

LOVE YOUR BODY, LOVE YOUR LIFE

Health & Fitness

December 2012 // £3.60

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36

hot gift ideas you'll love

DROP A SIZE BY XMAS

Your four-week countdown plan

TOO BUSY TO WORK OUT?
Get fit in half the time! p18

THE FLAT BELLY DIET
Shrink your tummy fast

4 moves for killer legs

LIFECOACH

How to get what you really want

Party & survive!

8 steps to stay happy and healthy all season

PLUS EXPENSIVE SKIN - FOR LESS! | WINTER'S COOLEST SKI TRENDS





BRIGHT YOUNG YOUNG THINGS

Revive your workout wardrobe with these picks from the newest kids on the UK sports fashion block

PHOTOGRAPHER: Glen Burrows STYLIST: Siân Lewis

*Lorna Jane Twister Crop, £35;
XPG Loose Fit Vest, £20;
HPE Formula 40 Cropped
Leggings, £55*