

HEALTH, DIET, FITNESS, LOOKS: FEEL 100% CONFIDENT!

Zest

JANUARY £3.30 www.zest.co.uk

FOR EVERY READER
FREE
VIRGIN ACTIVE
GYM PASS
FOR TWO
WORTH £30

LOSE 12LB THIS MONTH

LA's easiest ever diet
no hunger, no hassle

+ GOT 6 MINUTES?

The mini workout that gets results

ANXIETY REPORT

HOW TO LEAD A
WORRY-FREE LIFE

GET YOUR BUZZ BACK!

Everlasting energy
is just a day away

CURE YOUR COLD

Quick
natural
solutions

FIT KIT SPECIAL

**FOUND! YOUR
PERFECT
TRAINERS**

*Performance
footwear gets stylish*

75 WAYS TO GET FIT FOR FREE!

EXPERT TIPS TO BURN MORE FAT FOR LESS CASH
PLUS FREE GYM PASS WORTH £30 + POM SUPERJUICE DRINK WORTH £2.99

**'I was six months pregnant
and addicted to exercise'**



ZEST TESTS SKI WEEKENDS, SPORTS GLOVES, CANAPES, SKIN SOOTHERS