



How to Supersize Your Health!

ABBY EPSTEIN

By The Doctors Staff on 5:00 AM PST, December 27, 2011

Forget the burger, milkshake and fries – it's time to supersize your health! Learn how to look younger, get fitter and feel healthier today. Get Jillian's no-sit-up secret for sexy abs! And, supermodel Niki Taylor's tips for busy moms!

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