

VIETRI®

Inspiring Life, Italian Style

Quick & easy spring suppers

FREE! 24-page mini-magazine

May 1, 2010

First

for women

"Skinny" treats

REBOOT YOUR METABOLISM

NEWS! Spending a week at a higher altitude can result in automatic weight loss of 0.5 lb a day for 6 months!

FEELING TIRED?

You may be reactive to your cell phone. Outsmart it *this way*.

CLUTTER CONQUERED

Stacy London's genius closet makeover

STRESS SOLVERS

101 smart fixes for your home, yard, garage, car & more!

WALK OFF 47 LBS

by Memorial Day

BURN FAT 4X FASTER
New walking techniques
1 brilliant diet tweak

NO MORE BODY WORRY

- ✓ Arm jiggle
- ✓ Saggy bust
- ✓ Cellulite
- ✓ Varicose veins
- ✓ Ingrowns
- ✓ Double chin

FEEL GREAT!

- ✓ Nonstop sniffles
- ✓ Restless sleep
- ✓ Urinary troubles
- ✓ Heartburn

BIGGEST LOSER UPDATE: Ali reveals how she kept off **109 lbs**

Danielle lost 70 lbs on the plan on pg 28

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Dicklav until 5/3/10

\$2.49

little things



GET THEM GRINNING *with teeny thoroughbreds*

Guests will be enchanted by these galloping table grazers. To make: Using a cookie cutter, trace two horse shapes onto white cardstock. Cut them out and hinge the tops together with tape. Finish by "naming" the horse with a marker and standing it on a plate.

Secret source: Trace easily with the Horse Cookie Cutter, \$1.50, from amazon.com.



KEEP SPIRITS HIGH *with mint juleps*

Raise a toast to fun with a frosty mint julep, the traditional Derby drink for over a cen-

Derby-day

