

GIANT ISSUE!

MAY 2006

WOW!
\$1.99
U.S. ONLY

Family Circle

Walk Off 10 Pounds!

Easy Slim-by-Summer Plan

Supper Shortcuts

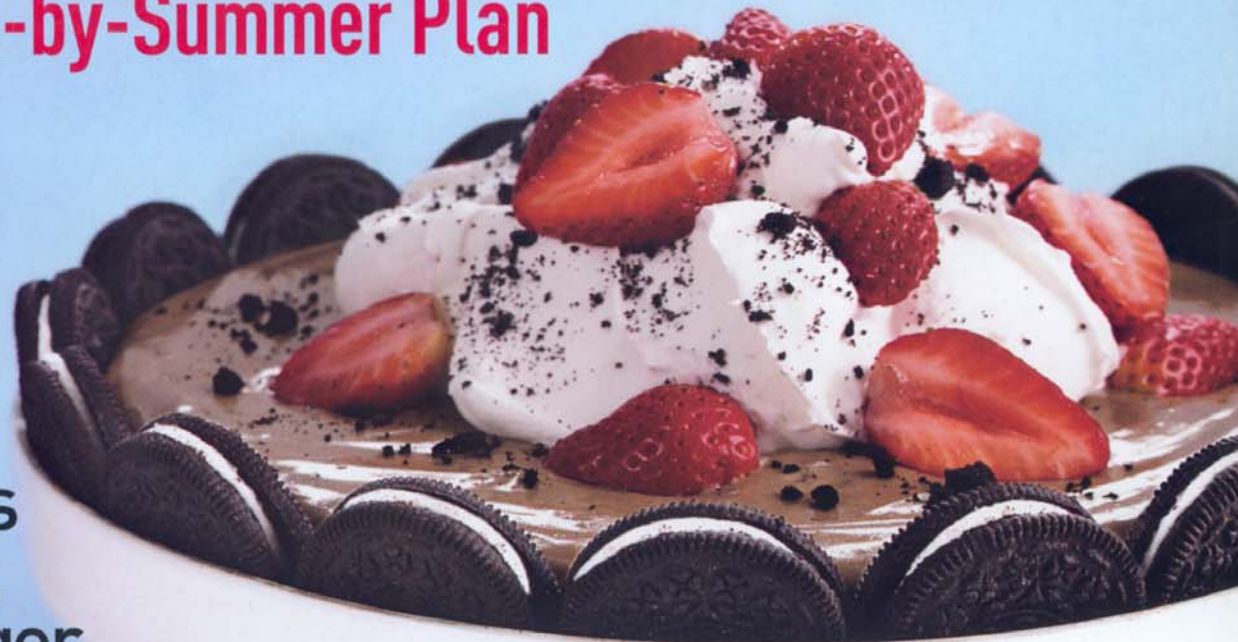
PLUS

Food Safety Guide

Diet Tricks to Control Your Hunger

Age-Proof Your Skin
What **REALLY** Works

So Delicious!
Cookie Pudding Pie
page 196



Love Your Life

31 Ways to Be Happy **Every** Day

Super-Fast Meals



Girlfriend Getaways



Ins



MYTH: Getting a base tan prevents sunburns.

TRUTH: A base tan provides only the equivalent of SPF 4 protection—so it actually offers very little in the way of defense against burns. "It gives you a false sense of security and doesn't protect you," says James M. Spencer, M.D., a professor of clinical dermatology at Mount Sinai School of Medicine in New York City.