

AMAX

TALENT / CREATIVE

HAVE FUN GETTING FIT

Health

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

32+ RECIPES FOR FAST, HEALTHY MEALS

Jewel
Finding Joy Every Day

Choose the Best Superfoods
to Keep Pounds Off

Beauty Made Easy
Smooth Skin, Glossy Hair Overnight

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

DOES CANCER SCARE YOU?
Easy Steps to Cut Your Risk

MAY 2013

CHARLIE