



STICKS
21 2013

FIT & SEXY
Everything you need to feel awesome this month, p. 100

Tone All Over

Just 20 minutes, every other day

(You can do that!)

Look Gorgeous

How to enhance your prettiest features

Miranda Kerr's Guide to Healthy Living

Beauty and diet tips & one wacky mood booster



The Victoria's Secret Model Workout



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Now their trainer gives you those wow curves

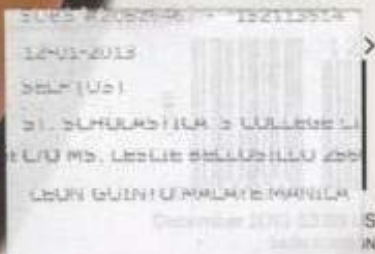
Clothes That Flatter Your Shape

Flat abs!

5 things your tummy is trying to tell you

Eat up, stay slim

What to choose so you won't gain an ounce!



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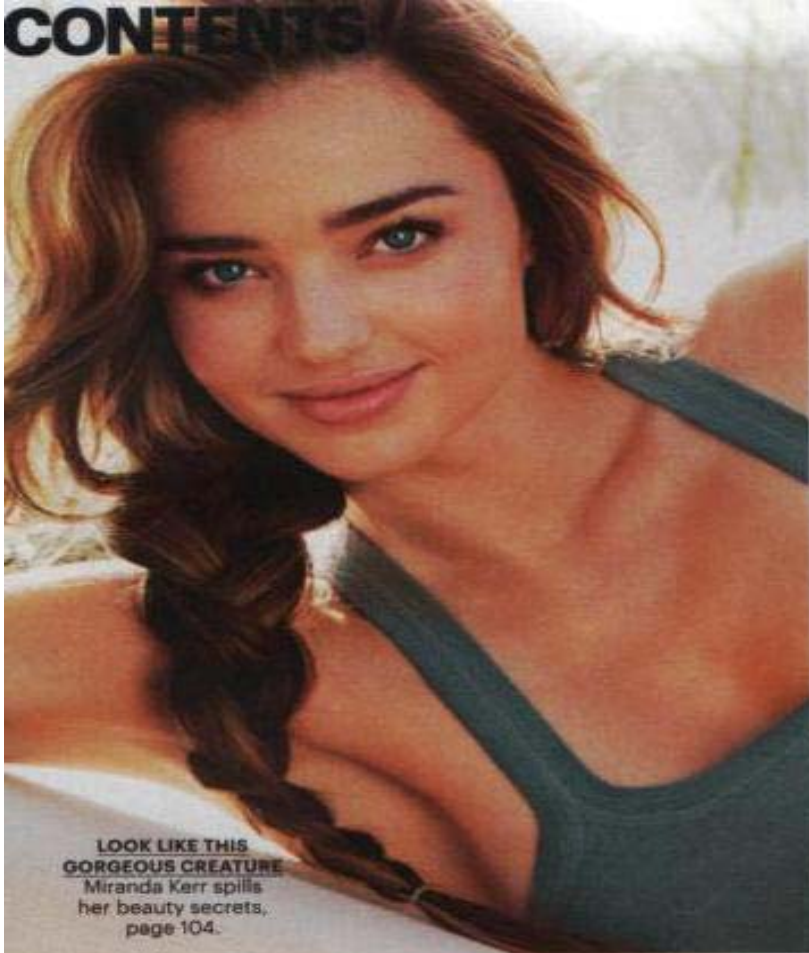
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WANT A HOT BODY?
The moves that Erin Andrews swears by—and you will, too: page 70. Top, Michi. Shorts, Onzie



LOOK LIKE THIS GORGEOUS CREATURE
Miranda Kerr spills her beauty secrets, page 104.



HAVE YOUR CAKE...
And drink with it, too (there's orange liqueur in there, sugar). Page 108

YOU+BODY

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COVER

Photograph by Kenneth Willardt in New York City. Creative director, Cynthia Searight; fashion director, Evyan Metzner; hair, Peter Butler for Wella Professionals; makeup, Ana Marie for The Wall Group; manicure, Gina Viviano for Chanel.

CLOTHES Rash guard, Vitamin A. Bikini bottom, Triangl. Earrings, Tiffany & Co. Watch, Chanel. See Get-It Guide.

GET THE LOOK Dior Diorskin Airflash Spray Foundation, \$62. Aveda Pure Abundance Style-Prep, \$24



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