

Weight-loss special! 71 new fat-burning tricks

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headache
cures

page 88

Lose
15 lbs
fast!

Burn
extra
calories
while
you
sleep

Without feeling
hungry...
page 122

No-sweat workouts

Attention cube-dwellers: The new Flow DVD (\$29.95; www.thewavecorporation.com) offers seven 5-minute videos with moves for your shoulders, core, chest, arms, and legs that you can do while computer-bound. Videos can be programmed to pop up automatically throughout your workday at 15-minute, 30-minute, 1-hour, or 2-hour intervals.

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anti-aging
secret
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for good
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Jan/Feb 2008
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