

Health

WOW!
INSTANT ENERGY BOOST
p.18

WALK A LITTLE, LOSE A LOT

Drop 12 Lbs In 4 Weeks!

EAT YOUR WAY SLIM

7 Amazing Fat-Burning Foods

All-Natural Allergy Cure

It's True! See p.69

BREAST CANCER
Simple Ways To Slash Your Risk

Belly, Butt, Thighs!

TONE EVERY BULGE

In Just 10 Minutes!

Zoey Deschanel

Her secrets to a sunny life

Gorgeous For Less!

83 Best Buys For Your Skin, Hair & Body

Health.com \$3.99US \$5.50CAN 04>
0 92567 10410 9



Save Big for Spring!

GO TO HEALTH.COM/DEALS TO SEE HOW TO REDEEM.
(Offers valid March 19, 2010 through April 22, 2010.)

15% Off



GOLA CLASSICS

Treat your feet with these vintage-inspired Gola Hocus sneakers. We love them in this light, satiny green. **15% off the Hocus Shoe in light green**

THE BODY DELI

Nourish your skin with beauty products made from ultrafresh ingredients. The Blueberry Fusion Facial Scrub looks tasty enough to eat! **10% off entire purchase**

10% Off



25% Off

HORNY TOAD

Outdoor activewear has never looked this good! Our pick: the stretchy Gia dress in guava, perfect for a tennis match or a trip to the market. **25% off entire purchase**



15% Off



GREENCOOKINGPOTS

These heavy-duty cast-iron skillets cook food perfectly and don't leach harmful toxins like some others can. **15% off skillets**

30% Off



HAZEL & HARLOW

Need a little glam in your life? You'll love this playful collection of jewel-encrusted baubles. **30% off entire purchase**



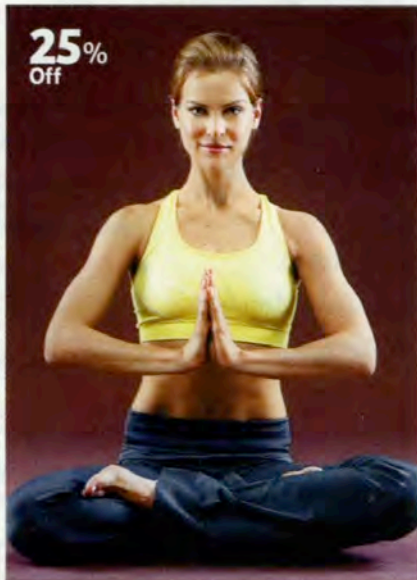
FREE!

FREEBIE ALERT

BENEFIT COSMETICS

We're wild about Benefit's BADgal brown mascara; the hue enhances your lashes while the wand fans them. Add it to your shopping cart, and it's **free with purchase of \$35 or more**

25% Off



NUX

Nux's line of figure-flattering yoga wear hugs in all the right spots. Check out these Foldover Pants: they're made with a special moisture-wicking blend of yarns that wipe away sweat to keep you dry. **25% off entire purchase**

15% Off



JUJU ORGANICS

We love these good-for-you (and the planet!), indulgent beauty products. One of our faves: John Masters Organics Bourbon Vanilla & Tangerine Hair Texturizer. **15% off entire purchase**

15% Off

LIFEFACORY

Hydrate to your heart's content with these chic—and Earth-friendly—glass water bottles. Each sports a protective silicone sleeve to help prevent breakage and make it easy to grip. **15% off water bottles**



20% Off



FOODSAVER

Meats keep spoiling in the refrigerator? Save them with this cordless, handheld (and rechargeable!) vacuum sealer. **20% off FoodSaverFreshSaver Handheld Vacuum System**

20% Off



LINDT

Craving something sweet *and* salty? Give in and try Lindt's newest dark chocolate bar, with a hint of sea salt. **20% off A Touch of Sea Salt**

Health magazine does not control the offers or products on this page and cannot guarantee their availability.