

ALMUTH WIDERA



HEIGHT 177 CM / 5'9.5" | CHEST 90 CM / 35.5" | WAIST 69 / 27 | HIPS 90 CM / 35.5" | HAIR BROWN | EYES BLUE
DRESS 36-38 EU / 6-8 US / 8-10 UK | SHOES 40 EU / 9 US / 6.5 UK

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Nr. 4/2011 | Deutschland € 6,50
7,50 € ÖSTERREICH / 12,00 SFR. SCHWEIZ / 7,50 € BENELUX / 8,50 € FRANKREICH / 8,50 € ITALIEN
8,50 € SPANIEN / 8,50 € PORTUGAL (CONT.) / 8,50 € GRIECHENLAND / 90,00 NOK NORWEGEN

Gesund leben

4/2011 DAS MAGAZIN FÜR KÖRPER, GEIST UND SEELE

DOSSIER
Tinnitus
Ursachen,
Diagnose, neue
Therapien

Mehr Kraft
Mehr Selbstbewusstsein
Ein rundum besseres
Lebensgefühl

Lust auf Bewegung

Wie Sie ohne großen
Aufwand fit werden

 **Eckart von Hirschhausen**
Raus aufs Land?
Glückwunsch!

FORSCHUNG
**Die heilende Kraft
der Bewegung**

SPORT FÜR FAULE
**Die neue
Nebenbei-Fitness**

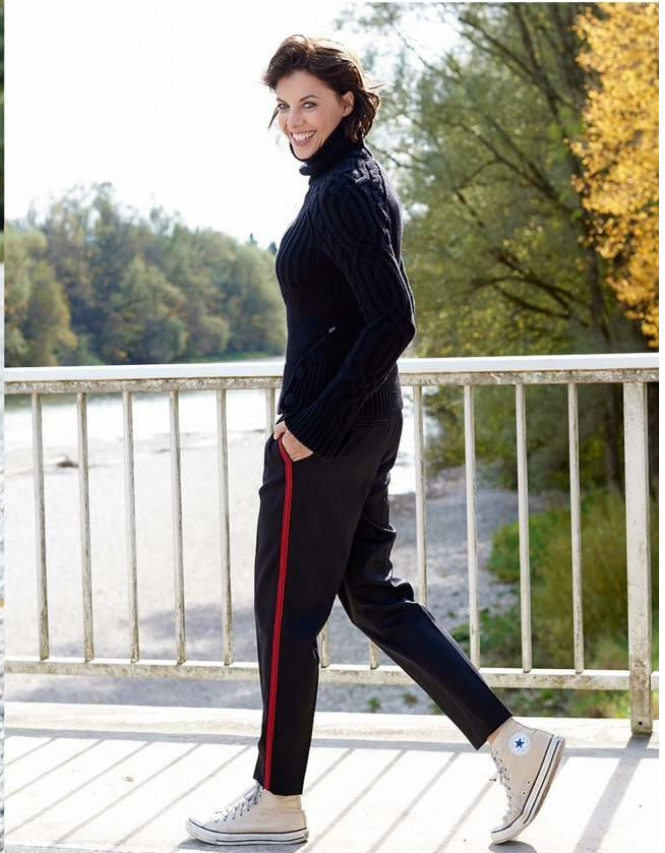
GENUSS
**Was der Wok
so alles kann**

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Holiday Style



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