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It's Good to Be You™

Women's Health

NEW WAYS TO SCULPT A...

HOT BODY FAST!

Slim Down, Tone Up, and Feel Totally Confident

Make Good Sex Great

What's Best for Your Breasts?

Finally! A Clear, Easy Plan

Get Motivated! Energy Boosters That'll Bust You Out of a Slump



20

Sexy Little Beauty & Style Ideas

Michelle Monaghan Spills How She Stays in Shape On the Go

Lose Your Belly!

Eat, Drink & Still Shrink

#1 The Secret to Staying Fit for Life

December 2010

\$4.99 US DISPLAY UNTIL DECEMBER 21, 2010



WomensHealthMag.com



1/ He can load these flexible grilling skewers with lean protein. **Firewire skewers**, \$20, uncommon goods.com

2/ Asian, coffee, mustard and herb, and everyday spice rubs will add fat-free zip to his favorite dishes. **Fire & Flavor spice rubs (set of four)**, \$25, fireandflavor.com

3/ He'll never lose his cell phone again. **Zomm wireless leash**, \$80, bestbuy.com

4/ Encourage Dad to crack open some heart-healthy nuts. **Drosselmeyer Design Group nutcracker**, \$40, chefini.com

5/ A mature scent for your old man. **Organic Grooming cologne**, \$25, target.com

6/ Get him hooked on fishing with these DIY flies. **Orvis fly-tying kit**, \$159, orvis.com

7/ Cuff links crafted from genuine Indian Head nickels. **Eco-Artware buffalo-nickel cuff links**, \$62, eco-artware.com

8/ An energy-efficient nighttime reading essential. **Starlite LED reading light**, \$25, moma store.org

STYLING: ARIANA SALVATO/BERNSKIN & ANDRILLI