

REACH YOUR GOAL

LOSE 8 POUNDS AT HOME

Slim, no gym!

Our promise It doesn't matter where those extra 8 pounds came from or when they sneaked up on you. This no-fail, at-home plan will make them vanish into, well, *thin* air. Prepare to supercharge your metabolism, burn calories and shed 2 pounds a week without ever setting foot in a gym. Drop weight on *your* turf on *your* time.

Burn fat! Sweat for as little as 30 minutes a day five or six days a week with our cardio sessions on page 68.

Get toned! Firm all over with our fun, effective strength moves on page 83.

Fill up! Beat diet boredom with the yummy, slimming meals on page 76.

Sign up at Self.com/goal, then turn the page to change your body forever.

click!

SELF.COM PERKS

- FREE Progress logs** Sign up online and you'll get your own home page, where you can track calories burned and pounds lost.
- FREE Exercise videos** Perfect your form with how-to workout demos.
- FREE Recipes** Got a hankering for something healthy? Whip up tons of delicious and nutritious recipes.
- FREE Shopping lists** When you spot a dish you love, instantly download a grocery list with ingredients. Good-for-you eating has never been so easy!

WIN COOL PRIZES

Sign up at Self.com/goal for a chance to win all the amazing prizes on page 12, including a luxe spa trip to Bermuda. Finish the program and you'll also be in the running for this NordicTrack treadmill worth \$3,000. Get sleek while you *Glee* out!



STILL LIFE: COURTESY OF ICON FITNESS. SEE GET-IT GUIDE.

THE CLEAR-SKIN DIET. TRY IT! P.104

SELF

YOU AT YOUR BEST

YOUR WEIGHT MINUS 8!

Exactly What to Eat and Do To Be Thinner in 30 Days

6 Ways to Eat Healthier Automatically!

BURN 200 CALORIES Without Working Out P.138

Have Hotter Sex No matter what's going on outside the bedroom

5 Inspiring Stories to... Feel Happier Right Now

SAVE YOUR LIFE GUIDE "I Had a Heart Attack at Age 28" Symptoms Anyone Could Miss

Beyoncé On the power of gratitude and attitude!

WIN! \$384,000+ Worth of Amazing Prizes

Fall Trends You'll Adore Compliments coming your way!

Fun Fitness Gadgets That Practically Exercise for You



SEPTEMBER 2010 \$4.99 CANADA