

# WomenFitness



**6 Tricks**  
To a  
Perfect Gym Selfie

Choosing The  
**WRONG**  
EXERCISES

**CARRIE OWERKO**  
Playful yoga practice  
to stay fit lifelong

## Kelly Hughes

On Creating Beauty  
From Her Scars!

10 Ways To Make  
Your Pregnancy a  
**HAPPIER ONE**

**10**

**THANKSGIVING**  
TURKEY  
RECIPES

Lifesavers on  
**WEIGHT LOSS**  
HURDLES



**Sports**  
**Illustrated**

Kelly Hughes Height 5'8" | 173cm Bust 36" | 92cm Waist 29" | 74cm Hips 42" | 107cm  
Dress 6-8 US | 36-38 EU Shoe 8.5 US | 39.5 EU Hair Blonde Eyes Green

**CGM**  
CAROLINE GLEASON  
MANAGEMENT



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