

**HAVE FUN GETTING FIT**

# Health

**DROP 10 LBS THIS MONTH**

How to Tone & Tighten All Over

**Beauty Made Easy**  
Smooth Skin, Glossy Hair Overnight

**Trendy New Diet Tricks**  
What Will Work, What Really Won't

**32+ RECIPES FOR FAST, HEALTHY MEALS**

*Jewel*  
**Finding Joy Every Day**

**Choose the Best Superfoods to Keep Pounds Off**

**DOES CANCER SCARE YOU?**  
**Easy Steps to Cut Your Risk**

MAY 2013

*live life*  
**TRUE to YOU**

JEWEL IS BACK WITH A HOT TV MOVIE, AN EXPANDED FLEET AND A RECIPE FOR EVERYDAY SATISFACTION.  
By Amy Spence • Photography by Matt Jones

"Our bodies are our bodies. And they're beautiful, whether you're more hippy or bosomy, or you've got a belly."

CHARLIE GREEN MAKEUP ONLY - AZ

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