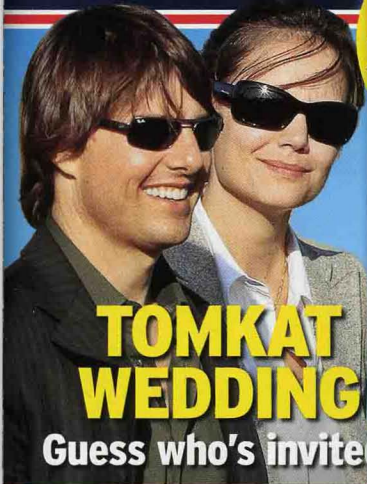


JUSTIN & CAM BRING SEXY BACK TO THE BEDROOM

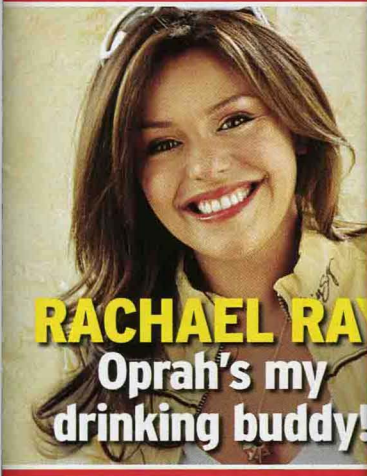
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WEEKLY  
**OK!**

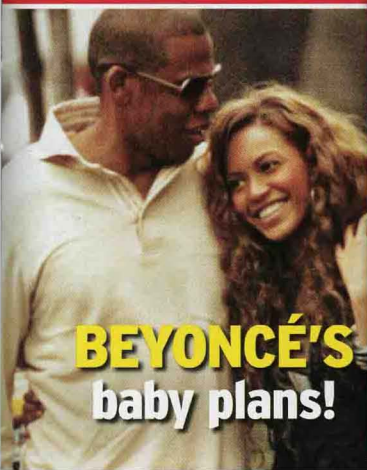
SPECIAL PRICE!



**TOMKAT WEDDING**  
Guess who's invite



**RACHAEL RAY**  
Oprah's my drinking buddy!



**BEYONCÉ'S**  
baby plans!

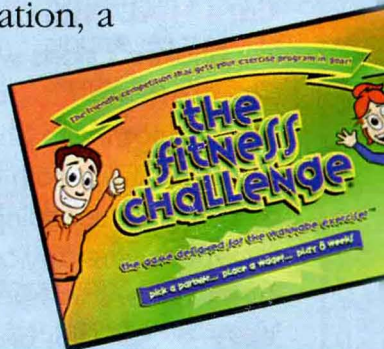
## ASK RACHEL

Our health director answers your top questions



**Q** I can't afford a trainer or fancy classes, but I hate working out on my own. Any suggestions?

**A** Pick up **The Fitness Challenge** ([fitnesschallenge.com](http://fitnesschallenge.com), \$30). It's an eight-week exercise program for all fitness levels, packaged in the form of a game that you play with a friend. The two of you challenge each other to complete the program — scorecard and awards coupons included — and the friendly competition offers built-in motivation and a support system. Bonus: One dollar from the sale of every game goes to The Fitness Challenge Foundation, a nonprofit group that supports wellness, medical research, and family and children's issues.



**CA'S**  
**OWN**

nd  
out  
ess  
away

