

COSMOPOLITAN

health

STRONGER! SEXIER!

Fitter!

YOUR NEW
SUMMER
BODY PLAN

Hot gear from \$2.95 to match

WHICH FOODS BURN FAT?

The ultimate healthy shopping list

37 WORKOUTS THAT REALLY WORK

Dance Fit circuit, kayaking, mind-boosting yoga & more...

SUE 3
Australia \$6.95 (inc. GST)

COSMOLIVING

acp
magazines

Fast **BEAUTY** solutions for

- SMOOTH LEGS
- BRIGHT COMPLEXION
- SHINY HAIR

free offer*

Fitness First 2-week gym pass worth **\$59.90**
Nak dry shampoo valued at **\$21.95**

*offers not available in NT or Tas
Conditions apply, see pages 46 and 102 for details.

Jennifer Hawkins' SECRETS TO INCREDIBLE SKIN AND THAT BODY!



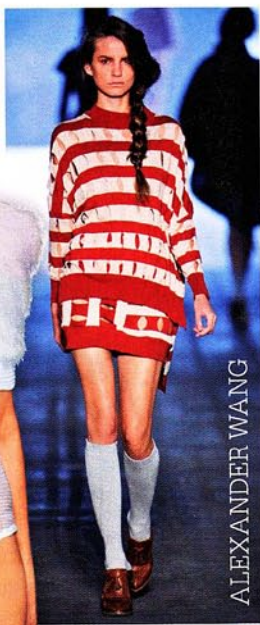
HOW TO ATTRACT **LOVE** INTO YOUR LIFE





ALEXANDER WANG

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STELLA MCCARTNEY



BALLET SHOES \$29.95, Energetiks (energetiks.com.au).



SPORTS BRA \$49.95, Berlei (berlei.com.au).



LEG WARMERS \$17.95, Anything Dance (anythingdance.com.au).



PANTS \$159, Ra-Re (07 5591 7233).



LEOTARD \$49.95, Bloch (02 9699 0999).



TOP \$119, Deshabille (deshabille.com.au).

SHORTS \$24.95, Capezio, available at Anything Dance (anythingdance.com.au).



BOTTLE \$15, Running Bare (runningbare.com.au).



BODYSUIT \$159, Maurie & Eve (maurieandeve.com).



SHOES \$125, Bloch (02 9699 0999).



LEGGINGS \$11.50, Capezio, available at Anything Dance (anythingdance.com.au).



SOCKS \$25, for pack of 2, Running Bare (runningbare.com.au).



BAG \$250, Adidas by Stella McCartney (1800 801 891).



TOP \$59.95, Bloch (02 9699 0999).

Step up

With a wide scope of dance classes available, you're spoiled for choice. There's everything from ballet and Zumba, to ballroom and salsa. Most styles build strength by incorporating movements that resist against the dancer's own weight. Expect improved flexibility and endurance – Australian Dancing Society (australian.dancingsociety.com.au) should lead the way.



Vera-Ellen makes a leotard look chic in 1949 musical *On the Town*.