

NOVEMBER 27, 2011

**5** DAYS,  
**5** MEALS  
YOUR WEEKDAY  
MENU PLANNED

HEALTH  
SECRETS OF  
**SUCCESSFUL**  
**PEOPLE**

# HIT THE POOL

.....  
the easy underwater  
routine that burns  
flab fast

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**+ ONLY IN THE NT >>**

BABIES, SOCIALS, FISHING,  
MOVIE REVIEWS AND MORE