

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

SHAPE

SHAPE
YOUR
LIFE

**FREE
WORKOUT
CARDS
INSIDE**
P. 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

EXCLUSIVE!

FOOD
NETWORK'S

Giada De Laurentiis

"The holiday
recipes that
keep me slim" p. 44

PLUS

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

NO TIME, NO GYM?

SNEAKY WAYS TO GET FIT

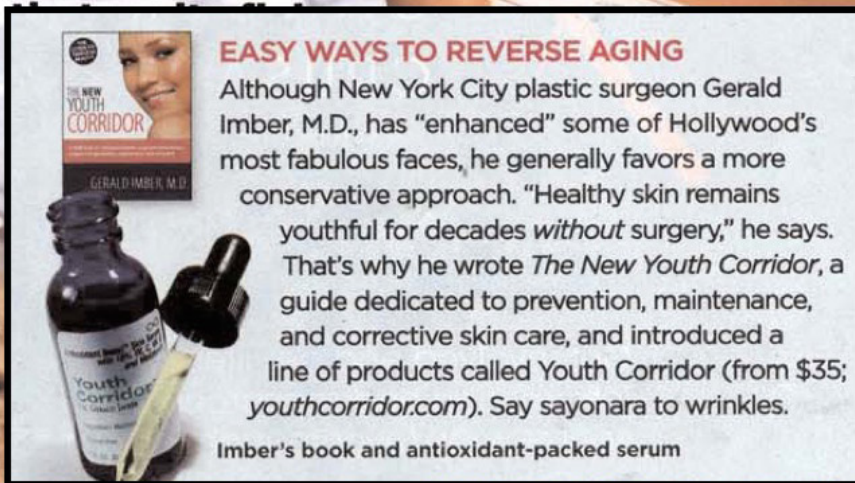
15-minute workouts
you can do
ANYWHERE

Luxe shoes,
bags,
and more
from \$38!

EASY WAYS TO REVERSE AGING

Although New York City plastic surgeon Gerald Imber, M.D., has "enhanced" some of Hollywood's most fabulous faces, he generally favors a more conservative approach. "Healthy skin remains youthful for decades *without* surgery," he says. That's why he wrote *The New Youth Corridor*, a guide dedicated to prevention, maintenance, and corrective skin care, and introduced a line of products called Youth Corridor (from \$35; youthcorridor.com). Say sayonara to wrinkles.

Imber's book and antioxidant-packed serum



ny *energy* stress buster for busy women