

# shape your life news



## WORTH A CLICK TEXT A PRESENT TO A FRIEND

Don't stress out if you waited until the last minute to get your sister a gift for her 30th. Just go to [giiv.com](http://giiv.com) and choose from an Exhale Spa yoga lesson, movie tickets from Fandango, flowers from Teleflora, and more. Type in her cell number and her phone will buzz with the alert and a code she can use to redeem the present in-store or online. Best of all, she'll never know you almost spaced.



At a loss?  
Text a gift certificate  
and let her  
choose her  
present

# egg tested



# MOTHER NATURE approved.

Good for you. Good for

STOP BELLY BLOAT FAST  
3 EVERYDAY FOODS TO SKIP

EAT MORE, EXERCISE LESS  
NEW CELLULITE FIXES

USE THIS TOOL  
BURN  
600  
CALORIES  
IN 30 MIN.

REVEALED!  
KIM  
KARDASHIAN  
"I'LL NEVER  
BE ONE OF THOSE  
SKINNY GIRLS,  
SO WHAT?"  
PLUS THE 7 MOVES  
THAT HELPED HER GET  
THESE CURVES p. 78

A FIRM BELLY  
IN 30 DAYS

FLAT ABS  
THE TRUTH!  
WHY ENDLESS  
CRUNCHES  
DON'T WORK  
AND WHY  
THIS DOES  
p. 159

WHAT GUYS  
LOVE ABOUT  
YOUR BODY  
(YOU'LL BE  
SURPRISED!) p.

THE 28 SEXIEST SWIMSUITS!  
THEY SOLVE ALL YOUR FIGURE PROBLEMS

YOUR BEST  
BODY EVER!  
SLIMMER  
BY NEXT  
WEEK

TRY THIS  
PLAN, SEE  
RESULTS  
IN JUST  
5 DAYS

"HELP!  
MY JOB  
IS MAKING  
ME FAT"  
SNEAKY WAYS  
WORK PACKS  
ON POUNDS

SHAPE  
YOUR  
LIFE

0 74470 51078 1

# best beach read



*Lips Unsealed: A Memoir*, by Belinda Carlisle  
In her new book, singer Belinda Carlisle writes about being "the chubby one" in the 80s, struggling with eating disorders, and ultimately accepting who she is. Also juicy dirt on other '80s stars. Consider it the perfect se...

Belinda, 51,  
has learned a  
lot since her

Go to [shape.com/giveaways](http://shape.com/giveaways) to enter to