



Good Health *it's a lifestyle* July 2009

Good Health

it's a lifestyle

July 2009 \$4.95 INC GST NZ \$5.95

NEW LOOK
~~\$6.80~~
ONLY \$4.95
JULY ISSUE

FAST FITNESS FIXES

Plus the 1 minute workout!

5 DIETS THAT GET RESULTS

- the quickest
- the easiest
- the healthiest

+ 7 secret weight-loss weapons

delta
"Listen to your body"

GORGEOUS YOU GET HEALTHY GET HAPPY!

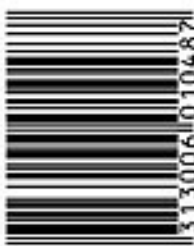
Yes! You can love **RUNNING**
A beginner's guide

10-PAGE HEALTH BOOK
Stop colds & flu

FREE 8-week online weight-loss offer worth \$79

Conditions apply. See p227 for details

acp magazines



30 DAYS of health

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PHOTOGRAPH BY JONATHAN WOOD

