

Health

**LOVE
YOUR
BODY!**

The new, natural way
to look great all over



**AMERICA'S
HEALTHIEST
100 DAYS**

Our amazing plan
starts NOW!

Health.com MAY 2010

**Mariska
Hargitay**

Her inspiring
crusade to
empower women

**125
GET-GORGEOUS
SECRETS**

Easy tricks for glowing skin,
shiny hair and easy summer style

Healthy Shape

Health Promise: ALL OF OUR ADVICE ON GETTING FIT AND REACHING A HEALTHY WEIGHT HAS BEEN APPROVED BY FITNESS AND NUTRITION EXPERTS.



**WHY
DEPRIVE
YOURSELF?**

Lose 5 Lbs in a Week!

Our Drop Pounds Fast Diet is safe, satisfying—and works.

By **Shaun
A. Chavis**

STILL carrying a few winter pounds? It's not too late to lose them superfast, à la Hollywood's A-list. Our safe, no-hunger diet plan, developed specially for *Health* by Los Angeles-based nutritionist Jackie Keller, founder of NutriFit, is based on the advice she gives clients like Charlize Theron, Anna Paquin, and Susan Sarandon. Use this mix-and-match 1,200-calorie plan for seven days, taking your pick of our meals and yummy snacks. Pair this with our workout (page 54) and you'll see results in just seven days. ➔