

BODYFIT MAGAZINE

Ultimate Women's Fitness Glossy

Bodyfit

YOUR PERSONAL FITNESS COACH

APR 2013 www.bodyfitmagazine.co.uk

21 DAYS TO BODY BEAUTIFUL

LEGS, BUTT, TUM: ALL YOUR
TROUBLE SPOTS SORTED!

EAT FAT - Get Thinner!

Lose lbs easily with filling foods

WALK OFF YOUR MUFFIN TOP

*Fit into your
SKINNY JEANS*



Hot as Halle!

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FROM HOLLYWOOD

SAFE PREGNANCY EXERCISES ■ 10-DAY PLAN FOR SHIFT WORKERS

ALESHA
DIXON

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in my 30s"
+ THE ONE FOOD SHE
EATS EVERY DAY

STAY FIT
FOREVER
Mind tricks that
guarantee success

Perfect
moves for
shapely
arms

APR 2013 £3.80

