

The better-sleep solution in your fridge • sexy arms in 3 minutes

SHAPE
YOUR
LIFE

FREE
WORKOUT
TIPS
INSIDE
PG. 100

RESEARCH PROVEN

**DROP
5 LBS
WITHOUT
DIETING**

Eat what you
want and still lose
weight by Jan. 1

**BLAST
MORE
CALORIES**

The cardio workout
that melts flab



**CARLA CHAVEZ
SHARES EXERCISES**

EXCLUSIVE!

Holiday recipes
that keep you
slim p. 44

PLUS

Top chefs show
you how to cut
calories from
your next meal

CARLA'S DIET TIPS
for a leaner body

NO TIME, NO GYM?

**SNEAKY
WAYS TO
GET FIT**

15-minute workouts
you can do
ANYWHERE



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Try this!