

**NEW! FOR WOMEN!**

# **FITNESS** **Rx**<sup>TM</sup>

**YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY**

***KNOCK-OUT BODY SPECIAL!***

**FAT  
LOSS**  
***BREAKTHROUGH!***

**The  
Cellulite  
Solution**

*Get the body you've  
always wanted and*

**LOOK GREAT NAKED!**

**the FAT  
TRUTH**



OCTOBER 2002 \$3.99US \$5.99CAN 10>  
0 71486 03419 1

## ***Stacey Support***

I am currently trying to get into the best shape of my life! I have been a very faithful reader of your magazine since it came out! Great information and very informative! I have been doing Stacey Cravens' workout (60-Minute Meltdown article, Aug. 2002) for the last couple of weeks and I am so amazed at how sore and exhausted it makes me. The explosive moves are such a killer! My girlfriends and I watched the

---

huge win on ESPN. It was so motivating to see Stacey perform. She is another Mia Finnegan in the fitness industry. We have always wondered what Stacey's workout was like and were so excited to finally see how she keeps her fantastic shape! We have the article taped up in our hometown fitness gym so we can follow it. We love your magazine!

Stella and the Fitness Crew  
e-mail