

(in)sight®

L.E. 20 £1.5 US\$ 2.5

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GET A FLAT BELLY

BY MOVING
THAT JELLY

Eat organic, LIVE LONG

A moment
on the lips
A LIFETIME
ON THE HIPS

MAYA NASSAR

LEBANON'S
FITNESS QUEEN

MOVE IT OR LOSE IT!

SQUAT YOUR WAY TO FITNESS

Eat wise to
drop a size
The healthy way

