

PERSONAL TRAINER + NUTRITIONIST + LIFE COACH

# Health & Fitness

November 2010 // £3.99

10 mins to...

## TONE UP ALL OVER

No gym required!

## 10 superfoods that blitz fat

FOUR NEW RULES TO LOOK AND FEEL YOUNGER

### GET FIT FASTER!

36 PAGES OF FITNESS

- + Lose inches and beat stress
- + Be a better runner – instantly
- + More results in less time!

NEW LOOK!

EXCLUSIVE

Steal Elle Macpherson's shape-up moves

Is your home making you ill?

## GET LEAN LEGS

INSPIRATION

'How I lost five stone and ran a marathon'

+

LOW-FAT CURRIES  
DIY HEALTH CHECK  
GYM BEAUTY TIPS



