

Shapely Made Simple **NEW!**
Prevention

INSIDE:
I GAVE UP
OLD-FASHIONED
EXERCISING
AND DROPPED
TWO DRESS
SIZES FAST.

INTRODUCING **THE**
“UN-WORKOUT”

**FREE
GIFT!**

See page 19.

If you think sweating is overrated...if you've had it with 40-minute exercise routines...if you've ever wished for a 10-minute solution to slim down your belly, arms, thighs, and rear—all at once...**LOOK INSIDE...**

Discover how you
can get skinny on even
your busiest days...

NO GYM REQUIRED!

Stepping outside the 30-minute exercise box—and finding movements within your day that firm and slenderize you—can be something of an “aha!” moment. Welcome to Prevention’s Shortcuts to Big Weight Loss!

A New, a Better, a Faster Way to Get the Body You Want
Prevention’s Shortcuts is the ultimate speed workout. You’ll find moves that are scientifically proven to work many muscles at once. Best of all, these moves can be done while you are doing other things.

Shown to work 30% faster
than old-fashioned workouts!
Mail the Free-Gift Card on
page 18 for a free look.

FIGHT FLAB IN THE PARKING LOT

You already know that you should park your car far away from the entrance. But you might NOT know what fitness experts know: If you walk with correct form, you can burn almost as many calories as with jogging. Details on page 114 of Prevention’s Shortcuts to Big Weight Loss.

You’ll always
have time for
this workout...
because it’s
something
you do while
you do other
things.



*Results not typical; your results, of course, may vary.

INSIDE...

If you have 25 pounds or more to lose... **Page 9**

Learn how to lose your last 10 stubborn pounds. **Page 11**

See how to double your weight loss with foods that rev up your metabolism. **Page 13**

A flatter tummy in 14 days. **Page 15**

Look 10 years younger in 10 minutes or less. **Page 19**

FREE-GIFT CARD good for a FREE 21-day preview of Prevention’s Shortcuts to Big Weight Loss! **Page 18**

NEW!

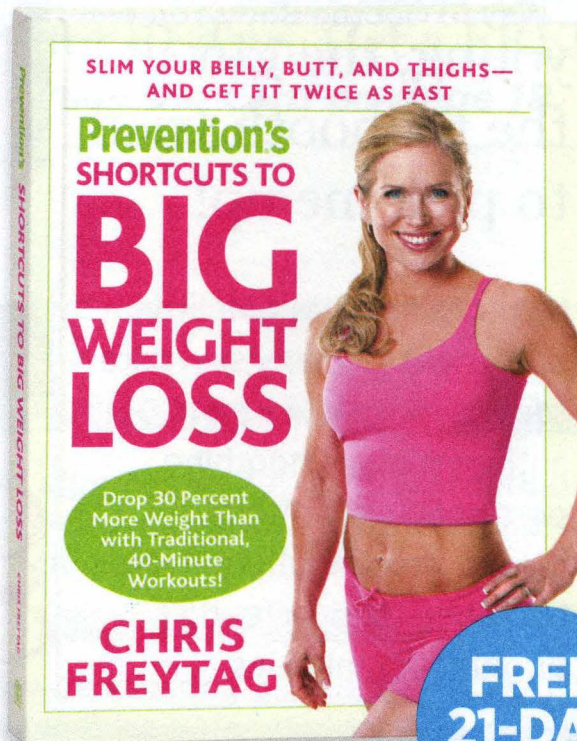
A flat stomach cute rear

NEW!

The Un-Workout

It *doesn't* happen at the gym. You *don't* need to run around a track. You *don't* need to huff, puff, and blow the house down.

This is the new shape of things to come—moves that you incorporate into your daily life. To help sizzle off excess pounds. To look great. To feel your best. **All without really trying.**



**FREE
21-DAY
PREVIEW**

FREE 21-DAY LOOK! Mail the card on page 18.

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Discover how you
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your busiest days...

INSIDE...

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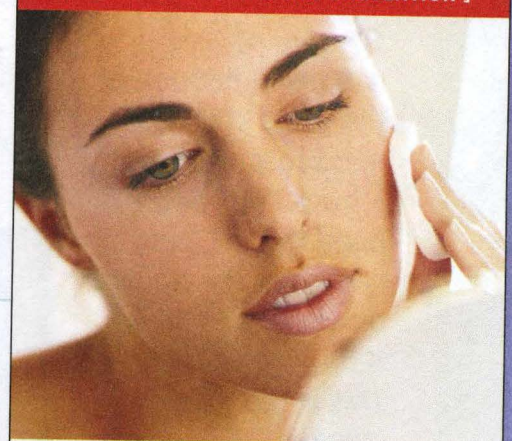
You already
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on page 11
Shortcuts

FREE GIFT

My skin looked so
young, the guy at
the tollbooth tried
to pick me up!

Never before has one little
book held so many skin care
secrets. A treasure trove of
antiwrinkling, smoothing,
pore-refining, firming,
color correcting, tightening,
hydrating, and instantly
brightening miracles.

[FROM THE PUBLISHERS OF PREVENTION]



**Go for the
glow**
A mini-encyclopedia to solve any skin
problem you may have ever faced!

**Get your glow on! Get this exclusive
skin mini-encyclopedia FREE!**

Just mail the Free-Gift Card on page 18.

NEW!

A flat stomach, cute rear,
hot thighs, and legs that just
beg to be put on display...
in just 10 minutes at a time!

Try it risk-free for 21 days. Get a FREE gift, too.
Just mail the card on page 18.

Dear Friend,

If slimmer and faster are two of your favorite words, I have six more words that you will also love:

Prevention's Shortcuts to Big Weight Loss!

Here's why: You can get slimmer, faster with *Prevention's* 10-minute Shortcuts than you ever could before with old-fashioned 40-minute exercise programs. See how you can do it, 10 minutes at a time.

Yes, 10 minutes!

Now I know that you may be thinking 10 minutes? *THAT'S CRAZY!* Working out is hard, working out involves pain, working out involves TIME!

Well, I thought the same thing too—at first...

...but then I learned about the science behind the claim and found that ***research confirms it:***

(continued on next page...)

(...continued from page 5)

Researchers asked one group of women to follow an old-fashioned 40-minute exercise program.

They asked another group to follow *Prevention's* **new** 10-minute Shortcut strategy. Here are the results:

Lose More Weight with Shortcuts

Old-fashioned
40-minute group



Lost 14 lb.

New *Prevention*
10-minute group



Lost 19.5 lb.

Research confirms it! You can lose 30% MORE weight with the Shortcuts strategy—and you don't have to endure 40-minute workout sessions!

THE SECRET IS YOUR METABOLISM...

Researchers now know that manipulating your metabolism is the name of the game when it comes to losing weight.

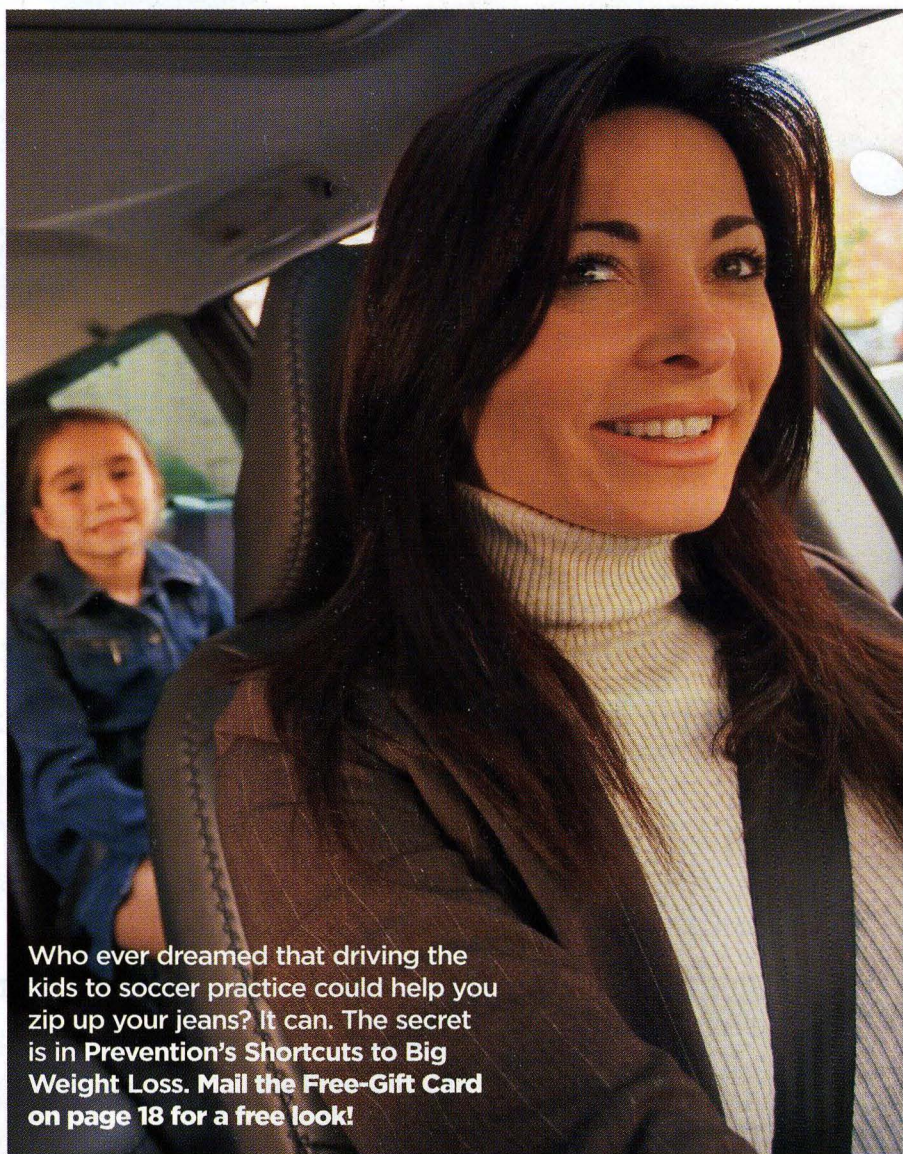
To burn the maximum amount of calories BEFORE they can turn into fat, you must keep your metabolism running on "high" all day and all night...

...and that's exactly what Prevention's Shortcuts to Big Weight Loss helps you do.

Prevention's Shortcuts to Big Weight Loss reprograms and revs up your metabolism's fat-burning fire by using little chunks

(continued on page 8...)

See how to drive



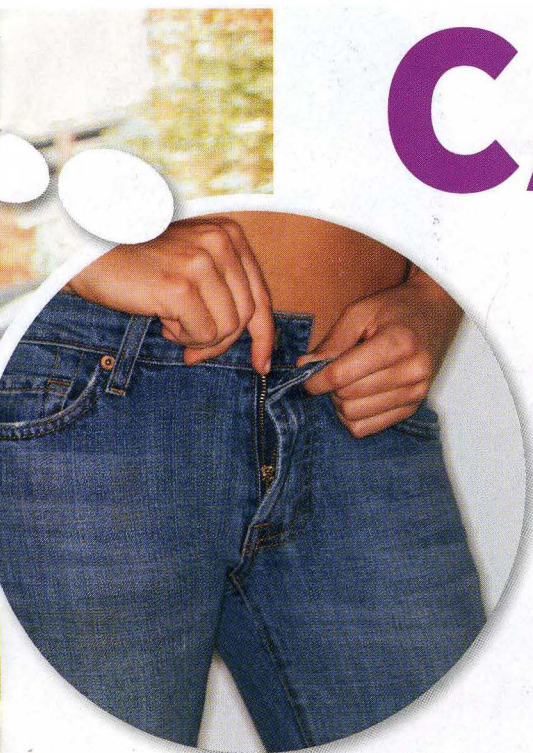
Who ever dreamed that driving the kids to soccer practice could help you zip up your jeans? It can. The secret is in *Prevention's Shortcuts to Big Weight Loss*. Mail the Free-Gift Card on page 18 for a free look!



BURN 100 CALORIES DURING THE SPIN CYCLE

This 10-minute, minus-100-calories mini-workout can improve your endurance as much as slower-paced aerobic exercise for *hours* each week. See page 116 of *Prevention's Shortcuts to Big Weight Loss*!

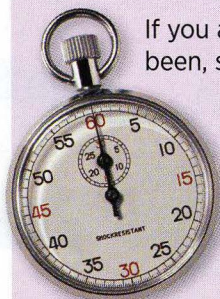
ive off 10 lb. *fast* with **CAR POOL CARDIO**



These amazing mini-moves burn off up to 500 calories!

You can do them while seated in your car. Yes, that means you can get the **SAME** anti-calorie attack as a 40-minute workout while you're waiting to pick up the kids, while you're waiting for the light to turn green, while you're sitting in traffic. It's easy with **Prevention's Shortcuts to Big Weight Loss**. Just mail the Free-Gift Card on page 18 for a free look.

The NEW Time Management



If you ask someone how she's been, she'll say, "*Busy.*"

"Busy." Everyone is busy. "Busy" has become the new "fine."

So here's a statistic that might shock you:

Studies show that Americans have almost 5 hours *more* free time a week than we did in the 1960s.

That's right, we have *more free time these days*. It just *feels* like a whole lot less.

Why? For one, technology allows us to cram every single second with activity. You can *always* be busy writing a report, shopping online, catching up on the news.... Added to that are the demands of work, everyday chores, chauffeuring kids to activities.

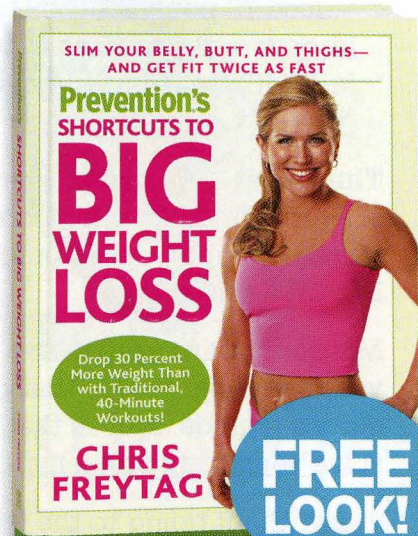
THE RESULT: Your free time is more fragmented than it used to be. Instead of one unbroken chunk of time, you end up with an hour here, a half hour there, and 20 minutes between appointments.

That means when you say you're too busy to work out, it may be true—*IF* you're trying to find an hour to get to the gym.

That's where Prevention's Shortcuts come to the rescue!

Prevention's Shortcuts arms you with swift, sane, simple 10-minute chunks of activity you can count on to help slenderize and shape you as you go through your day. You get 1-minute wonders. Ten-minute flab busters. Secrets that burn up to 350 more calories each day. That's a pound's worth of calories every 10 days!

Try Prevention's Shortcuts free for 21 days. Simply mail the Free-Gift Card on page 18!



Prevention's Shortcuts are easy. They work fast.

Mail the Free-Gift Card on page 18!

(...continued from page 6)

of movement throughout your day to stoke your “furnace.”

This is the **EASY** way to **BURN CALORIES FASTER ALL DAY LONG** based on the latest weight loss science and the secret to quick, easy, lasting weight loss and fitness:

With Prevention's Shortcuts to Big Weight Loss YOU CAN GET FIT TWICE AS FAST as you would doing a traditional 40-minute workout.

And it gets even better: **Prevention's Shortcuts to Big Weight Loss's** ultraquick program helps slim and shape you on **your time, in your space, at your pace.**

Mail the card on page 18 now to see how simple it is to...

...lose 10 pounds at the office...
drop two dress sizes at the mall...flatten your tummy while you fold laundry...

The secret—We turned the latest scientific findings about exercise physiology into clever, practical, DOABLE moves:

Moves that are easy to use in your daily life. Moves that peel off excess pounds. Moves that help solve your body problems...

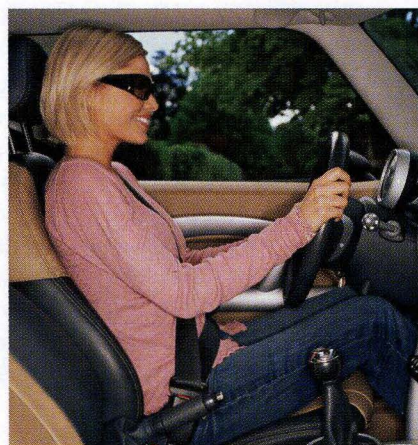
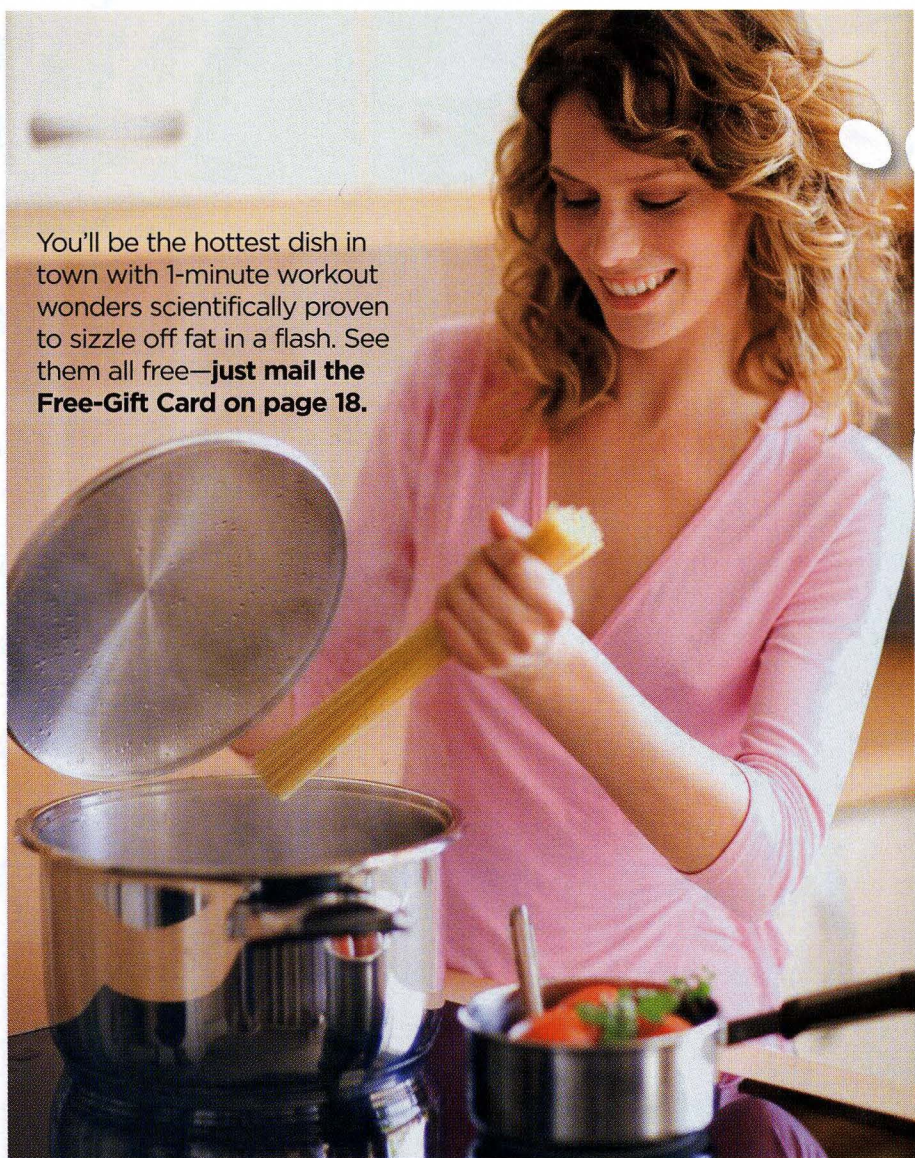
...without going to the gym, without expensive equipment, without wasting time. And **sweating is optional.**

You can lose weight, look much better, have more energy, feel

(continued on page 10...)

Plan your spaghetti

You'll be the hottest dish in town with 1-minute workout wonders scientifically proven to sizzle off fat in a flash. See them all free—**just mail the Free-Gift Card on page 18.**



PARKING LOT PILATES

Tighten and tone your transverse abdominal muscle—that's the muscle that smooths out belly bulges—with this Pilates-based move. Do it while you're waiting for someone to pull out of a spot so you can pull in. **Page 25**

etti-strap outfit while you **WAIT FOR THE PASTA TO BOIL**



If your arms give you cause for alarm, have no fear. This slimming move, favored by many Hollywood stars, can eliminate the dreaded “bat wing” look in favor of fabulously toned feminine arms. Secret on page 188 of **Prevention’s Shortcuts to Big Weight Loss**.

If you have 25 pounds or more to lose, there’s a “little” something you should know

You *don’t* need a diet. You probably already know every diet anyway. Here’s the secret you need to know:

If you want to lose 25 pounds or more—without starving—you must rev up your metabolism.

Why is this so important? When your metabolism is operating at peak level, you **ACTIVELY BURN CALORIES AT ALL TIMES**, whether at play or rest.

LITTLE THINGS MEAN A LOT

Many women have a sluggish metabolism, and that’s too bad because it is **SO EASY** to correct. One secret: Eat small, frequent meals throughout the day. The sheer energy your body uses to digest food gives your metabolism a boost.

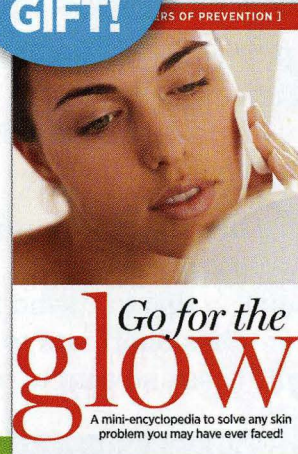
That’s just *one* little secret. **Prevention’s Shortcuts to Big Weight Loss** has scores of little metabolism-boosting secrets that are ideal for women with 25 pounds or more to lose...

...because they do **NOT** demand you change everything in your life. Rather, they slim you down the same way you put on the weight—one little step at a time. **See how it works.**

Mail the Free-Gift Card on page 18 and try it for yourself, free.



**FREE
GIFT!**



**THE “BIBLE”
FOR YOUNGER-
LOOKING SKIN.**

**Just mail the Free-Gift
Card on page 18!**

(...continued from page 8)

happier, build strong bones,
improve your posture...

...and still have time for your
family, friends, and everything
else in your life that you love.

Lose Belly Fat Faster

Brisk walking is great for overall health—but if you think walking will burn off that belly fat...there is something you should know:

Even if you walk yourself silly, you WON'T BURN off belly fat AS FAST AS YOU WOULD IF YOU USE **Prevention's Shortcuts to Big Weight Loss**. Research confirms it:

Researchers compared women who walked to women who did Shortcut moves. **Here's what they found:**

Women who walked actually had a weight gain of about a pound and a half...

...**BUT** women who did Shortcut moves lost 6 pounds—AND shrank abdominal fat by 7%.

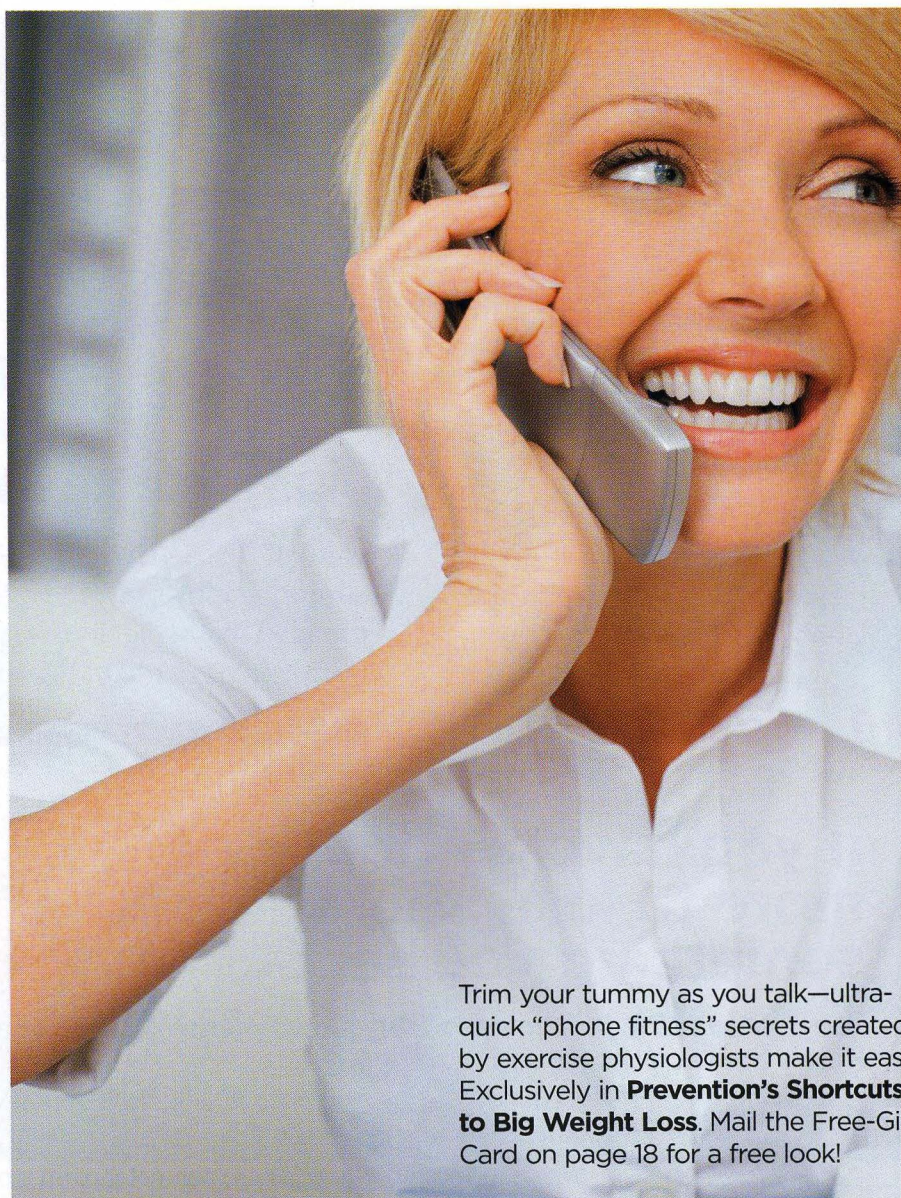
If you'd like the belly-burning moves that can help you accomplish this too, send for **Prevention's Shortcuts to Big Weight Loss** and turn to page 198.

BENEFITS GALORE!

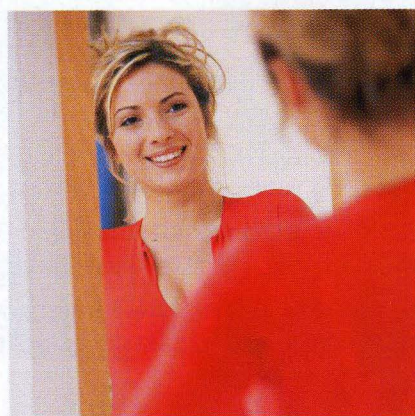
In just 10 minutes, you'll be rewarded with instant energy, stress reduction, mood lift, and that special satisfaction that comes with checking something off your to-do list...

(continued on page 12...)

Say "good-bye"



Trim your tummy as you talk—ultra-quick "phone fitness" secrets created by exercise physiologists make it easy. Exclusively in **Prevention's Shortcuts to Big Weight Loss**. Mail the Free-Gift Card on page 18 for a free look!



GET A "BOOST" JOB—NO SURGERY REQUIRED

This bust-beautifying move helps perk up the muscles that support your breasts to lift your ladies to lovely proportions. See page 188 of **Prevention's Shortcuts to Big Weight Loss**.

to belly fat...

WHILE YOU'RE ON THE PHONE



Get little around your middle while you chat with friends and family. This oh-so-simple telephone twist helps put you in a tankini faster than you can say, "Can you hear me?" See page 194 of **Prevention's Shortcuts to Big Weight Loss** for the 411.

Lose Your Last 10 Pounds in 10 Minutes a Day

If you are like most women who have just 10 pounds or so to lose, you are already pretty smart about eating a healthy diet and staying fit.

THE PROBLEM? You may have simply gotten into a routine that lulls your body into a "static" state. That means excess fat will cling to you...**UNLESS** you take action and give your body this wake-up call:

"HELLO, FLAB! IT'S TIME TO GO!"

Prevention's Shortcuts to Big Weight Loss brings you a 10-pound remedy that lets you blast through a weight loss wall. It's a unique plateau-busting combination of moves that tosses your body a surprise curve, bumps your fitness up to the next level, and melts away those last 10 pounds in about a month. **Send for Prevention's Shortcuts to Big Weight Loss** now, risk-free, and see for yourself.

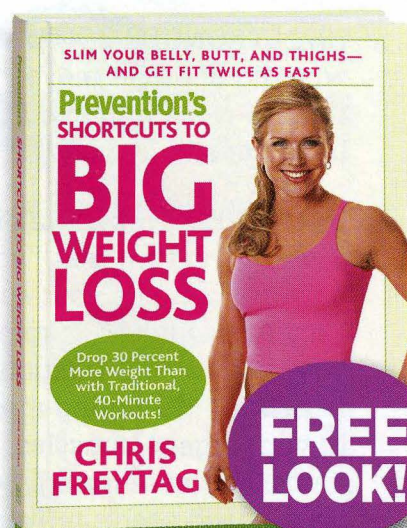
SUSIE
LOST ▶
30
POUNDS



Susie has three boys—all under the age of 5—and also holds down a full-time sales job. **How in the world can Susie find time to exercise?**

Susie's Secret: Using **Shortcuts to Big Weight Loss**, Susie lost 30 pounds—and dropped from a size 14 to a size 6!

Susie Says: "This is the first time I actually had FUN exercising!"



Keep your metabolism souped up to its full calorie-burning potential so you burn fat without even thinking about it.

Mail the Free-Gift Card on page 18!

(...continued from page 10)

...plus, the big rewards of exercise—like dropping a dress size...looking trim, youthful, firm...getting off blood pressure meds...lowering cholesterol—come to you faster than they would if you were doing longer, traditional workouts.

Research confirms that **Prevention's Shortcuts to Big Weight Loss** works on so many levels. It helps...

✓ **REVERSE AGING.** The Shortcut program can help you look and feel like a woman in her 20s. Why? Because strength belongs to the young—and as you tighten up your hips, butt, and arms you ALSO get stronger—about 30 to 50% stronger according to exercise physiologists.

✓ **GET STRONGER BONES.** Women who did Shortcut moves just twice a week improved their bone density by 50%!

✓ **IMPROVED FLEXIBILITY.** There's a saying that "you're only as young as your spine." That's because your spine is your body's "information super-highway," delivering messages to your organs, muscles, and limbs. For an amazingly easy yoga-based secret proven to increase your spinal flexibility by over 100%, see page 97 of **Prevention's Shortcuts to Big Weight Loss**.

✓ **REDUCE YOUR RISK OF DIABETES.** Research shows

(continued on page 14...)

Lose



You'll see how simple it is to weave exercise, good eating, and positive thinking into the fabric of your life with **Prevention's Shortcuts to Big Weight Loss**. Mail the Free-Gift Card on page 18 for a free look!



BANISH YOUR BELLY IN BED

You can flatten your stomach while you are still in bed—just draw your knees to your chest as directed on **page 95**. Do it for a minute, then go to back to sleep if you want.

weight while you **WATCH TV**



This dimple-defying move helps reduce fat under skin—yes, we're talking cellulite. The result: Your thighs and backside can take on a toned, taut appearance that is **VERY, VERY SEXY.**

Research shows that women who used this secret lost over 3 pounds of fat...shed almost an inch and a half from their hips...and when they took an ultrasound test of their legs, they found that the cellulite was literally disappearing. Hot details on page 176 of **Prevention's Shortcuts to Big Weight Loss.**

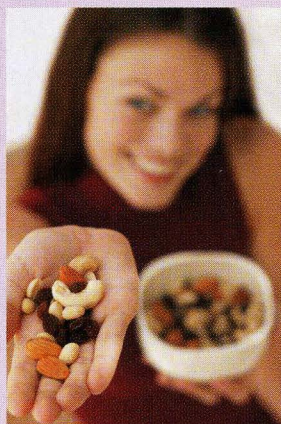
DOUBLE your weight loss with foods that rev up your metabolism

Research is a beautiful thing. Because now, thanks to research, we know exactly what to eat to lose weight nearly **TWICE AS FAST.**

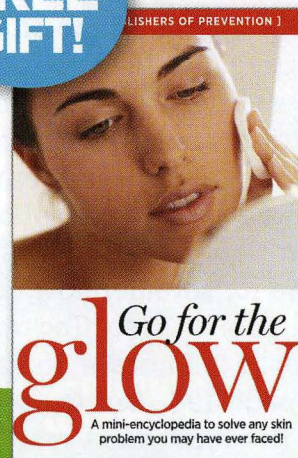
THE RESEARCH: Researchers split 24 women into two groups. Group A ate 9 ounces of protein a day. Group B ate just 5 ounces of protein and twice as much carbs. Both groups ate the *same number of calories.*

THE RESULT: Group A, the protein group, lost 47% more weight than Group B, the carb group. Researchers believe that protein helps rev up metabolism to accelerate fat burning.

THE REALITY: **Prevention's Shortcuts to Big Weight Loss** puts you on the fast track to boost your protein intake—even if you don't have time to cook, even if you eat out a lot. **See for yourself—send for your free look today.**



**FREE
GIFT!**



**WIN THE WAR
AGAINST WRINKLES,
BLEMISHES, AND
BUMPS!**

**Just mail the Free-Gift
Card on page 18!**

(...continued from page 12)

that following the Shortcuts program can improve your blood sugar metabolism by about 24%.

✓ **BEAT THE BLUES.** The Shortcuts program helps release endorphins—and studies show that endorphin release lifts depression and *eases anxiety as well as drugs do.*

✓ **KEEP YOUR HEART HEALTHY.** Help cut your risk of a heart attack in half—one easy hour a week of the walking program in Shortcuts is all it takes. See page 116 and your heart will thank you.

Come see how easy it is to get fit while you live your life and...

Boldly Bash Blubbery Areas Where No Woman Has Gone Before!

Try **supermarket ab slimmers** on page 25...Squeeze in **emptying-the-dishwasher derriere shapers** on page 176... See how to **retrain lumpy legs** during the commercial break on page 170...Breathe with **office yoga** for serenity now on page 98...Do a little **surfing-the-Web stretch** to improve flexibility on page 194...Use the **waiting-for-the-kids waist whittler** on page 165...

...each move will help you look better in clothes...and can improve your health in just minutes a day!

(continued on page 16...)

Shop 'til you drop



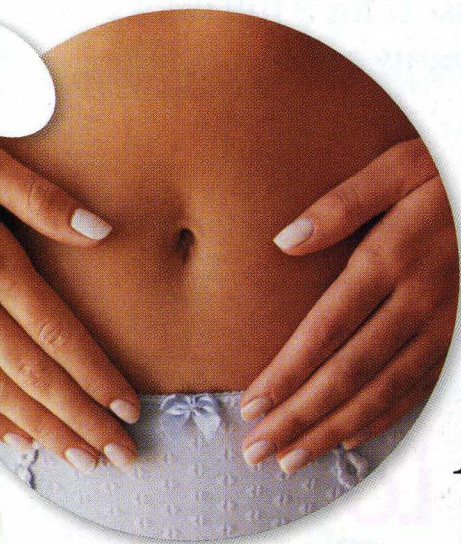
A multitasker's dream come true: shopping and slimming all at once! The secrets await you in **Prevention's Shortcuts to Big Weight Loss.** Mail the Free-Gift Card on page 18 for a free look!



FOR LEGS THAT ROCK A MINISKIRT

Use the "scissors sit" move **AT THE OFFICE.** Simply crisscross your legs like scissors as directed on page 173 of **Prevention's Shortcuts to Big Weight Loss.** It's the fast way to great legs.

op two dress sizes with **MALL-ERCISE**



Burn about 100 calories in the time it takes you to cross the mall. Added bonus: This “un-workout” turns up your fat-burning thermostat to high and keeps it there long after you’re done walking—so calories continue to *flame off*. Easy details on page 116 of **Prevention’s Shortcuts to Big Weight Loss**.

A Flatter Tummy **IN 14 DAYS**

BEST WAY TO FLATTEN YOUR TUMMY:

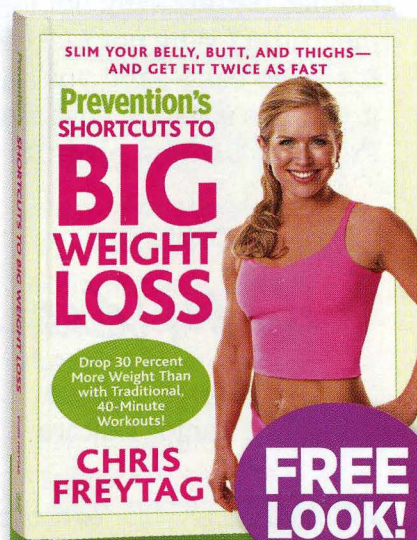
Shortcut moves firm up **ALL** of your stomach muscles at once for a sexy, flat appearance. These moves also improve your posture, which can instantly make you look 5 pounds slimmer!

If you want a lean, flat belly, doing crunches or sit-ups is a *waste of time*. **Reason:** Although crunches strengthen your *rectus abdominus* muscle (the muscle that runs down the front of your stomach), they leave the rest of your midsection muscles out in the cold—specifically, your transverse abdominus muscles, which you need to tighten for a firm, flat appearance.

And that’s not all. Crunches can push your head out of alignment and strain your neck.

Fortunately, **Prevention’s Shortcuts** system offers a **better way**: Pilates-based moves that can tighten **all the muscles** in your core—**all at once**.

It’s an easy 10-minute routine that you can do no matter what your fitness level. You may see results in as little as 14 days. Imagine getting a trim, flat belly with 10-minute workouts! You’ll get complete instructions in **Prevention’s Shortcuts** on page 162. Send for your copy today!



- 1-minute hot-body workouts
- 5-minute tummy toners
- 10-minute flab busters

All in Prevention’s Shortcuts to Big Weight Loss.

Just mail the Free-Gift Card on page 18!

(...continued from page 14)

TRY IT FREE.

Mail the Free-Gift Card on page 18 to receive **Prevention's Shortcuts to Big Weight Loss** **FREE** for 21 days.

Reply now and you'll also receive a **FREE GIFT**, *Go for the Glow*. Your free gift is truly free. You never pay for it. Not one penny.

It's an incredibly generous offer—and one that you won't find anywhere else.

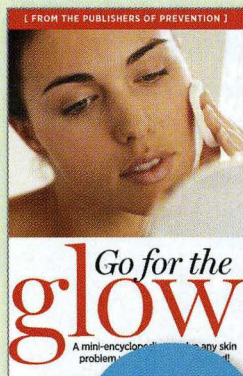
Why wait? Why not fit into your clothes better? Why not look trimmer, fitter? Why not feel amazing? It's all so easy—and you can see if you like it **FREE**. Just mail the Free-Gift Card on page 18!

Cordially,

Kathy LeSage

Kathy LeSage
Senior Editor

P.S. FREE GIFT! *Go for the Glow* is yours free, just for taking a look at **Prevention's Shortcuts**.



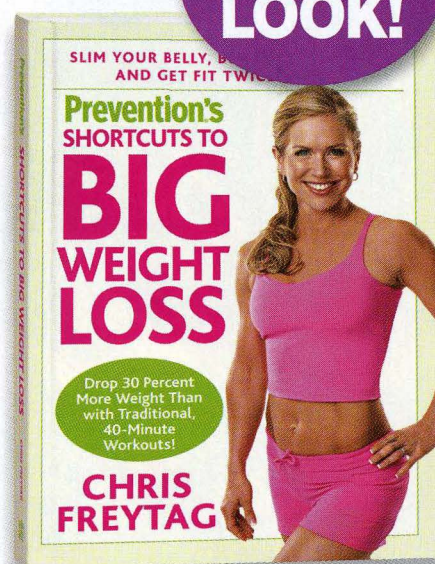
FREE GIFT!

Astonishingly easy ways to de-wrinkle, de-blemish, de-age your skin. Works in every layer of your skin. Hurry! Quantities are limited. Just mail the Free-Gift Card on page 18.

Here's the Skinny on Our Exclusive Offer:

- ✓ **FREE 3-week trial:** NO bookstore lets you take a book home and use it for 3 full weeks before paying a single penny—**BUT WE DO...**
- ✓ **Return it—NO questions asked—with no further obligation:** NO bookstore lets you return a book in 3 weeks without owing a cent—**BUT WE DO...**
- ✓ **Easy, interest-free monthly installments:** NO bookstore offers easy, interest-free monthly installments to pay for a book—**BUT WE DO...**
- ✓ **Lifetime guarantee:** NO bookstore guarantees their book for life and will return your full purchase price at any time, no matter how long you own the book—**BUT WE DO...**

FREE LOOK!



Try Prevention's Shortcuts to Big Weight Loss FREE for 21 days!
JUST MAIL THIS FREE-GIFT CARD TODAY.

FREE GIFT

[FROM THE PUBLISHERS OF PREVENTION]

LOSE MORE WEIGHT FASTER!

- Burn off 30% more weight than with 40-minute workouts
- Drop up to 2 dress sizes in 4 to 6 weeks
- Boost your metabolism by 200 calories a day
- Improve your health and get fit twice as fast
- Keep excess weight off for a lifetime of slimness

SLIM YOUR BELLY, BUTT, AND THIGHS—
AND GET FIT TWICE AS FAST

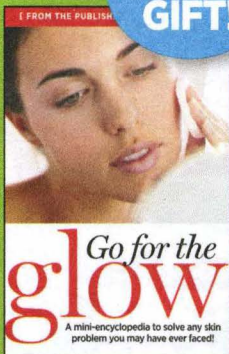
Prevention's
SHORTCUTS TO
**BIG
WEIGHT
LOSS**

Drop 30 Percent
More Weight Than
with Traditional,
40-Minute
Workouts!



**FREE
LOOK!**

**FREE
GIFT!**



**Detach here
and mail**

**Your
FREE
Gift!**

**Go for the
LOW**

A mini-encyclopedia to solve any skin
problem you may have ever faced!

**RUSH MY
FREE GIFT**

BUSINESS REPLY MAIL

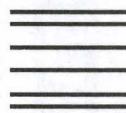
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MAKE YOUR SKIN BEAUTIFUL

- Microdermabrasion
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- Banish Blemishes
- Unclog Pores
- Soften Heels
- Even Skin Tone
- Improve Wrinkles
- Erase Dark Marks by 50%
- Erase Plump Sagging Skin
- Flakiness
- Send Eye Bags Packing
- Firm Up Upper Arms
- Dry Up Excess Oil
- Get Rid of Free Radicals
- Even Sallow Skin
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- How to Wear Glasses, Lose Weight
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**Go for the glow's Shortcuts
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Go for the glow from PREVENTION

(...continued from page 14)

TRY IT FREE.

Mail the Free-Gift Card on page 18 to receive **Prevention's Shortcuts to Big Weight Loss** **FREE** for 21 days.

Reply now and you'll also a **FREE GIFT**, *Go for the Glow*. Your free gift is truly free. never pay for it. Not one p

It's an incredibly generous offer—and one that you won't find anywhere

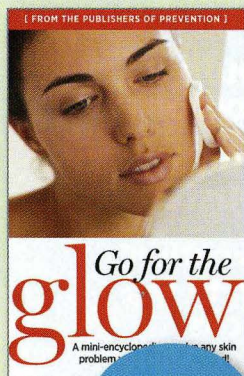
Why wait? Why not fit into clothes better? Why not look younger, fitter? Why not feel amazing? It's all so easy—and you can if you like it **FREE**. Just mail this Free-Gift Card on page 18

Cordially,

Kathy LeSage

Kathy LeSage
Senior Editor

P.S. FREE GIFT! *Go for the Glow* is yours free, just for taking a look at **Prevention's Shortcuts to Big Weight Loss**



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>THIS IS PAGE 18

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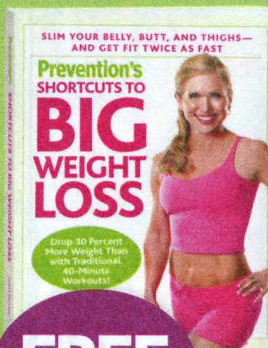
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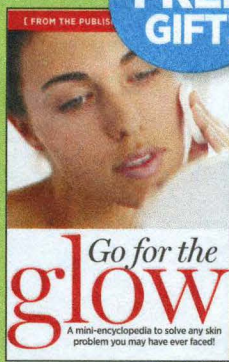
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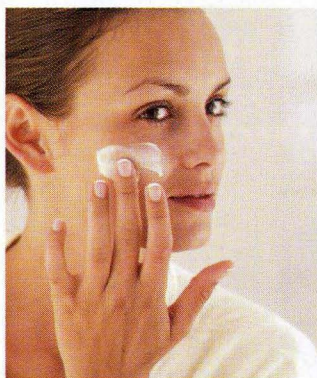
FREE GIFT!



FREE GIFT

Look 10 years younger in 10 minutes or *less*

1. Improve your skin's luminosity. Sweep away dead skin cells from the surface—but don't use gritty scrubs that can inflame skin. Instead try the gentle exfoliants recommended on page 1 of *Go for the Glow*.



2. Get beautiful from the inside out.

The big new breakthrough: a supplement made from a South American fern extract. Take it once a day as recommended on page 4 of *Go for the Glow*.

3. Get younger "overnight." Anti-aging ingredients in some creams regenerate skin cells faster if you apply the products at night rather than during the day. See which ones on page 16 of *Go for the Glow*.

4. Improve blood flow to your skin. Sip hot chocolate, tea, and the beverage recommended on page 9 of *Go for the Glow*.

5. Smooth fine lines in minutes. New anti-aging products *really* can do this. See page 13.

6. Light lipstick makes you look younger than dark. See page 19.

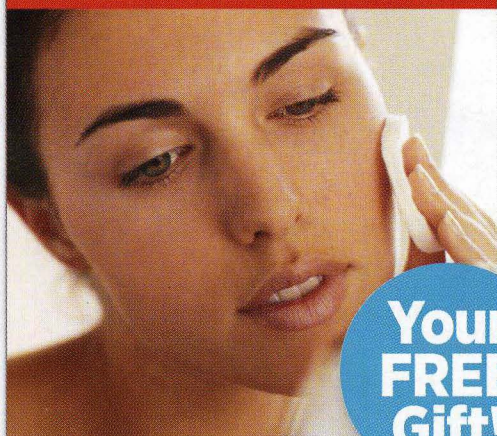
7. Think pink nail polish. A pale shade of pink nail polish is the most forgiving and age-defying option. More on page 28 of *Go for the Glow*.

8. Brighten up tired eyes with blue-based shadow and liner. *Never* use anything with a red base, like purple, which emphasizes tired eyes. More on page 30.

9. Eyes look younger when you use cream shadows instead of powders that settle into fine lines and folds. Details on page 31.

10. Keep your skin hydrated and prevent age spots with new lotions containing niacinamide. Details on page 2 of *Go for the Glow*.

[FROM THE PUBLISHERS OF PREVENTION]



Your
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Gift!

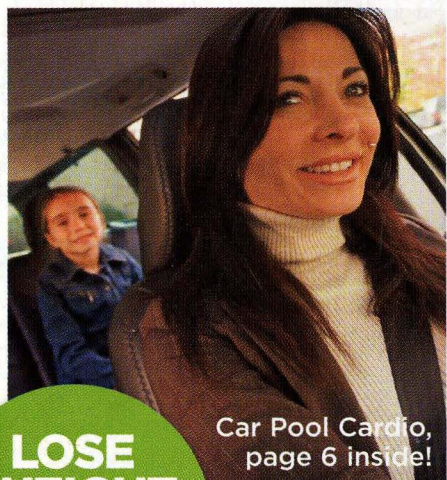
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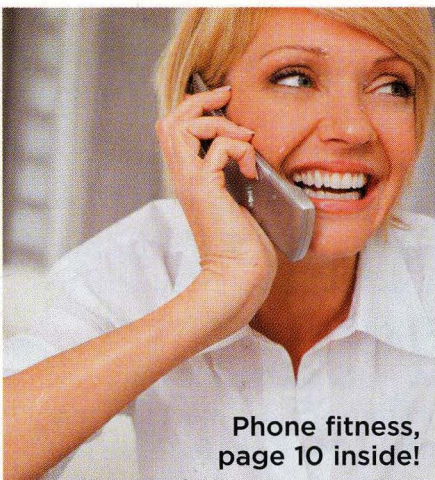
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Pores • Soften Heels • Even
Out Skin Tone • Improve
Stretch Marks by 50% • Erase
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Banish Flakiness • Send Eye
Bags Packing • Firm Up Upper
Eyelids • Dry Up Excess Oil •
Fend Off Free Radicals •
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Dry, Chapped Lips • Get Details
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page 6 inside!



Phone fitness,
page 10 inside!



Mall-ercise,
page 14 inside!

**LOSE
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30%
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surfing-the-Web stretches. Try a whole new, and
better, way to lose weight and keep it off. See inside!**

PLUS! See how to lose 5 extra pounds in 10 minutes. See page 5 inside.

TRY IT FREE for 21 days! FREE GIFT TOO! See page 19 inside.

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