

Appendix A: The Cover Pages of *Men's Health* (Jan 2011-June 2016)

2011

January



March



April



May



June



July



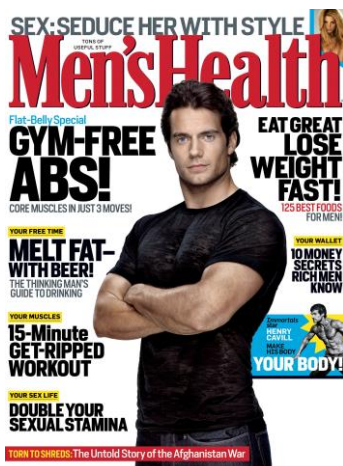
September



October



November



December



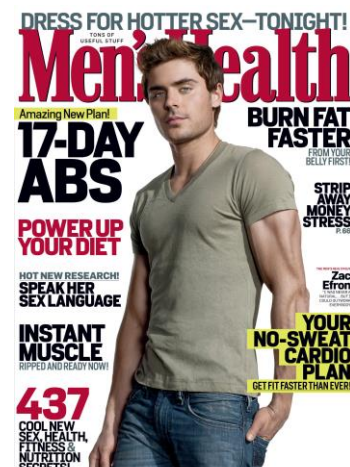
2012

January/February

March

April

May

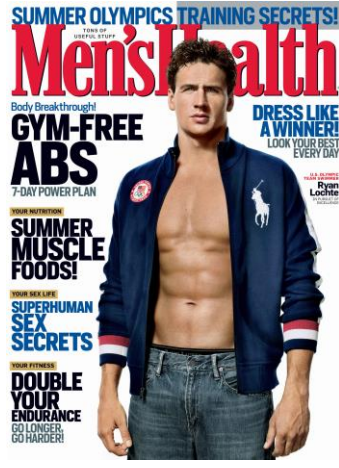


June

July/August

September

October



November

December



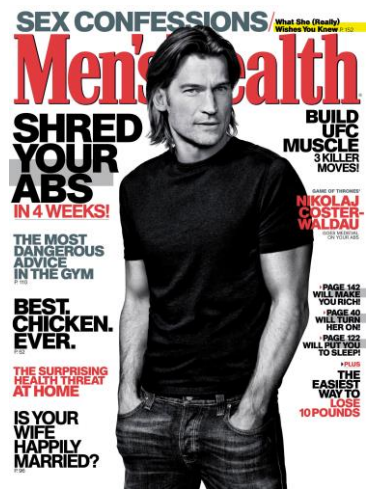
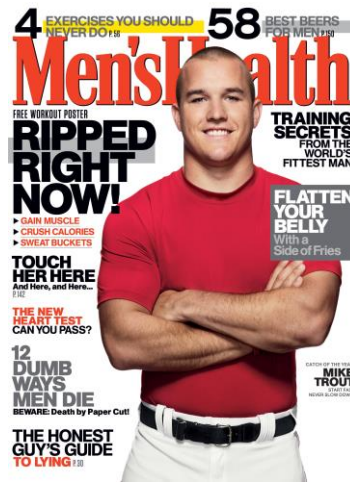
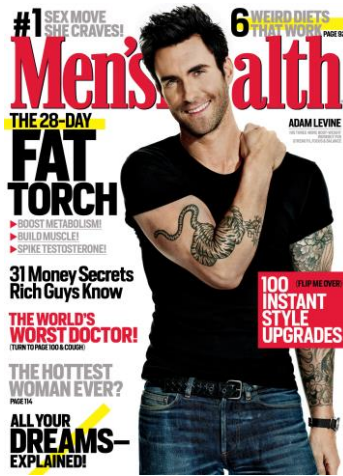
2013

January/February

March

April

May

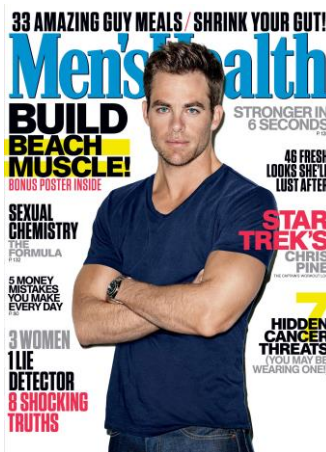


June

July/August

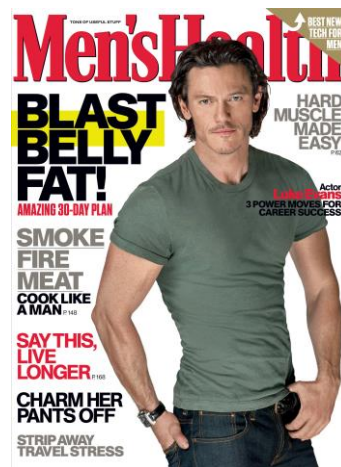
September

October



November

December



2014

January/February



March



April



May



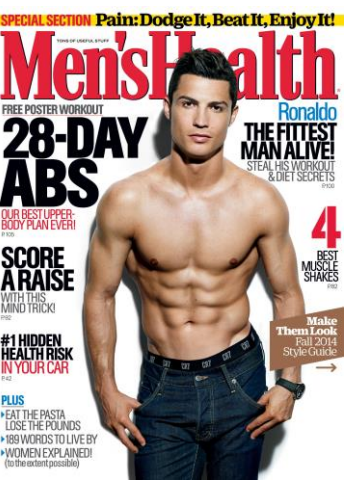
June



July/August



September



October



November



December



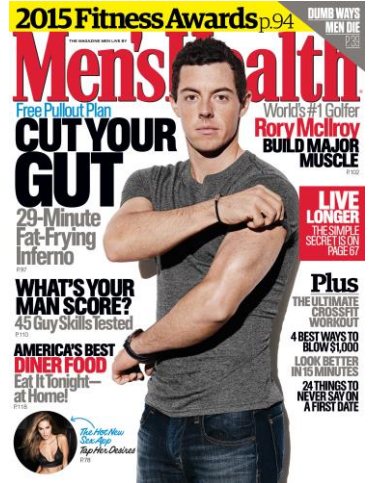
2015

January/February

March

April

May

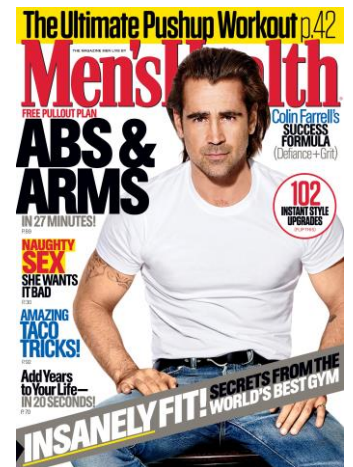


June

July/August

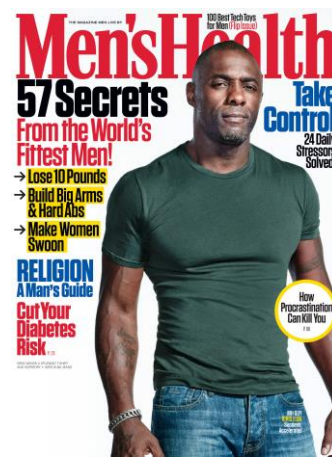
September

October



November

December



2016

January/February

March

April

May



June



Appendix B: The Cover Pages of *Women's Health* (Jan 2011-June 2016)

2011

January/February

March

April

May



June

July/August

September

October



November

December



2012

January/February

March

April

May



June

July/August

September

October



November

December



2013

January/February

March

April

May

Your Fittest Year Starts Here!

Women's Health

The 8-Hour Diet!
Eat Anything (Yes, Anything!) and Still Drop Pounds—Fast

Sex Secrets of Hot Couples
140,000 PEOPLE CAN'T BE WRONG!

634
Nutrition, Sex, Health, Fitness & Style Tips

Special Report
The Winter Beauty Habit That Can Hurt Your Health

WH FITNESS AWARDS
The Best Gear, Gyms, Sneaks, Apps & More!

The #1 Way to Score a Raise

Motivation Makeover
Never Fall Short of a Goal Again!

Jessica Alba
Sneaky Beauty Secrets

AMP UP YOUR ENERGY—FOR GOOD!

Emily VanCamp
The Revenge Star (in Just Minutes a Day) Says, "Gain and Lift on Crazy Days!"

TONES EVERY INCH (in Just Minutes a Day)

MORE SEX!
How to Boost the Action—and Satisfaction

Eat This, Cure That!
Food Fixes for

- Insomnia
- Headaches
- PMS...

Spring Shape-Up Issue!

Women's Health

Strong & Sexy Workout
Accelerate Weight Loss & Transform Your Belly, Butt, and Thighs!

MORE SEX!
How to Boost the Action—and Satisfaction

Eat This, Cure That!
Food Fixes for

- Insomnia
- Headaches
- PMS...

WH FITNESS AWARDS
The Best Gear, Gyms, Sneaks, Apps & More!

The #1 Way to Score a Raise

Motivation Makeover
Never Fall Short of a Goal Again!

Jessica Alba
Sneaky Beauty Secrets

SPECIAL BEAUTY BONUS ISSUE!

Women's Health

FLAT BELLY Finally!
Score Lean Abs Fast... and Keep 'em Forever

Sizzling Sex!
New (& Naughty) Moves

Katharine McPhee
Confession: I Get Into the Star of Speed.

Fit Body, Calm Mind
Find the Perfect Yoga Style for Your Life

Success. Money. Happiness.
This 6-Step Plan Gets You All Three

DROP A DRESS SIZE!
A Simple Solution

Had Your Vitamin N Today?
The Surprising Health Booster You Must Try

Look Better Naked!

Women's Health

BEST. ABS. EVER.
Easy Steps to a Lean, Sexy Belly!

Drop Two Sizes
No Cardio Needed!

Find Swimsuit Sizes
Stress-Free Shopping Guide, p. 66

BE A MORE CONFIDENT COOK
Tips, Tricks & Fab Food Ideas

Unlimited Orgasms!
Longer, Stronger, More Pleasurable. Yes, Please!

Keri Russell
How She Scored This Hot Body, Two Kids Later

HEALTH ALERT
Seven "Little" Lies Women Tell Their Doctors

June

July/August

September

October

A Flat Belly in 15 Minutes!

Women's Health

WEIGH LESS
By the End of This Week!

GREAT BUTT!
Sculpt a High, Tight Tush—in Record Time

GET UP & GET SOME!
Secrets to Mind-Blowing Morning Sex

FUN IN THE SUN
SPF News That Lets You Bask—Guilt-Free!

Plus:
Summer Recipes, Hot Swimsuits & the WH Beauty Awards

Elsa Pataky
The Fast & Furious Star (and Her 30-Minute Hot Flat Workout)

HOW TO MAKE ANYONE LIKE YOU

STAY-HEALTHY SHORTCUTS

WHAT HAPPY COUPLES NEVER DO

IT'S ABS SEASON!

Women's Health

GREAT SEX—EVERY TIME!

Bikini Belly Workout
The 5 Moves Maria Menounos Used to Get a Tummy This Flat

How to "Friend" Someone in Real Life

CRAZY SEXY COOL
25+ Summer Ideas

THE SELF-TANNER OF YOUR DREAMS
No Streaks. No Strik. Just Gorgeous Glow!

SIP YOUR WAY TO A SHARPER MIND

Fitness Special

LOSE YOUR BELLY!

Women's Health

Hot Body Express!

Shortcuts to Getting Fit and Sexy

The Sleep Fix
This Simple Tip Guarantees Overnight Success!

Plus: How to Take an Amazing Selfie!

FALL FASHION SPECIAL

Sex Confessions
Unbelievable Things Guys Crave in Bed

Flawless Skin
Magic Erasers for Acne, Wrinkles & Dark Spots

Elizabeth Banks
15 Mins = 4 Moves = Killer Legs

Shape-Up Shorts Issue

Women's Health

Resize Your Thighs
Burn Fat & Sculpt Lean Muscle in 5 Mins a Day!

Best. Sex. Ever.
The #1 Key To Unlimited Satisfaction

25 Fitness Tricks
Trainers Swear By

Plus: Fashion & Beauty Trends You'll Be Psyched to Try

PINK
How to Live More Fearlessly

The Hunger Fix That Sheds Pounds Fast!

Breast Health Update
New Ways to Keep Your Set Safe

Turn Stress Into Positive Energy!

November

December

Tone-at-Home Issue

Women's Health

LEAN SEXY LEGS
And a High, Tight Tush! Get 'em—Faster Than Ever!!

The Sexiest Sex
Boost Your Bliss!

New Power Foods
✓ Increase Energy
✓ End Cravings
✓ Shed Pounds

Flat-Belly Moves, Beauty Breakthroughs & More!

Carrie Underwood
Reveals Her Slim-Down Tricks

Gain Mind Control
Easy Ways to Conquer Stress

Fear the Flu? Not You!
Health Scoop

Happy-Couple Secrets
How to Avoid Love Land Mines

Jump-Start Your Best Body Today!

Women's Health

FAST & EASY! Tone Every Zone
Toss the Spanx! 10 Moves That Trim Inches—For Real

CRAZY GOOD SEX!
Tips to Electrify Your Orgasm

Bored with the Little Black Dress? Sexy New Party Looks

Outsmart Hangovers

Drew Barrymore
Share Her Personal Beauty Secrets

Eat, Drink & Still Shrink!
Lose Weight, Minus the Diet

HOW TO SAVE YOUR OWN LIFE
Must-Know Survival Skills

2014

January/February

March

April

May



June

July/August

September

October



November

December



2015

January/February

March

April

May



June



July/August



September



October



November



December



2016

January/February

March

April

May



June

