

HEALTHY BODY ♥ HEALTHY MIND

women's fitness

**25-MIN
BODY
BLITZ**
Your express
plan starts now

REVEALED!
*Lucy
Meck's
workout
secrets*

**Eat well,
sleep well**
Your 2-Week
Good Sleep Diet

Too
busy to
exercise?
Try the 9-5 fix you
can do at your desk!

**Speedy
weekday
meals**
Madeleine Shaw
shares her new
tasty recipes

**Charcoal?
On your face?!**
We test autumn's
hottest beauty




LUCY MECKLENBURGH

Select

MODEL MANAGEMENT

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