

YOUR DREAM BODY
IN ONE WORKOUT A WEEK

WHAT TO EAT FOR
GORGEOUS HAIR

SHAPE

SHAPE
YOUR
LIFE

FIGHT
STRESS
WITH
CHOCOLATE
ALL-NEW
RESEARCH
p. 153

RESULTS IN 4 WEEKS!

HOW TO
WALK OFF
BELLY
FLAT

EXCLUSIVE!

Chelsea
Handler

"HOW I GOT
THESE SERIOUSLY
SEXY ABS" p. 58

SPRING
SKIRTS
THAT WILL
SHAVE OFF
10 POUNDS



TREND WATCH

PERFUMED PENDANTS

These gorgeous necklaces pop open to reveal scented balms you can tote anywhere—from cubicle to cocktails. Bonus: Solids linger longer on skin than spritzes do. Check out (from left) the **Joya Enchanted Spider Venom Solid Perfume Pendant and Necklace** (\$80; anthropologie.com for stores), **Estée Lauder Bronze Goddess Pendant and Necklace** (\$75; esteelauder.com), and **Stella McCartney Stella Solid Perfume Necklace** (\$49; sephora.com).

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that make you fitter—faster!

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