+Sexy Shoulders in Just 10 Minutes+

SHAPE YOUR LIFE

20 Minutes l

Flai Abs

20

TASTY, LOW-CAL SNACKS

Ice Cream Chips & More

40+
BEAUTY TIPS T
Get Gorgeo
Head to To

Rock-hard fruit is the pits! Stick to what's in season for juicier returns.

Fresh Connect

SPECIAL DELIVERY

Just because you haven't had enough time to get to the farmers' market doesn't mean you have to resign yourself to under-ripe strawberries and bagged lettuce shipped from across the country (or even from another continent!). Just set up an account at fruitguys.com and, for \$32 a week, you'll receive a box the size of a small suitcase filled with about a dozen kinds of seasonal, organic fruits and veggies, most sourced from sustainable farms in your region. Our shipment contained super-juicy tangelos, striped beets, and wild mushrooms—plus recipes for showcasing them.

Eat Right News

Audrina
Patridge
ON LOOKING
THIS HOT
IN THE HEAT

500
Calories
at Work p104

Sculpt a **Region Thush Hast**

