

W O M E N ' S *fitness*

& HEALTH



VOL. 11 NO. 1
AUST \$6.95 INC GST
N.Z. \$8.50 INC GST

HOT AUSSIE BODIES

THEIR TIPS EXPOSED

The *secret* to sexy abs

Overeaters Anonymous

Are you at risk?

Sue Stanley Real Resolutions

GET YOUR PERFECT BODY

NOW!

GI Made Easy
YOUR 4 WEEK LOW GI EATING PLAN

BodyBlitz
12 Week Challenge
\$10,000
IN CASH TO BE
WON!

Angelina Jolie

Buff, Bold & Beautiful

YOUR DAILY GUIDE To A Healthier More Fulfilling Life

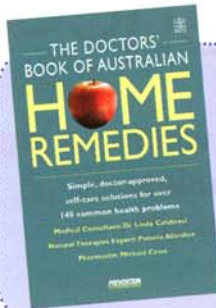




giveaways

If you'd like to win one of the prizes on this page, it's as easy as:

1. Log onto www.sportzblitz.net
2. Click on the Women's Fitness Section
3. Click on competitions and answer the simple questions.



5 x The Doctor's Book of Australian Home Remedies

Thanks to Pan McMillan Australia we have five copies of this great new book to give away. Authoritative, trustworthy and up-to-date, *The Doctor's Book of Australian Home Remedies* provides simple self-care solutions for over 140 health problems.

25 x Revlon Jelly lips

You too can have lips like Kate Moss with Revlon's latest offering. Available in four succulent flavours, Jelly Lips is the must-have accessory for women who like to look good.



10 x packs of Love Capers

A relationship game with a twist – sexy, playful, naughty but nice. An ideal Valentine's Day gift for the one you love. Stockists: (07) 3666 0116

10 x Nvey eye kits

Inspire a little envy this summer with Nvey Le Maquillage, the salon-preferred makeup range for gorgeous skin, eyes and lips. Here at WF&H we think the range is awesome.

Why? Because it lets you turn any eyeshadow in to a liquid.

Stockists: 1800 64 88 31



2 Vaalia Prize packs

Vaalia, Australia's fastest growing probiotic yoghurt, is giving you the chance to 'feed the spirit' with this brilliant prize pack. You could win a handy Vaalia cooler-bag and gym hand towel, Vaalia voucher, Braun Multiquick Professional Handblender and a copy of Elaine Bruce's *Living Foods for Radiant Health*.



WOMEN'S
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& HEALTH

IN THE NEXT ISSUE

Don't miss the next issue of *Women's Fitness & Health*, Australia's premier guide to a fit and healthy lifestyle.

Valentines special

Revamp your love life, workouts for two and sex and the single girl

Pins and needles

How and why acupuncture's gone mainstream

New food for fat loss

The wonders of coconut

PLUS...

The latest workouts to keep you in shape, delicious recipes, the latest trends in fitness fashion, health advice and much more...



Next issue
on sale
January 19