

SELF

2012
**JUMP
START**

Lose 2 lbs this week! (then 5, 10 or 20 more)

STEP 1 The diet

click!

LOSE BIG
Sign up for trim-down tools, support and more at JumpStartDiet.com.



Since when did dieting get decadent? Since now! Our tasty, healthy detox makes cleaning your plate and dropping weight a joy.

Turn the page to start eating.

STEP 2 The workout



Why Jillian Michaels is smiling: She knows her no-weights workout will have you slim in practically no time—16 minutes, to be exact.

Join Jillian on page 84 to get moving.

GRAND PRIZE
\$3,450

Score a trip for two to Harbor Beach Marriott Resort & Spa in sunny Fort Lauderdale, Florida.

STEP 3 The loot



Along with a sleek body, there's sweet swag to be had! Join at JumpStartDiet.com for a chance to win the grand prize and learn when to snag these one-day prizes:

- 200 pairs of Injinji Toesocks (worth \$12 each)
- 5,000 containers of Vita Coco Coconut Water (\$2)
- 5,000 bags of Popchips (\$3)
- 200 BodyMedia Fit Link Armbands (\$249)



CLOTHING: FROM LEFT: CHARLES MASTERS; FOOD STYLING: ROSCOE BITTILL; PROP STYLING: THOM DRITKE; LARDER & TALLENT: FASHION DIRECTOR; MAKEUP: JESSICA HARRIS; HAIR: JESSICA HARRIS; STYLING: JESSICA HARRIS; PHOTOGRAPHY: JESSICA HARRIS; COURTESY OF BODYMEDIA; COURTESY OF POPCHIPS; SEE GET IT GUIDE.