitness**

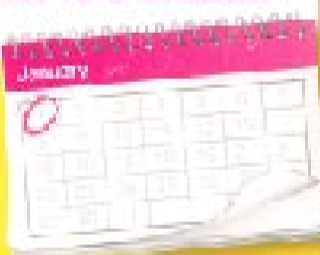
www.womensfitness.co.uk

**LOSE
HALF A
STONE**

IN 4 WEEKS

REVEALED!
The diets that
really work

FUN FITNESS
2010's crazes



SPORTS BRAS
TRIED & TESTED

PLUS FITNESS RESOLUTIONS ★ BOOTCAMP ROUND-UP ★ NEW-SEASON KIT

WIN BIG!
The great
January
giveaway

INSIDE
Beginners'
gym guide

**BURN FAT
AT HOME**
Calorie-blasting
cardio moves



HAPPY NEW YOU!

★ GET MOTIVATED ★ BOOST FITNESS ★
★ LOVE YOUR BODY ★ TONE UP FAST ★

**SKIN
SAVERS**
Great ways
to glow!