

I will lose 10 pounds in 28 days!

"I did!"

—Leslie K.
See page 7

SEND YOUR
METABOLISM

SKY- HIGH!

BODY-CHEMISTRY
BREAKTHROUGH:

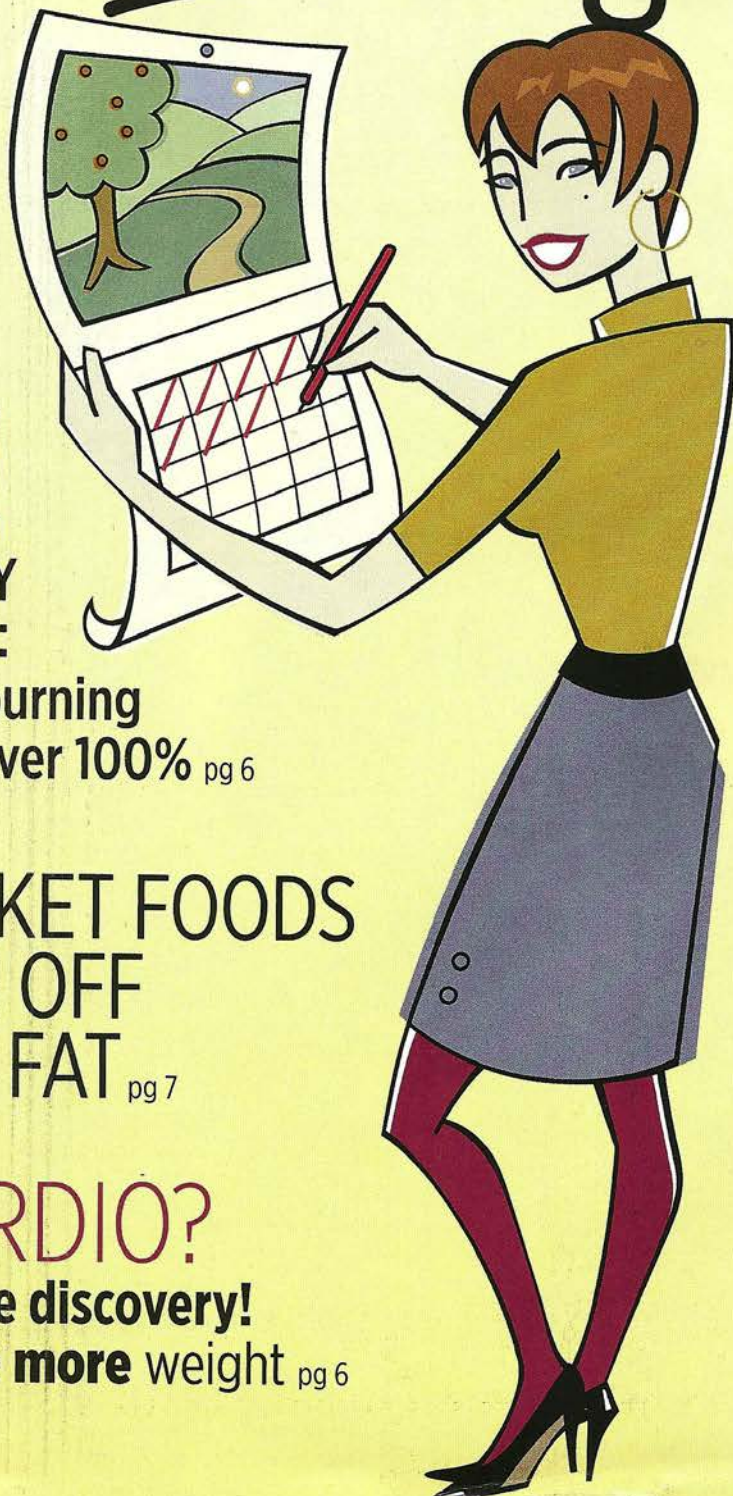
Your body's fat-burning
power soars by over 100% pg 6

SUPERMARKET FOODS
THAT BURN OFF
STUBBORN FAT pg 7

HATE CARDIO?

The **NEW** exercise discovery!

Exercise **less**, lose **more** weight pg 6



LOSE 2X AS MUCH BELLY FAT

pg 10

FREE DVD!

\$14.95 value,
yours **FREE**

pg 16

NEW! #1 best way to lose weight, FAST

Try it **FREE** for 21 days!

Turn Up Your Fat Burn! is a 4-week break-through plan that helps you flatten your stomach, drop excess pounds, and sculpt your body.

Based on revolutionary new exercise science, **Turn Up Your Fat Burn!** allows you to **exercise less and lose more weight.** You can turn unattractive fat into sexy muscle, boost your metabolism so your body unconsciously burns off extra calories, and look and feel younger.

It's a plan unlike anything published before! **Turn Up Your Fat Burn!** is shown by science and real people to give you the body you want fast!

Get ready for this!

Exercise LESS , lose MORE	6
Master your metabolism and SLIM DOWN FAST	8
Lose TWICE as much BELLY FAT	10
SUPERFOODS that <u>speed up weight loss</u>	11
The BEST TYPE OF EXERCISE for fat burning.....	12
FREE GIFT for you worth \$14.95.....	16
Our LIFETIME GUARANTEE to you	19

**FREE
DVD**

**\$14.95
VALUE**



**FREE
GIFT!**

MAIL THE CARD
ON PAGE 18

Because we're Prevention, and because we don't take your trust lightly, we want you to know that your results will vary. Our Prevention group was highly successful in losing weight, but their results are not typical. However, it's a medical fact that exercise and/or reduced calorie consumption can lead to significant weight loss. Multiple medical and university studies support this fact. A typical person should expect a safe and healthy weight loss rate of 1 to 2 pounds per week following the **Turn Up Your Fat Burn!** program. But no one can guarantee your results when losing weight. You will have to change your lifestyle somewhat to succeed. We believe we give you the BEST chance to lose weight and still enjoy hearty meals. That's why we want you to try **Turn Up Your Fat Burn!** for 21 days FREE. We don't believe you should pay a single penny until you try **Turn Up Your Fat Burn!** and LOVE what it can do for you.

Lose 10 or more pounds and flatten your belly in just 28 days —the easy way!

Announcing *Prevention's* breakthrough 4-week plan, *Turn Up Your Fat Burn!*

Try it FREE! Just mail the Free-Gift Card on page 18.

Dear Friend,

Some women *love* it.

Some women *hate* it.

Some women shut their eyes and *endure* it.

I'm talking about exercise. Love it or hate it, *your body needs exercise*. **Why?**

If you **DON'T** exercise, you get flabby. You spend your days searching the sale rack for pants with elastic waistbands. You feel grouchy. You get old before your time.

If you **DO** exercise, you look fitter, firmer, younger, and shapelier. You feel healthier, happier, and stronger. You zip up your skinny jeans with ease. And yes, exercise has a positive effect on your sex life.

Okay, exercise is good for you. Very good, indeed. But before you lace up your sneakers, there is something **IMPORTANT** you should know:

New breakthroughs in body chemistry have *rewritten* the rules of exercise.

And I think you are going to love the **NEW RULES**.

The new rules end the frustration, end the sweaty workouts, even end the need to go to the gym. They make it **EASY** to:

- **DROP 10 POUNDS** — or more — in 28 days.
- **FLATTEN YOUR STOMACH**, crank up your confidence, sculpt up, shape up, and sex up your body.
- **TURBOCHARGE YOUR METABOLISM** so you sizzle off MORE fat — all day and all night long.

Take cardio, for example. The **OLD RULE** was that you needed to huff and puff through a high-intensity workout to lose weight. But forget about that — *and take a look at the NEW RULE:*

NEW RULE #1: Exercise LESS, lose MORE weight.

How is this **NEW RULE** possible? Scientists have made astonishing discoveries in the field of exercise physiology. One of the new breakthroughs is something scientists call the exercise "sweet spot."

Simply put, your sweet spot is the exercise intensity level where the full fat-burning power of your body is unleashed and your body is best able to draw on fat stores for fuel.

Surprisingly, when you exercise at your sweet spot, you are **NOT** exercising super-hard. You are simply exercising *smarter*. And the results are *spectacular*:

- Fat layers from under your skin *vanish*.
- Excess pounds *disappear*.
- You can drop a dress size in 4 weeks.
- Your *whole body* becomes firmer, sexier, trimmer.

continues on page 4

Your Unique Fat-Burning "Sweet Spot"

Each person has their own *individual* sweet spot.

There is a quick and easy way to learn your unique sweet spot at home. You don't need any fancy equipment and you don't need to spend a penny! Just send for your free 21-day preview of **Turn Up Your Fat Burn!** and follow the simple instructions on page 81.

And **Turn Up Your Fat Burn!** works without old-fashioned dieting. Which brings us to:

NEW RULE #2: Eat MORE, Weigh LESS

You already know the OLD RULES of dieting. The rules about deprivation. About tiny portions. About not eating what you really want. *Forget them.*

Instead, send for **Turn Up Your Fat Burn!** now to learn about foods that PREVENT weight gain. Foods that are BURNED up quickly by your body and REV UP your metabolism so you SIZZLE OFF more calories all day and all night long. Foods that help you lose weight without willpower or hunger pangs:

- **LOSE 2 MORE POUNDS:** Eat a handful of these nuts each day. Page 197
- **DROP NEARLY 8X MORE BELLY FAT:** Sip this beverage. Page 198
- **SHRINK MORE FAT TISSUE:** Sprinkle this spice in your soup! Page 187

Losing Extra Pounds Was Never This Easy — Or This Fast!

In fact, forget what you've heard about "slow and steady" weight loss. That OLD RULE is about to be overturned...with this **NEW RULE:**

NEW RULE #3. Lose Weight FAST, Lose Weight FOREVER!

New research shows that women who shed fat *fast* are the most successful at reaching their goal — and staying there.

In one study, women who lost weight fast were **FIVE TIMES MORE LIKELY** to reach their goals than women who lost weight slowly!

It's the plain truth: Losing weight fast with **Turn Up Your Fat Burn!** is not harmful to your health. It's good for your health.

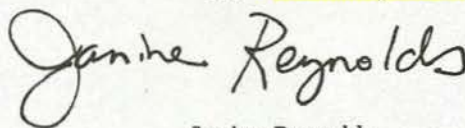
In fact, **Turn Up Your Fat Burn!** is from *Prevention*, America's #1 health magazine. So you know you can trust it to be safe, sound, and swift.

Nothing works better to give you a flat belly...a firm tush...lean thighs...uplifted breasts...and beautiful arms than the kind of exercises you'll find in **Turn Up Your Fat Burn!** **Nothing.**

TRY IT FREE. Just mail the Free-Gift Card on page 18 to receive a FREE 21-day preview of **Turn Up Your Fat Burn!**

WE GUARANTEE YOUR SATISFACTION. If you're not satisfied with **Turn Up Your Fat Burn!** for any reason, send it back. You won't owe a penny!

GET A DVD TOO. Free gifts are good. And you get a free DVD, worth \$14.95, just for mailing the card on page 18. No need to buy anything. No obligation. A free DVD to enjoy—absolutely FREE.



Janine Reynolds
Prevention

P.S. FREE means FREE. When you send for your free 21-day preview of **Turn Up Your Fat Burn!** there is NO obligation to buy it. You also receive a DVD, worth \$14.95, absolutely FREE.

What Really Works to Lose 10 Pounds in 28 Days

Turn Up Your Fat Burn! is proudly written by the editors of *Prevention*, America's #1 health magazine. Before we publish any news, we make sure it is 100% backed by science to be safe and healthy. But for a plan to be truly effective, it has to be **doable in real life** — not just in scientific studies.

That's why we recruited 23 volunteers to try *Turn Up Your Fat Burn!*

23 volunteers tell the skinny story of success.

We asked them to live with *Turn Up Your Fat Burn!* for 4 weeks.

These are folks who know the thrill of a juicy fast-food burger...the pleasure of a plate of pasta...the comfort of a pint of ice cream while curled up on the couch, watching TV.

There were NO celebrities with chefs...and NO personal trainers barking orders at them. Just regular men and women who are faced with long hours, big temptations, and feelings of hunger.

**The results were astonishing:
100% of the participants who started the
Turn Up Your Fat Burn! program completed it.**


Why is this so astonishing? Research shows that 56% of exercisers give up because their program is *too hard*.

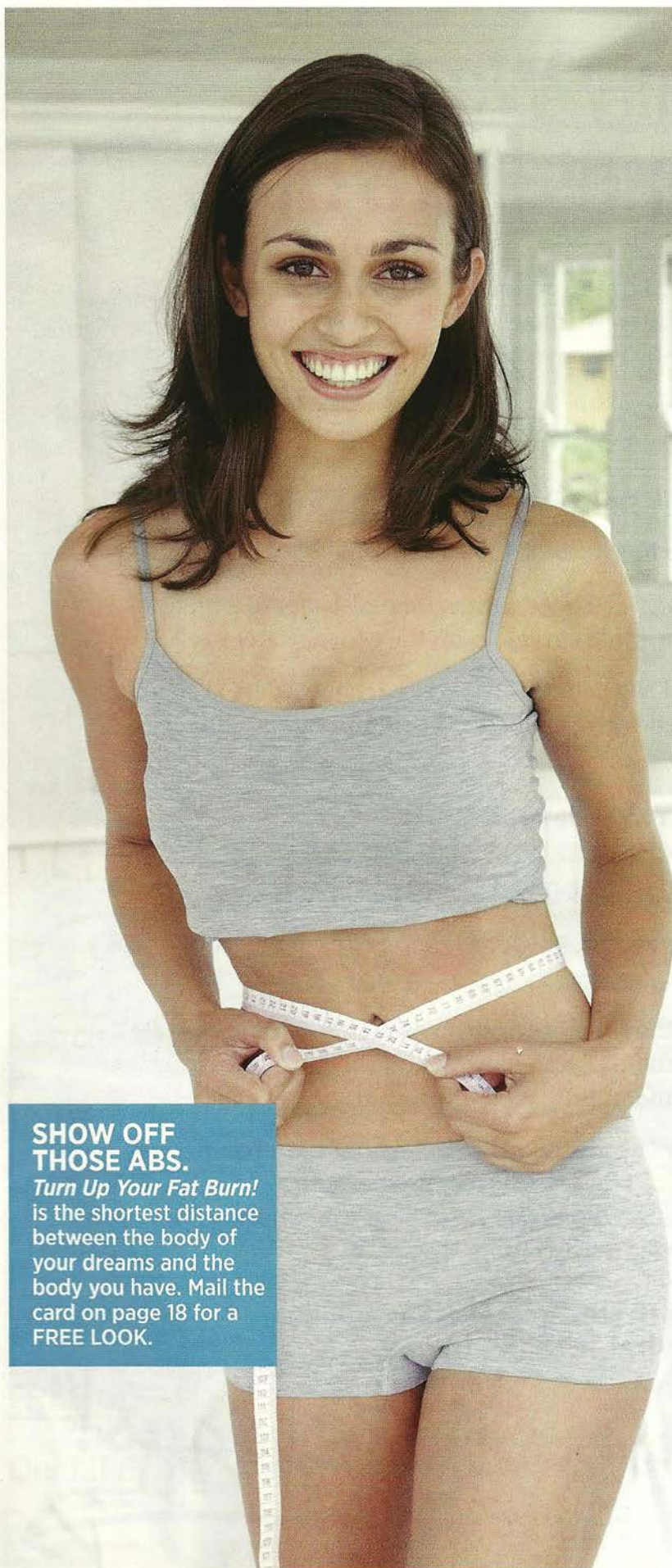
That's because old-fashioned workout methods rely heavily on outdated aerobic exercise methods to lose weight. You need to huff and puff and blow the house down to get any results. And often, there's a lot of huffing and puffing with few results.

But *Turn Up Your Fat Burn!* takes a **NEW** approach to exercising. It's based on finding what scientists call the exercise "sweet spot." This is the level for **you** that's *not* too hard and *not* too easy. It's the level where your body draws on reserves of body fat to burn so you drop pounds quickly, but not so high that you quit in frustration.

**Just turn the page to start
discovering what it takes to say,**

"I lost 10 pounds in 28 days!"





The secret of ra

This is where you start to change your life...to get thinner, stronger, healthier, sexier.

Turn Up Your Fat Burn! uses cutting-edge scientific discoveries to unleash the fat-burning power of your metabolism.

Your body unconsciously burns MORE fat in 24 hours — day and night. The result is rapid, nearly effortless weight loss.

Burn over 100% MORE fat in just 30 minutes

The secret behind *Turn Up Your Fat Burn!* is a revolutionary *new* way to exercise called Metabolic Circuit Training.

A Metabolic Circuit Training workout is *fast*. It takes about 30 minutes from start to finish. During that 30 minutes, you set off a chain of events in your body that sends your metabolism sky-high:

- ➔ Your excess flab is replaced with toned, sexy muscle.
- ➔ Your body shifts into fat-burning mode.
- ➔ You can burn as much as **105% MORE fat** all day and all night long... *without all the extra effort you'd expect.*

With Metabolic Circuit Training, **you exercise less and lose more weight.** Metabolic Circuit Training brings together two fitness fundamentals: strength training and aerobics in SPECIFIC workouts that turn up your metabolism so you burn fat more efficiently — **even when you are not exercising.**

In other words, **your metabolism does the work for you. It's like automatic weight loss.** What could be easier? *Send for your FREE look today!*

■ **How beginners can get a flat stomach fast.**

Page 74

■ **Reduce a genetic predisposition to obesity by 40%.** This powerful weight loss secret has been proven to work in a study of more than 20,000 people. Page 113

SHOW OFF THOSE ABS.

Turn Up Your Fat Burn! is the shortest distance between the body of your dreams and the body you have. Mail the card on page 18 for a FREE LOOK.

pid, nearly effortless weight loss.

I will drop pounds fast!

LESLIE K. DID!

"I figured there was no way I'd see results exercising just 30 to 45 minutes a few days a week and eating this amount of food."

But after 4 weeks on the program, Leslie says, "I am absolutely amazed at the results." She lost almost 11 pounds...and 3 inches off her belly!

IF LESLIE DID IT, YOU CAN TOO!

Send for *Turn Up Your Fat Burn!*
Just mail the card on page 18.

■ **Fight fat over 40:** One reason many women see that middle-age spread beginning in their forties is because of age-related muscle loss. Learn how to prevent, stop, and reverse it. Page 9

■ **Raise your rear.** Think of pushing your butt toward the wall behind you and then do this: page 100.

■ **Look-younger secret.** Researchers have discovered an exercise



that works on the cellular level to slow the aging process. It can work for you when you do this: page 7.

■ **Think and lose weight.** A simple psychological secret reprograms your brain to give you a big advantage for weight loss. Page 178

■ **Burns 40% more calories compared to just walking.** This body-toning routine hits all of your major muscle groups in just 30 minutes. Page 25

FAST RESULTS.

No gym, no fancy equipment, no stressful moves on your joints. You owe it to yourself to at least take a look at *Turn Up Your Fat Burn!* Just send in the card on page 18.

Delicious Foods That Burn Away Fat

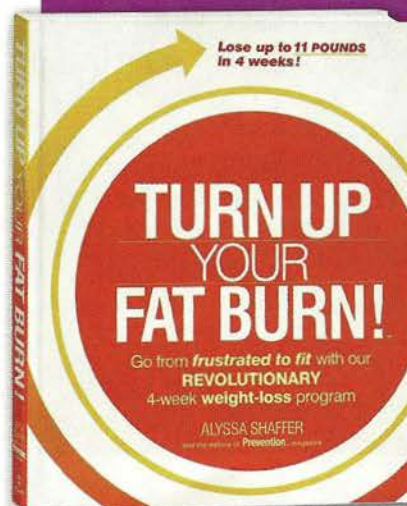
Sure, it sounds counterintuitive, but it's a proven fact: If you eat MORE of a certain type of food, you'll weigh LESS! In one study, participants who ate MORE of these foods weighed 16 pounds less than the others.

With *Turn Up Your Fat Burn!* you fill your plate with amazing foods that kill cravings and block overeating. You eat with joy, gusto. You keep the flavor and lose the fat. Send for your free look at *Turn Up Your Fat Burn!* today!



SHRINK YOUR BELLY WITH THIS TURKEY MELT. You'll love the cheese. You'll love the turkey. You'll love the "secret" all-natural ingredient that helps strip away belly fat. See page 209.

**TRY IT FREE
FOR 21 DAYS!**



MAIL THE
CARD
ON
PAGE 18

Similar results were reported in multiple medical and university studies testing similar programs. A typical person should expect a safe and healthy weight loss rate of 1 to 2 pounds per week following the *Turn Up Your Fat Burn!* program.

Master your metabolism in 4

Scientists know that the secret to easy weight loss is manipulating metabolism.

That's exactly what *Turn Up Your Fat Burn!* does.

Turn Up Your Fat Burn! works on a cellular level to shift your body's fat-to-muscle ratio. Fat is replaced by muscle — and as your body goes from fat to firm, your ability to burn fat *skyrockets*.

And while all this metabolic magic happens *inside* your body, something wonderful happens on the *outside* too:

Your midsection shrinks. Cottage-cheese thighs become sleek. Your tush suddenly seems higher. Your breasts get a surge. Surplus back fat disappears. You slim down,

I will tone where it counts!

PAM G. DID!

After 4 weeks Pam says, "I put on one of my favorite red dresses, which I haven't worn in about 8 years, and it looked great! I even wore it with a belt, which I would never have dared done before because it would have drawn attention to my belly."

IF PAM DID IT, YOU CAN TOO!

Send for *Turn Up Your Fat Burn!*
Just mail the card on page 18.



The salsa that helps you shrink

Turn Up Your Fat Burn! brings you fast results without giving up your favorite foods. One example: Our salsa has an all-natural spice proven by science to shrink fat tissue and reduce fat levels in the bloodstream. But you don't have to think about that as you scoop up another yummy chip! Recipe on page 277.

shape up, and reap the rewards of a healthier life.

Turn Up Your Fat Burn! brings you an easy-to-understand, step-by-step plan to transform your body into the one you always wanted with moves that target your arms, abs, back, legs, and hips.

You'll be less flabby. Fitter. More fabulous. Your problem areas won't be a problem anymore.

You get all this *NOT* with hour after hour of exercise...*NOT* with expensive equipment or health club memberships...*BUT* with the most advanced exercise methods known to science.

All made easy. All doable in about 30 minutes. All waiting for you in *Turn Up Your Fat Burn!* To get your Free-Preview copy, just mail the card on page 18.

■ **Drop 35 pounds.** No diet required. You simply walk this way: page 7.

■ **Don't have time to exercise...but want the slimming results?** You can get them. Here's the trick: page 113.

■ **Secrets of sexy abs.** Four exercises. A tight core. Easy. Page 315

■ **Secrets of perfect form.** A flat belly, trim thighs, and toned arms can be yours faster when you do exercises with proper form. Here's the easy way to tweak it: page 40.

■ **The most overlooked cause of extra pounds is stress.** Shed stress and you'll shed fat. For an easy way to pull yourself out of the stress-fat quicksand, see page 4.

■ **Your derriere becomes delightful.** Just do this move 10 times and you're on your way to wrangling in your rear. Page 145

weeks for a lifetime of slimness.



BE FIT AND FABULOUS!

Fire up your metabolism and burn fat fast with the most advanced exercise methods known to science.

Turn Up Your Fat Burn! brings you exercise and diet news that works on a cellular level to transform your body.

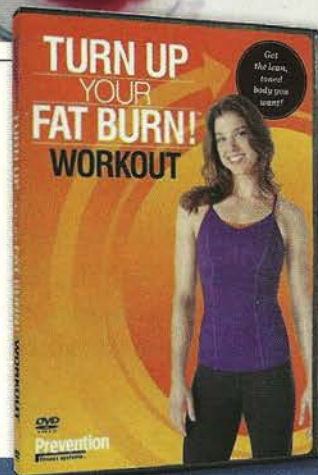
It's exactly what you need to:

- ✓ Teach your body to burn more fat.
- ✓ Overcome a sluggish metabolism.
- ✓ Work with your body's natural processes to quickly drop 10...15...20...30...40 or more pounds.

You do it all without strenuous exercise and without giving up your favorite foods! **Just send in the card on page 18.**

Eat this parfait without a lick of guilt.

A day without dessert? Is that even possible? This parfait gives you high dessert satisfaction plus a "secret" ingredient to boost your protein intake for rapid weight loss. Grab one at the restaurant mentioned on page 226 of ***Turn Up Your Fat Burn!***



FREE DVD

\$14.95 VALUE

Turn Up Your Fat Burn Workout! on DVD!

MAIL THE CARD ON PAGE 18

Flatten your belly and improve your health **the easy way!**

One of the main reasons women exercise is to lose belly fat and look better.

And certainly, on a purely superficial level, a lean tummy helps you look good in clothes. Sure, a flat stomach might even make you feel good about the way you look — and might make other people feel good about you too.

But there's an even more important reason to lose your belly: your health. Excess belly fat is associated with higher levels of cholesterol, impaired liver function, an increased risk of heart disease, diabetes, insulin resistance, and other health woes.

That's why you should send for your **FREE** look at *Turn Up Your Fat Burn!*

One study confirmed that women who used the methods in *Turn Up Your Fat Burn!* LOST TWICE AS MUCH BELLY FAT compared with women who used old-fashioned exercise methods.

Turn Up Your Fat Burn! strips away fat from your belly and builds lean muscle tone. You get lean, toned, and best of all, healthy in the shortest time possible.

■ **#1 secret to keep off belly fat.**
Page 29

■ **Bust booster.** Teach your muscles to act like a push-up bra. One move does the trick: page 70.

■ **Zap fat.** Increase the number of mitochondria, or fat-burning engines, in your cells with this exercise. Weight loss becomes nearly effortless. Page 10



LET YOUR ABS COME OUT TO PLAY! *Turn Up Your Fat Burn!* gives you an easy plan for losing up to 10 pounds or more in 28 days...plus all you need if you want to take off even more!

■ **Send your body the signal to stop making fat.** This workout keeps your metabolism raised for 3 days after you finish it. Your body just "ignores" signals to create extra fat.
Page 21

■ **Stop a food craving on the spot.** Turn off cravings for chocolate, salty snacks, chips, and French fries with amazing mental affirmation.
Page 151

Eat fat to get skinny. *Really!*

If you're like most women, you're probably doing your best to avoid fats in your diet.

But you're missing an important fact about fat: The health effects of different kinds of fats are like day and night. Some fats are very *bad* for you. Some fats are very *good*.

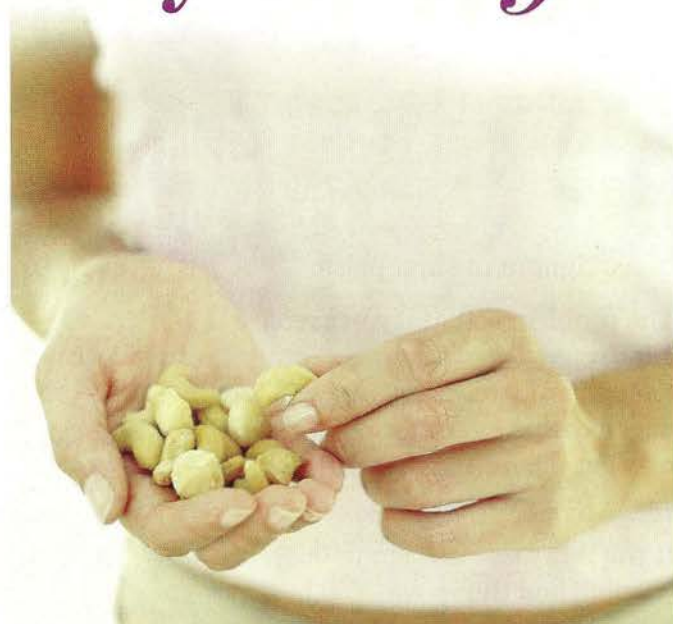
BAD FATS can increase your risk of heart disease and add on extra pounds. There are two kinds of fats you should avoid:

1. **Saturated fats** — the kind of fat in fatty meat, ice cream, whole milk, and butter.
2. **Trans fats** — the evil fats found in French fries, onion rings, and lots of packaged cakes.

GOOD FATS lower your risk of heart disease and help you lose weight. You'll find good fats in almonds, peanuts, walnuts, and the other foods listed in *Turn Up Your Fat Burn!* Women who ADDED these healthy fats to their diet lost over 2 pounds MORE! Page 197

In *Turn Up Your Fat Burn!* you'll benefit from the most up-to-date science about fat.

See how to lose MORE weight by eating MORE healthy fats. Send for your FREE LOOK today!



Women who ate this good fat lost more than 6 inches from their waistline — nearly 50% MORE than women who didn't eat the good fat. See this wonderful fat on page 160 of *Turn Up Your Fat Burn!*

I will lose twice as much belly fat!

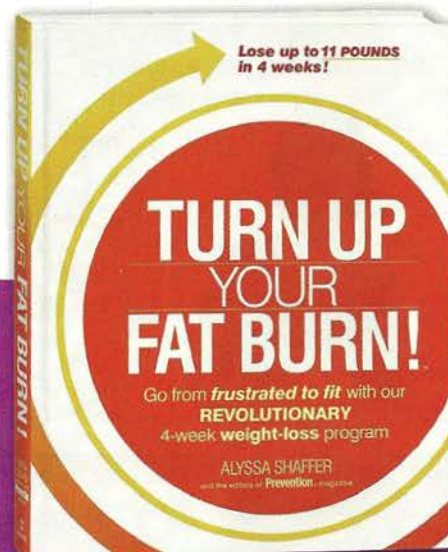
KIMBERLY H. DID!

After 4 weeks on *Turn Up Your Fat Burn!* Kim dropped a full dress size. "I love that the back of my arms don't look droopy. I wear sleeveless shirts now."

She used to swim competitively and wear a swimsuit every day. Kim adds, "I got to a point that I couldn't even think about putting on a bathing suit. Now...I'm ready to walk around in one again!"

IF KIMBERLY DID IT, YOU CAN TOO!

Send for *Turn Up Your Fat Burn!*
Just mail the card on page 18.



**TRY IT
FREE
FOR 21 DAYS!**

MAIL THE CARD ON PAGE 18

How to skip the tough stuff

We all know that if you want to lose weight, you need to exercise.

It sounds simple, but the truth is, if it were easy, most of us wouldn't be overweight in the first place.

The problem is that if you exercise *too strenuously*, bad things can happen: You may hurt yourself. You may have aches and pains. Or you may get the feeling that it's too hard...*and just give up.*

If you don't exercise *strenuously enough*, bad things can also happen: You won't get results. You'll waste your time. You'll feel discouraged... *and just give up.*

This is where **Turn Up Your Fat Burn!** comes in: It's a revolutionary new way to exercise that gets you in

great shape — because you exercise at a level where *you won't give up!*

Slim down WITHOUT starving or suffering.

Scientists have discovered something called the exercise "sweet spot."

When you exercise at your fat-burning sweet spot, you're not going too fast and you're not going too slow.

You're going at the nearly magical level where your body is best able to draw on fat stores for fuel.

Your body works on a cellular level to transform itself: It is able to deliver MORE oxygen to your muscles so your cells are able to burn MORE fat.



Your revved-up fat burn gives you the weight loss results you really want in 4 short weeks:

You drop 10 pounds or more... your belly gets flatter...and your whole body looks toned and more beautiful.

You don't need any special equipment to find your fat-burning sweet spot. You don't even need to find your pulse. It's much easier than that.

You'll find the simple trick in **Turn Up Your Fat Burn!** To get a free look at **Turn Up Your Fat Burn!** just mail the card on page 18.

■ **Rev up your metabolism quickly.** Increase the number of calories you burn by 10% *right away*. It will happen as soon as you start using **Turn Up Your Fat Burn!** if you do this: page 13.

■ **Flatten your abs.** This move doesn't even remotely resemble a situp. Maybe that's why you might like it so much better. Page 90

■ **4 foods that boost metabolism.** Page 224



I will slip into pants two sizes smaller!

LESLIE T. DID!

At the beginning of **Turn Up Your Fat Burn!** she couldn't zip up a pair of size 12 pants. Now a size 8 fits perfectly!

IF LESLIE DID IT, YOU CAN TOO!

Send for **Turn Up Your Fat Burn!** Just mail the card on page 18.

ff...and get skinny.

Instant fat busters—Italian-style

It may surprise you to learn that ziti, rigatoni, and ravioli can help you lose weight and keep it off, but **it's true**.

In fact, eating "good" carbs is one of the new, easy rules shown by science to get you skinny.

You need carbs for several important reasons. First, your body uses carbs to burn fat. Second, carbs bathe your brain in feel-good serotonin so you won't stray too far down the deep-fried path. And the rest of your body — especially your brain — can't function without adequate carbohydrates.

As a bonus, carbs taste delicious! Don't miss the new fat-busting news about skinny carbs in **Turn Up Your Fat Burn!**

■ **Lose those stubborn last 10 pounds.** This plateau buster nudges your body out of an exercise rut. Excess pounds seem to evaporate. Page 12



▲ **Bye-bye, bat-wing arms.** Seriously. No one wants them. This move banishes them. Page 73

Pancakes as diet food? *Yes!*



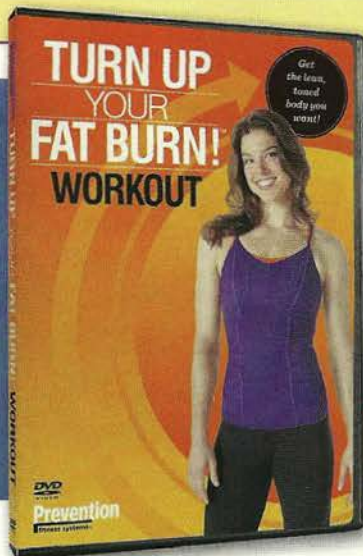
You CAN get skinny eating at McDonald's®, Burger King®, Denny's®, Starbucks®, Applebee's®, Wendy's®, Taco Bell®, even Dunkin' Donuts®!

We have done the research. We compared the menus and analyzed the fat, the fiber, the calories, the carbs. We will prove to you that you CAN drop 10 or more pounds in 28 days and still eat at the places you love.

You DON'T have to order the salad! You DON'T have to have black coffee! You DON'T have to nibble on mouse-sized portions. See details on page 226!

EAT OUT, LOSE WEIGHT.

When you're eating out, you're NOT in the mood for deprivation. You want to have fun, you want to have flavor, you want to have food satisfaction. And that's why you'll LOVE **Turn Up Your Fat Burn!** This incredible diet proves that there is NO need to give up the fun, flavor, or convenience of fast food while you are losing weight.



GET IT FREE

The complete, easy-to-do workout on DVD!

MAIL THE CARD ON PAGE 18

Get **back in shape** in 28



Lose weight in a hurry!

Some women think that good things take time. Some women don't know about **Turn Up Your Fat Burn!** It's the fast, smart way to get a better body, lose bloat, flatten your abs, and crank up your confidence.

If you want to look great at your class reunion, at a wedding, on your vacation, have no fear. **Turn Up Your Fat Burn!** is the easiest way to drop 10 pounds in 28 days.

Turn Up Your Fat Burn! is the 4-week plan that shows you how to use food and exercise to teach your body to burn fat faster than you ever have before.

You'll have the complete exercise plan—plus a diet plan that puts the double whammy on extra pounds! You'll treat your body to super-slimming foods that boost your metabolism and keep your fat-burning engines revved for even MORE weight loss.

■ **The best time of day** to work out to stay lean and healthy for life: page 38.

■ **How to reshape your body.** For example, a fabulous new way to balance a wider-than-desired lower body. Page 126

■ **Pretty shoulders.** Slip off your sweater and reveal a spaghetti-strap camisole and such pretty shoulders—this gentle move makes it easy. Page 69

■ **Is your belt too big?** Oh, you must have been doing the move on page 67 that makes for such a tiny waist.

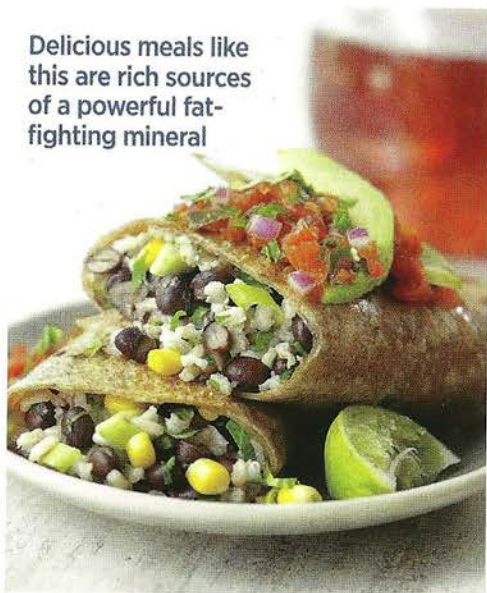
■ **Sagging stomachs and wobbling triceps are contoured, toned, and tightened** with a move that works in 12 to 15 reps. Page 142

■ **Out of shape? Don't worry.** You can quickly boost your fat-burning levels by 26% with this very easy "reentry" exercise. Page 24

days...or less!

Pssst... have you heard about the “weight loss” mineral?

Delicious meals like this are rich sources of a powerful fat-fighting mineral



There is a mineral that you probably learned about in grammar school — and that you are probably ignoring now.

But you're not alone. About 60 percent of American women *don't* consume the recommended amount of this mineral.

That's a shame. Because this mineral helps lower your blood pressure, banishes “bad” cholesterol, and helps prevent diabetes. And here's the really great part:

It reduces the amount of fat your body accumulates!

In *Turn Up Your Fat Burn!* you'll find the full benefits of this “weight loss” mineral — plus foods that are brimming with it and delicious, easy-to-make recipes to get you slim fast!

I will see results fast!

AUDREY S. DID!

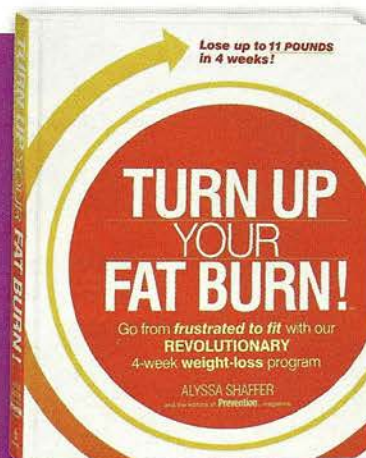
“[*Turn Up Your Fat Burn!*] has opened my eyes to a NEW way of exercising and eating.... My clothes are looser and I can zip up some pants I couldn't even wear before.” She also noticed more definition in her legs and arms and says her energy has doubled!

IF AUDREY DID IT, YOU CAN TOO!

Send for *Turn Up Your Fat Burn!*
Just mail the card on page 18.



Turn Up Your Fat Burn! weighs in with an answered prayer. The super-charged combo of quick, targeted toning *plus* fat-eliminating foods is the fast way to flatten a too-fat tummy, slim yourself from head to toe, and unleash all your heavenly fabulousness! It's enough to make you want to shout hallelujah!



**TRY IT FREE
FOR 21 DAYS!**

MAIL THE CARD ON PAGE 18

Similar results were reported in multiple medical and university studies testing similar programs. A typical person should expect a safe and healthy weight loss rate of 1 to 2 pounds per week following the *Turn Up Your Fat Burn!* program.

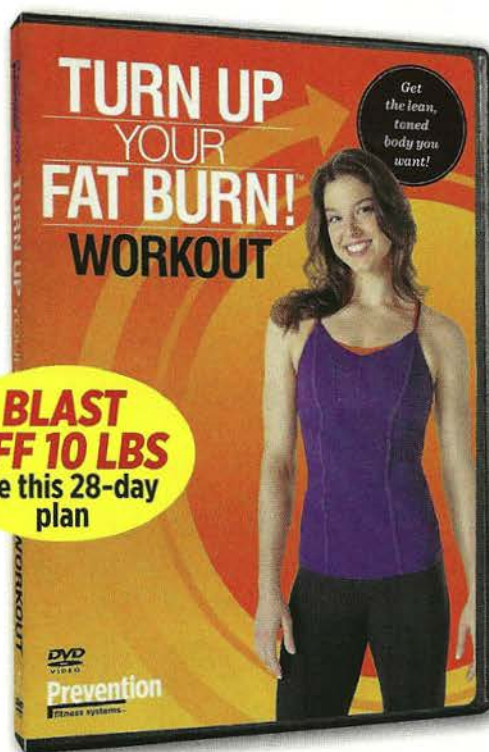
Your **FREE** gift!

This DVD is **worth \$14.95...**
but you get it **FREE!**

How easy will it be for you to drop 10 pounds in 28 days? As easy as turning *on* this DVD and turning *up* your fat burn.

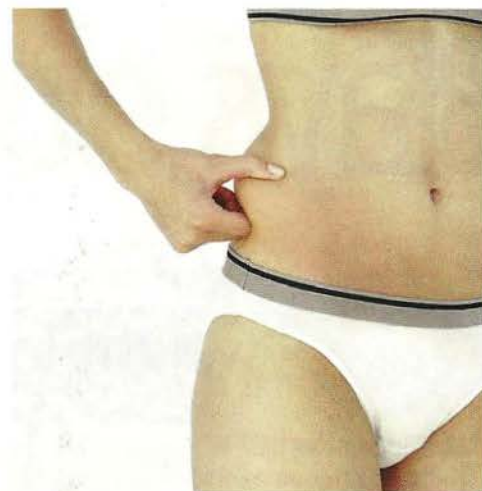
Here's proof that you can **exercise LESS** and **lose MORE.**

The *Turn Up Your Fat Burn! Workout* DVD brings you the most advanced exercise methods known to science, translated into a doable, effective, easy-to-follow plan that tones all of you—all of the time—even when you are *not* working out.



Rapid fat loss is here! You get step-by-step instructions you can do in the privacy of your home—exactly what you need to get the lean, toned body you want **FAST.**

■ **FREE! The butt stops here!** Sizzle fat from your rear with moves that take 45 seconds.



■ **FREE! Muffin tops disappear!** Circle your arms as shown in this DVD to trim, tighten, and tone your waistline in record time.

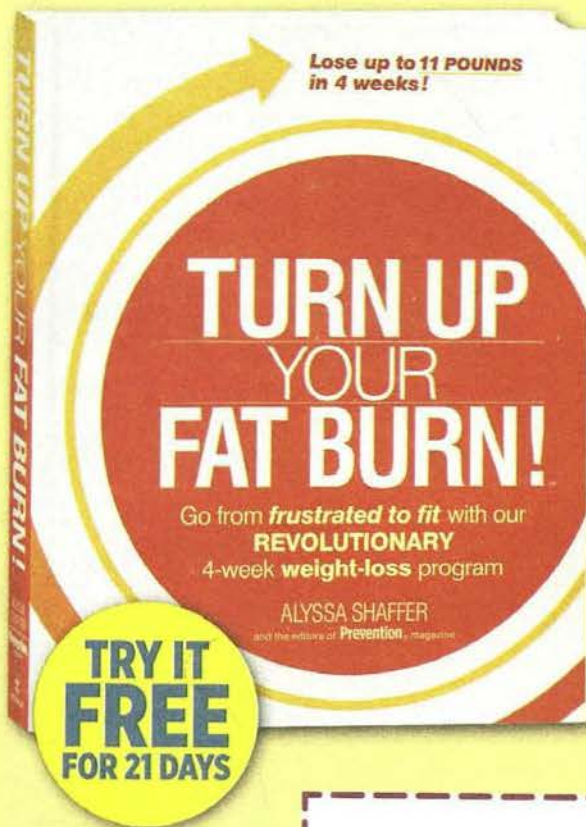
■ **FREE! Banish bra fat!** A sleeker silhouette is yours with the back-slimming move that's done 1-2-3.



■ **FREE! The 5-Minute Flat Abs routine.** These are the moves that will do it for you. See for yourself. Send for your *Turn Up Your Fat Burn! Workout* DVD today. It's **FREE!**

SEND FOR YOUR FREE DVD TODAY.
It's yours with our compliments.

Simply send for your free 21-day preview of *Turn Up Your Fat Burn!* to get your **FREE** DVD. It's worth \$14.95—but you never pay a penny for it. It's yours to keep no matter what, even if you return the book—no questions asked!



Discover how to get a flat stomach and **lose 10 pounds or more in just 28 days the easy way!**

Just mail this card for your **FREE** 21-day preview of **Turn Up Your Fat Burn!** plus **A FREE DVD**

Push my free DVD!

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YES! I want to lose up to 10 pounds in 28 days!

Rush me a copy of *Turn Up Your Fat Burn!* plus my free DVD. I'll have 21 days from receipt to examine *Turn Up Your Fat Burn!* FREE. At the end of my 21-day preview, I can return *Turn Up Your Fat Burn!* and owe nothing. If I keep it, I'll pay in 4 easy installments of \$7.99, plus shipping and handling. Whatever I decide, the DVD is mine to keep FREE as a thanks for previewing *Turn Up Your Fat Burn!*

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this
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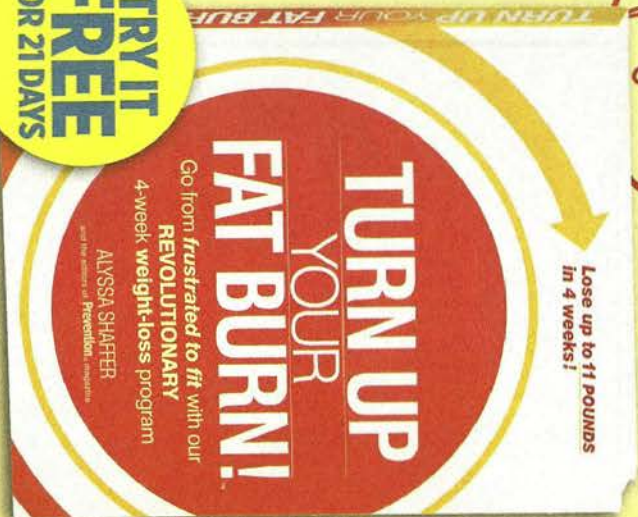
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VALUE**



**FREE
DVD**

Learn the secret
to burning over
100% more fat—
**FREE FOR
21 DAYS!**

**TRY IT
FREE
FOR 21 DAYS**



*This is
page 18*

Circle your calendar and say,

"I will drop
10 pounds in 28 days!"

What can you really expect
in 4 short weeks? **A lot.**

In just 4 short weeks, *Turn Up Your Fat Burn!* will help you get the slim, firm, sexy figure you always wanted:

- You quickly lose bloat, flatten your abs, and crank up your confidence.
- Deep-seated fat comes off your arms, belly, hips, thighs, and rear.
- Full, all-over fat-blasting effect turbocharges your metabolism for quick and lasting weight loss.
- **You drop 10 pounds — or more!**

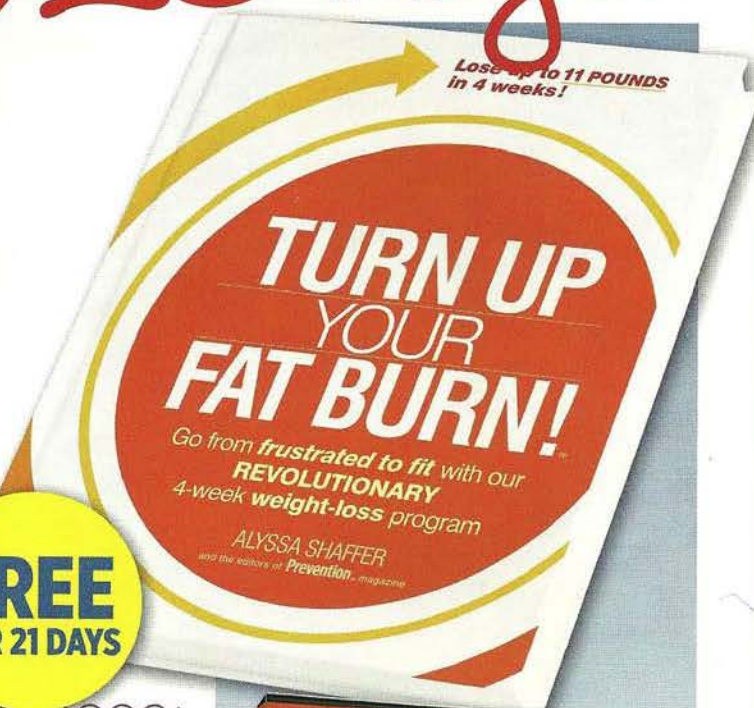
**FREE
FOR 21 DAYS**

Order now to get your free gift and your free preview. You'll have 21 days from receipt to examine *Turn Up Your Fat Burn!* for free, or you can return it at the end of your 21-day preview and owe nothing. If you keep it, pay in 4 easy installments of \$7.99, plus shipping and handling of \$1.99 per installment. Your free DVD is yours to keep no matter what as our thanks for previewing *Turn Up Your Fat Burn!*

SATISFACTION GUARANTEED!

When you mail the order card on page 18, you get a brand-new copy of *Turn Up Your Fat Burn!* to examine FREE for 21 days.

Try *Turn Up Your Fat Burn!* for 21 days. If you aren't 100% satisfied, send it back and pay nothing. Plus, if you're ever dissatisfied with the book, you can return it at any time for a full refund of every penny you paid for the book. And no matter what you decide, you keep the Free DVD with our compliments.



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**FREE LOOK
FREE DVD**

See card on page 18 inside.