

CAN'T STOP AT ONE CANDY BAR? Why cravings may have nothing to do with insulin

SHAPE

SHAPE YOUR LIFE

"I LOST 40 POUNDS!"
HOW YOU CAN TOO
p.126

30-MINUTE PLAN

BURN EVEN MORE CALORIES

The healthy food that's making women fat
A diet must-read

GET FLAT, FIRM ABS

6 Pilates-based moves that take inches off your middle
Samantha Who?'s Jennifer Esposito shows you how, p. 54



Orly Nail Lacquer in Petit Four

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