

**A NEW HEALTHY LIFESTYLE MAGAZINE FOR WOMEN 40+**

Smart ways to live well

Australia

# Prevention<sup>®</sup>

**BREAKTHROUGH PLAN**

## FLATTEN YOUR BELLY

**LOSE 10CM IN JUST 4 WEEKS!**

**NEW SCIENCE TARGETS TUMMY FAT SPECIFICALLY**

## 30 ALL-NEW SUPER FOODS

- Rev Up Immunity
- Build Strength
- Heal Naturally

## AGE-PROOF YOUR SKIN

The One Food To Avoid!

## Walk To Speed Your Metabolism

PRINT POST APPROVED PP241613/00133

■ **COOK!** 20 EASY SPRING RECIPES - DEL

**NEW!**  
FIRST ISSUE

## INSTANT ENERGY SURGE

Never feel tired again!

## POWER UP YOUR HEALTH AFTER 40!

## BOOST YOUR BRAIN IN 60-SECONDS

**NEW!**  
**ON SALE**  
**MONDAY**  
**7 SEPT**

**AVAILABLE AT YOUR LOCAL NEWSAGENT**