### MAY/JUNE 2007 VOLUME TWO ISSUE THREE

### FITNESS

#### FEATURE

### **Fitness Without Fatigue**

Tired of your same old routine? Surprise your mind and your body to beat boredom, find new motivation and get better results in less time. By Linda Shelton

#### TRANSFORMATION

**Penelope Ann's Ambitious Shape-up** How British trainer Jamie Milnes made over Penelope Ann Miller. By Ann Wycoff

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### STYLE

#### FEATURE

### At Home in the Hollywood Hills

Old-time glamour gets modernized for a look that is pure California gold.

#### FEATURE

#### **Express Yourself**

Consider your wardrobe a blank canvas that only *you* can create.

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