

LOVE YOUR WHOLE LIFE! Prevention

AUSTRALIA

WALK IT OFF!

Torch kilos in just
10 minutes a day

HEALTH SECRETS
AT 40, 50, 60+

HOW TO CREATE
MORE JOY
inspiring real stories

12 BEST WALKING SHOES

tested by
experts

Shelley
Craft

*"I don't sweat the
small stuff – that's
how I stay sparkly!"*

New
solutions
for erasing
wrinkles

SPRING
MEALS FOR
MORE ENERGY

Detox your life!

FEEL BETTER
LOOK GREAT