

AMAX

TALENT / CREATIVE

**HAVE FUN GETTING FIT**

# Health

**DROP 10 LBS THIS MONTH**  
How to Tone & Tighten All Over

**Beauty Made Easy**  
Smooth Skin, Glossy Hair Overnight

**Trendy New Diet Tricks**  
What Will Work, What Really Won't

**32+ RECIPES FOR FAST, HEALTHY MEALS**

*Jewel*  
**Finding Joy Every Day**

**Choose the Best Superfoods**  
to Keep Pounds Off

**DOES CANCER SCARE YOU?**  
Easy Steps to Cut Your Risk

MAY 2013

CHARLIE