

October 30, 2006

for women on the go



Halloween WOW!

First

\$1.99

101 MIRACLE MEALS

27 at-home secrets to SALON-PERFECT COLOR



slimming news

Georgia lost 65 lbs!

ARE MAKING

WIN THIS! LOSE WEIGHT!

Make exercise child's play with **The Fitness Challenge** (\$30, at FitnessChallenge.com). Designed for two players, the reality board game (played over eight weeks) offers reward points and customized coupons (like a spa day or a night out) to get players motivated to exercise. Ten lucky *First* readers will receive the game.

ATES FAT?

NEWS! 1 IN



Discovery: The sneaky nutrient shortfalls that cause food cravings

To enter, send your name, address and phone number to **The Fitness Challenge Giveaway**, *First for Women*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632 by November 20, 2006. Turn to page 118 for complete rules.



FREE!

AFFECTED 12 WEEKS REDNESS

GET WHAT YOU



More MONEY? see pg 26
More TIME? see pg 26
More ENERGY? see pg 26
More CLOSET SPACE? pg 90

Display until 10/30/06

