

WHAT BLISSFUL COUPLES KNOW, P. 34

Women's Health

Cute
Swimsuits
For Active
Women

HOT & HAPPY!

2 WEEKS TO FLATTER ABS!

The Breakthrough Workout
That's Actually Sane

\$1 Secret to
GREAT SKIN

The Exact Way
46 Women Lost
37 Pounds Each

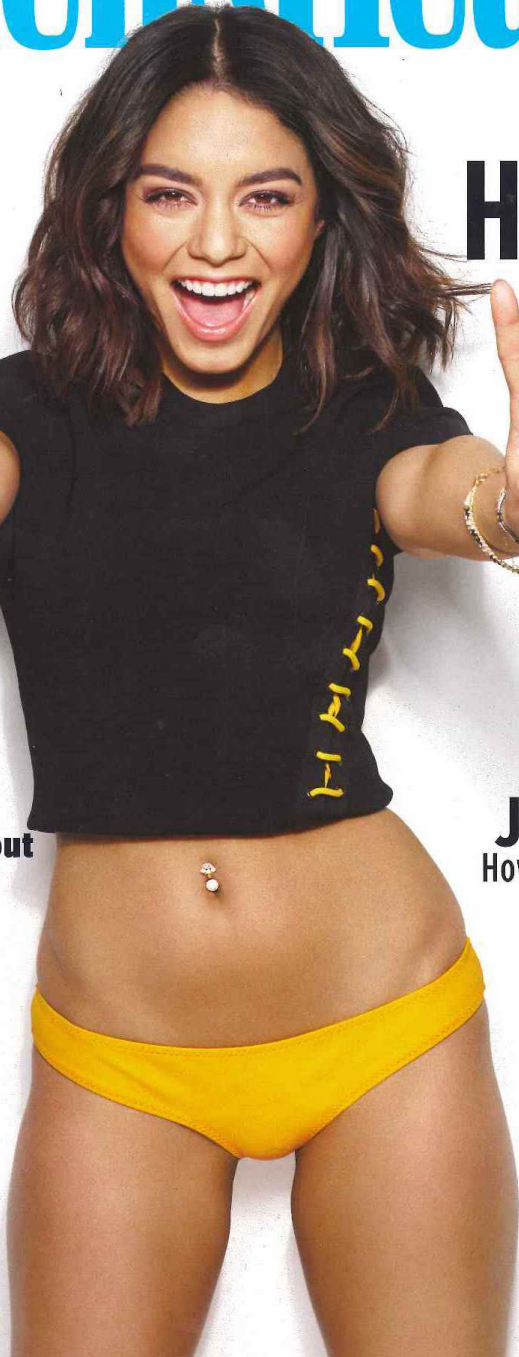
32 Easy
Ways To
Lose
Inches,
Crush
Stress,
Improve
Sleep,
More!

Peace Out, Junk Food!

How Vanessa Hudgens
Got Clean & Lean



7 Best Foods For Energy



WomensHealthMag.com

Active

Multiple thick straps offer great chest support—necessary when spiking a volleyball. *Athleta* top, \$54, and bottoms, \$49, athleta.com

Electric trim: so much fresher than nautical stripes. *Tommy Bahama* rash guard, \$98, and bottoms, \$54, tommybahama.com

Deep arm holes and ruched bottoms let you move, move, move! *Perfect Moment* set, \$195, perfectmoment.com

Thanks to a long-line bra top and tie waist, massive waves won't leave you naked. *TYR Sport* top, \$40, and bottoms, \$30, tyr.com

The sexiest racerback we've seen. Stun as you swim. *Kenneth Cole* suit, \$109, houseofswim.com

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WOMEN'S HEALTH - FEATURING OUR WOMEN'S NOVELTY SOLIDS LONG-SLEEVE HALF-ZIP RASH GUARD AND HIPSTER BIKINI BOTTOMS.