



SELF

**IT'S
GO
TIME!**

**202
GAME
CHANGERS
FOR YOUR
BODY &
YOUR LIFE**

**SUPERMODEL
CANDICE
SWANEPOEL**
HOTTER THAN
HOT—HOW
SHE DOES IT

**FASHION
& BEAUTY**
FROM SPORTY
TO SEXY

Should You Go
**Gluten
Free?**

+ **BURN MORE
CALS WITH
KETTLEBELLS**

