


Mind, Body + Spirit

fitness **fitness**



**SPECIAL
WEIGHT
LOSS
ISSUE**

- HEALTHY RECIPES
- 1-MINUTE MOVES THAT
WILL CHANGE YOUR BODY
- 10 NEW SUPERFOODS
FOR WOMEN
- FALL BEAUTY PREVIEW

**DAISY
FUENTES**
How she stays
stress-free &
sculpted

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STAYING BETWEEN YOU AND YOUR FAT PANTS.



You've worked so hard to look this good...

...but the unfortunate fact is after successful dieting, your body can actually work against you, slowing metabolism and making it harder to keep weight off. Also, your body can acclimate quickly to many thermogenic weight loss products, reducing the thermogenic effect over time. It's time to rewrite the rules! **Metabolife Ultra® Weight Management** is a unique, patent pending formula clinically shown to maintain full thermogenic effect

NEW