

# SHAPE

WOMEN'S  
HEALTH  
SPECIAL!

## The ultimate DIET SECRET

It's *not*  
about carbs,  
fat or cutting  
out anything!

**AGE DEFYING  
WORKOUTS** The  
right plan for your  
20s, 30s & 40s

**7 SNEAKY  
REASONS  
DINING OUT  
IS MAKING  
YOU FAT**

**BUTT  
LIFTERS  
3 BOOTY  
BOOSTERS**

**SLAYING  
THE BINGE  
MONSTER**  
(p. 178)

**LIFESTYLE  
FIXES FOR  
FLAWLESS  
SKIN**

**TO LOSE  
WEIGHT:  
MEASURE  
BODY FAT  
OR BMI?**

October 2004  
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