

JOE WEIDER'S

SHAPE[®]

K49315

Jan. 1989

\$2.25

THE 20- LUNCH DIET

SANDWICHES
THAT SHAKE
OFF WEIGHT

2 AMAZING
MAKEOVERS!
(THEY LOST 289 LBS)

TOUGHEN-UP
WINTER-STYLE
WORKOUT

IS YOUR DIET
MENTALITY
KEEPING YOU

FAT?

FAMILY TIES'
COURTNEY COX

SLICK
TRICKS
FOR SLEEK
SKIN

DOWN?
FIND HELP IN
OUR THERAPY
GUIDE

THE
NEW IUD
IS IT FOR
YOU?



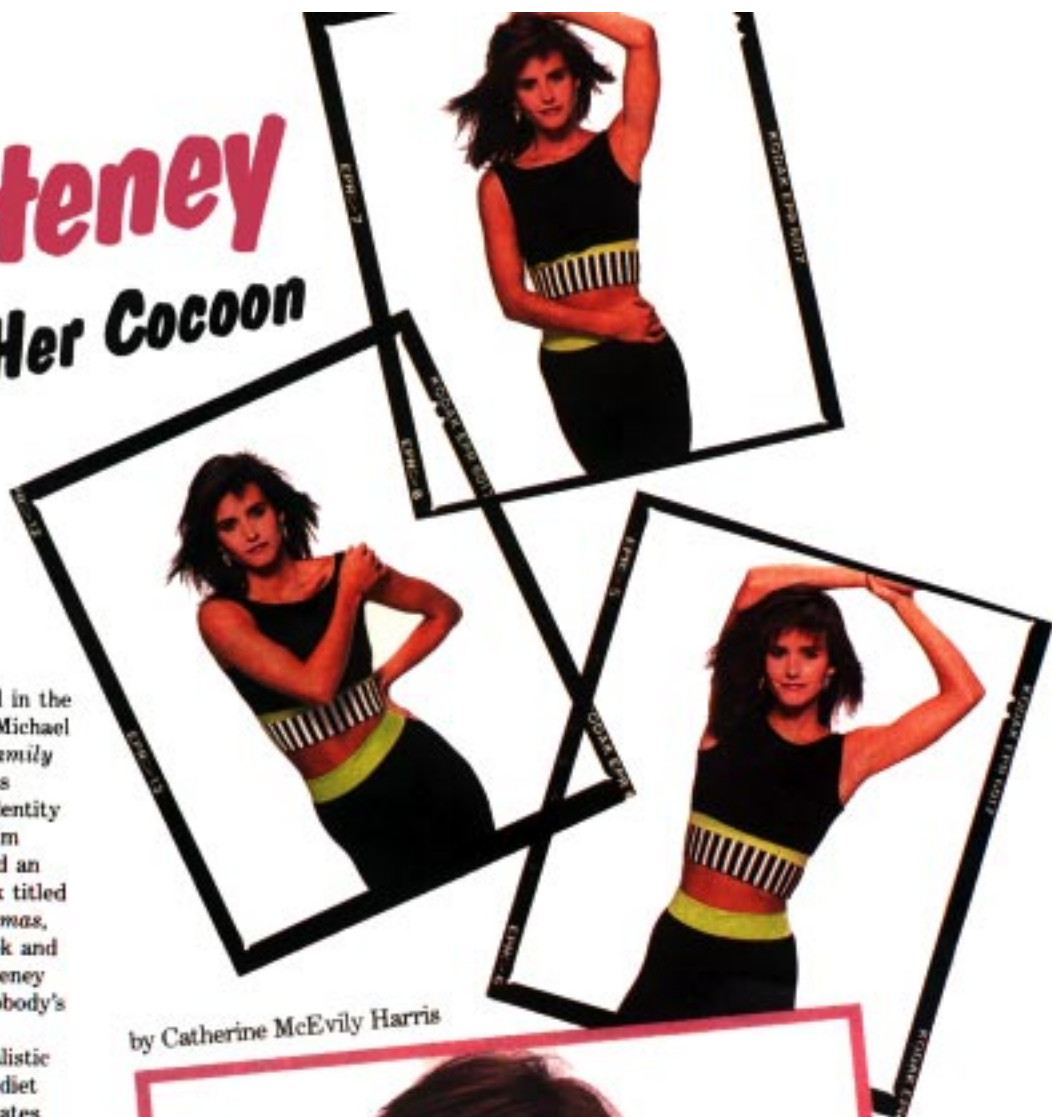
Courtney —Out of Her Cocoon Cox

No longer just “the girl in the Springsteen video,” or Michael J. Fox’s girlfriend on *Family Ties*, Courtney Cox has finally established an identity of her own. With the film *Cocoon: The Return* and an NBC movie of the week titled *I’ll Be Home for Christmas*, co-starring Hal Holbrook and Eva Marie Saint, Courtney has proved that she’s nobody’s sidekick.

Courtney takes a realistic and varied approach to diet and exercise. She alternates between aerobics, swimming and cycling, and runs with her two dogs through the Hollywood hills twice a day. Courtney loves to cook, and constantly experiments with low-calorie recipes. But she’s not a diet fanatic—she believes that all food is great in moderation.

So what’s next for Courtney Cox? It’s no secret that this is the last season for *Family Ties*. Is she interested in another series, or is the big screen more her style? “The truth is,” she says, “I just love to work. Of course, I’d be interested in doing another series if it were the quality of *Family Ties*.”

PHOTOGRAPHY: CHARLES BUSH. Hair and makeup: Alfonso Nee/Couture. See Buyer’s Guide for retail information.



by Catherine McEvily Harris

