

Best swimsuits for your figure • Eat pizza, lose weight • Grab-and-go breakfasts

SHAPE  
YOUR  
LIFE

**4**  
**WEEKS**  
**TO BIKINI**  
**ABS**  
NO CRUNCHES  
NECESSARY

# SHAPE

SLIM DOWN BY MAY 31

## GET TO BOD YOU WANT

in the time you have

- ✓ Busy woman's diet
- ✓ Super-quick fat burners
- ✓ Real-life diet tricks

**5 nutrients**  
**you need now**  
(Surprise! NOT calcium)

**All-natural**  
**allergy cures**



\$3.99 (U.S. \$5.99 Canada)  
May 2008 Shape.com  
Display until May 5, 2008

EDITORS' PICK

**CHANGE  
YOUR  
ATTITUDE,  
DROP  
POUNDS**



A delicious  
read

IF YOU READ ONE BOOK THIS MONTH, it should be *The Taste of Sweet: Our Complicated Love Affair with Our Favorite Treats*, by health journalist Joanne Chen. In it, she explores why we love—and love to hate—dessert, what our food choices say about us, and how our culture's sweet tooth affects our health. Even better, she shares the surprising trick to enjoying candies, cookies, cakes, and more without packing on unwanted pounds: Don't avoid them, keep them around!

**"I need an  
at-home  
exercise  
routine"**

**A FITNESS  
DILEMMA—SOLVED**

p. 162

# LAST 700 CALORIES

**The cardio plan  
anyone can do**

**<GO FROM  
FLAB TO FAB**

The workout  
that got Denise  
Richards strong  
& sculpted

**PLUS "I have skin cancer WHERE?"**  
Real women, lifesaving advice, p. 105