

LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



MGM
MODELS

MGM
MODELS

LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown

fit
FOR FUN

JULI 2018
DEUTSCHLAND 3,80€
ÖSTERREICH 4,30€
SCHWEIZ 5,50 SFR

**WELCHER
CHRONO-TYP
BIST DU?**
Besser schlafen,
essen und trainieren mit deiner inneren Uhr

**SMARTE
QUINOA-
REZEPTE**
AUS DEM
FIT FOR FUN-
LAB

**LAUFEN NEU
ERFUNDEN: DIE
80/20
ERFOLGS-
FORMEL**

**TEST
DIE 7 BESTEN
E-BIKES
DER SAISON**

**15/30/60
MINUTEN:
DAS IDEALE
WORKOUT
FÜR JEDES
ZEITBUDGET**

**AUA!
TRICKS
GEGEN
MUSKEL-
KATER**

**DIE
ANTI-
ZUCKER-
CHALLENGE!**

Er ist ungesund und macht dick – wir zeigen fünf Schritte, um deinen Zuckerkonsum zu reduzieren. Dazu: die besten Süß-Alternativen im Check

www.fitforfun.de

LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



MGM
MODELS

MGM
MODELS

LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



MGM
MODELS

MGM
MODELS

LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown



LYDIA WARD

height 5'9.5 · bust 32.5" · cup C · waist 25" · hips 36.5" · dress 36 EU/6 US/8 UK
shoes size 39 EU/8 US/6 UK · hair brown · eyes brown

