

WHY YOU EAT MORE IN WINTER Plus how to calm your crazy appetite, p. 84

SHAPE

SHAPE
YOUR
LIFE

**BORED
AT THE
GYM?**
TRY THIS
p.100

**NEW YEAR
NEW YOU!**

MORE

**MAKE
YOUR TOP
RESOLUTIONS
STICK**
3 no-fail
strategies

YOU CAN DO IT!

**DROP
10 POUNDS
THIS MONTH**

EXACTLY what
to do to slim
down &
keep it off
**A STEP-BY-STEP WEEKLY
WORKOUT PLAN**
THE 100%



SpaRitual
Instinctual
Moisturizing
Lotion
(\$28; sparitual.com)

SPARITUAL
*Instinctual
Moisturizing Lotion*
HYDRATING THERAPY BLEND
WITH WILDCRAFTED INDONESIAN GINGER
ECO-SIZE
MULTIPURPOSE
HAND BODY FOOT
VEGAN
BILOGIC THERAPEUTIQUE HYDRATANT
COMBINACION DE TERAPIA HIDRATANTE
14 FL OZ / 413 mL

AS SEEN IN SHAPE JANUARY 2008

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