

SHAPES

BE BEAUTIFUL.
BE IN SHAPE.

SEE RESULTS IN JUST DAYS

MELT BELLY FAT!

Get Flat Fast—and Make It Last

37

Brilliant Tips for Healthy, Glowing Skin

YOUR SEXIEST SUMMER EVER!

Sculpted Abs
Killer Thighs
Go-Bare Arms



Body by Jillian

Her Secrets for Rapid Weight Loss

20 BEST SLIM-BELLY SNACKS

INTENSE SEX

Have It Tonight!

HAPPY CALM CONFIDENT

REWIRE YOUR BRAIN

July/Aug 2015 \$7.99



MULTIPACK: 1 OF 2 NOT INTENDED FOR INDIVIDUAL SALE



EXPLORE YOUR POTENTIAL

"Taking an adventurous vacation that promotes exercise can be the jump start that gets you moving more often," Kelli Ricco says. Consider it a valuable souvenir.

Seven pulse-quickening trips that will inspire you to get out there

Scuba—and save coral reefs—in Bonaire ↑

Take a guided dive with Great Adventures Bonaire at Harbour Village Resort to the man-made nurseries of elkhorn and staghorn coral off the coast of this gorgeous Caribbean Island. You'll learn how to scuba dive, then use those skills to help you graft small sections of coral (called coral babies), which will ultimately be transplanted to replenish reef systems.

(From \$295 per night, dive not included, harbourvillage.com)

Learn to surf in Hawaii

Stay in the camp house at Surf Hawaii's Surf School on the north shore of Oahu or rent a beachfront cottage. Either way, you'll get your fill of surf lessons from experts, as well as yoga, hiking, and whale watching.

(\$1,895 for one week, surfhawaii4u.com)

Backpack in the Grand Canyon

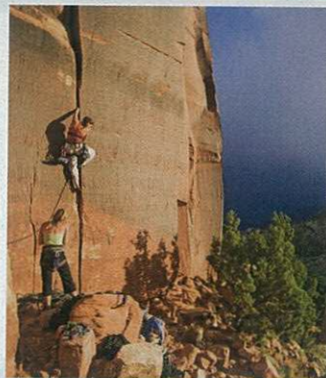
This four-day backpacking trek, led by the pros at REI's Outdoor Adventures, takes you from the South Rim to the canyon floor.

(From \$775 per person, April through mid-October, rei.com/adventures)

Explore the surf and turf of Costa Rica

Do intervals of relaxing beach lounging and energizing stand-up paddling and kayaking, or spend a day rappelling or mountain biking with the Four Seasons wellness program. Don't worry about getting a little sore—the spa can help take care of that and more.

(From \$475 per night, some adventure activities separate, fourseasons.com/costarica)



Rock climb in Mount Zion National Park ↑

After a daylong intro course, spend the rest of your trip exploring fun routes with the savvy instructors from Zion Rock & Mountain Guides.

(From \$130 per day, zionrockguides.com)

Kayak and hike in Greenland

Work up an appetite with nine exciting days of kayaking, hiking, and whale watching at the Natural Habitat Base Camp. The camp chef will have gourmet meals waiting for you at home base.

(\$8,995 per person, nine-day trips from August through September, nathab.com)



Stand-up paddleboard and more in Saint Lucia ↑

Mountain biking, scuba diving, and water sports—plus archery, golf, tennis, and tai chi—are among some of the activities offered at the aptly named BodyHoliday resort. (You can also participate in a "quadrathlon," in which you bike, run, rappel, and kayak.) Everything is included at this amped-up retreat, including daily spa services and gourmet meals.

(From \$1,000 per night, thebodyholiday.com)