

Eat Out, Drop Weight and Save Money!

SHAPE

SHAPE
YOUR LIFE
SHAPE.COM



**LOOK
BETTER
NAKED**

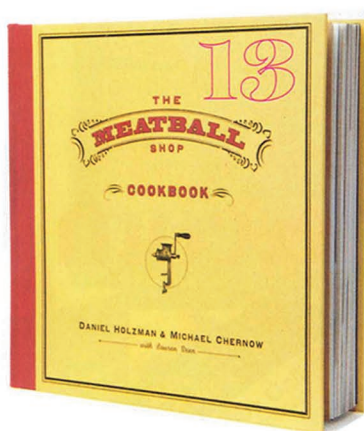
Easy Sculpting & Fast Cellulite Removal

the SHAPE Guide

Spoil Him Rotten!

Roses are red, violets are blue. This Valentine's Day give your guy a gift that's sure to say, "I love you!"

▶▶ The Guide to **Gifts for Him**



13 CHEF'S SPECIAL
The Meatball Shop Cookbook (\$28; themeatballshop.com) features yummy recipes (like Jambalaya Balls) that'll hold your guy over until grilling season.

**#1 WAY
TO LOSE
THE LAST
10 LBS**
AND KEEP THEM
OFF FOREVER!

TV's
**HAPPY
ENDINGS'**

**Elisha
Cuthbert**

Her 5-Minute
Workout for
**Killer
Curves**



**9 SURPRISES
TO PREPARE
YOUR HUSBAND**

**Get Slim
Without
the Gym**
Total-Body Toning

**Super Snacks
Won't Make You**