

8 Things to Do **RIGHT NOW**
IT'S GOOD TO BE YOU™

Women's Health



YOUR FITTEST YEAR STARTS NOW!
All-New Workouts, Instant Results!

SUPER-HEALTHY ONE-POT MEALS page 84

DO MORE— IN LESS TIME

1,701 COOL HEALTH, FITNESS, NUTRITION & SEX TIPS

Happiest New Year.

Women's Health is the perfect solution to last-minute holiday shopping. That special woman on your list will love the



YOURS FREE

practical advice on nutrition, fitness, relationships, sex, and beauty, while you'll love the FREE GIFT you get just for giving a gift subscription. Reply today!

menshealth.com/giveher