

THIS
MAGAZINE
PAYS FOR
ITSELF

Real savings in every issue!

allyou

* ENJOY LIFE FOR LESS

Issue 5, May 21, 2010

**EXTRA
VALUE!**
**\$91.84
WORTH OF
COUPONS**
**AND NEW
DEALS**
SECTION PAGE 139

WALK OFF WEIGHT FAST!

Burn more calories
in a 30-minute workout



SO EASY!
Low-cost recipes
everyone will love

+ SPECIAL REPORT The silent health threat you can't ignore

**GREAT
swimsuits
for every
shape!**

281 ways to \$ave

- Spend less on gas, clothes and medication
- Cut costs via Facebook, Twitter and more
- Find your best grocery deals



Coupon codes

Snap up exclusive coupon codes!



Shopping for Mother's Day (or for yourself)? Check out these sites for great deals. All codes are valid starting April 23 and apply to the entire site, unless noted otherwise

15% OFF
1-800-FLOWERS.COM
The popular online florist boasts hundreds of bouquets, so you can find one for any occasion.
Deal: 15 percent off
Code: ALLYOU15
Expires: May 23

DESERTESSENCE.COM
Shop here for quality bath and body products, including oils and shampoos.
Deal: 25 percent off
Code: MOMDE
Expires: May 23

DRINKMARK.COM
Make it easier to keep tabs on everyone's beverage with customizable drink markers.
Deal: 15 percent off
Code: AllYou15
Expires: May 23

JACKCARDS.COM
Never miss a special occasion again! Preorder greeting cards from this site's extensive collection, and use its planner to keep track of events.
Deal: 15 percent off first order
Code: allyou-0109
Expires: May 23

SCULPTZ.COM
The shapewear retailer also offers high-quality beauty products.
Deal: Add Proluministe moisturizer (a \$40 value!) to your cart, then enter the code to get it for free. No purchase necessary.
Code: ALLYOU
Expires: May 21; while supplies last.

1-800-BASKETS.COM
This 1-800-flowers.com sister site offers a variety of care packages—including chocolate-dipped strawberries and scented soaps—that make great gifts.
Deal: 15 percent off
Code: ALLYOU15
Expires: May 23

15% OFF
ECOBAGS.COM
Do your part for the planet by bringing your own bags to the grocery store.
Deal: 15 percent off
Code: 10ALLYOU
Expires: May 23

KAKADUPET.COM
Don't forget to shop for Fido! Adorable pet accessories abound at this Australian store.
Deal: Free shipping on entire order
Code: KP_AllYou_001
Expires: May 23

SHABBYAPPLE.COM
Simplify your wardrobe with one-piece outfits from Shabby Apple.
Deal: 15 percent off
Code: allyou15off
Expires: May 23

ZFABDESIGNS.COM
Two mompreneurs are behind this site, which is packed with cute, affordable ideas for hostess gifts, wedding welcome bags and more.
Deal: 15 percent off
Code: 15ALLYOU
Expires: May 23

FOOTSOLUTIONS.COM
This site's fitness products include athletic shoes and walking poles.
Deal: Get a free in-store foot analysis (\$75 value) by mentioning the code below when booking the appointment. The company also offers a way to help the Susan G. Komen for the Cure Foundation: For every purchase of pink Balance walking poles or a Balance Walking: Turn Back the Clock book, the site donates \$5 or \$2, respectively; buy using the code below and the site will double the donation.
Code: ALLYOUFS for the analysis; ALLYOUFGK for the purchase
Expires: June 15

KIPLING-USA.COM
Whether you need a new carry-on, backpack or handbag, Kipling's got it—in colorful and budget-friendly styles.
Deal: 20 percent off
Code: KiplingAU20
Expires: May 23

FREE 5 X 7 FLIPBOOK
SNAPPISH.COM
Share favorite family memories with a flipbook (up to 10 pages). It's a great Mother's Day keepsake.
Deal: For your free flipbook, follow the directions at allyou.com/snapfish. Available to the first 10,000 readers.
Code: ALLYOUMOM
Expires: When supply runs out

BOOKSWIM.COM
Think Netflix but with books. For a set fee, you can check out anything from classics to new fiction from an online library, have the books mailed to you, then send them back (the site covers shipping).
Deal: 50 percent off any plan for the first month
Code: ALLYOUAG
Expires: May 23

GREENIETOTS.COM
Greenie Tots prepackaged kids meals contain no hormones or pesticides.
Deal: 15 percent off
Code: AllYou15
Expires: May 23

NIP2BEAUTY.COM
Bottles of Np2's Nail Perfection polish and clear top coat snap together, so a DIY manicure is easy and convenient.
Deal: 20 percent off
Code: SpringFling
Expires: May 23

SPOONFULOF.COM/MEHTA.COM
Send a jar of chicken soup to a sick friend.
Deal: 15 percent off
Code: AllYou15
Expires: May 23

FIRSTALERTSTORE.COM
This is a one-stop shop for all kinds of home-safety products.
Deal: 25 percent off smoke alarms, carbon-monoxide alarms, home test kits, fire extinguishers, escape ladders, safes and cashboxes
Code: allyou
Expires: May 23

GOFITNET
Scan the large selection of home-fitness equipment designed for people looking to get into yoga, core training and more.
Deal: 20 percent off on all Yogaletics products and on 7- and 10-pound kettlebells
Code: allyou20
Expires: May 23

15% OFF
REDENVELOPE.COM
This boutique sells well-priced gifts that you can have personalized to make your recipient feel extra special.
Deal: 15 percent off
Code: ALLYOU15
Expires: May 23

SPOONSISTERS.COM
The gift collection on this site ranges from kooky to classic, including heart-shaped mugs and pancake molds.
Deal: 20 percent off
Code: allyouspoons
Expires: June 1

CSNSTORES.COM
This home- and office-goods retailer set up a list of Mother's Day gifts. With the code below, cash in on a free one.
Deal: Buy two products, get the third free at csnstores.com/selections.
Code: CSNMOTHERS
Expires: June 1

ROSEMARYSSCENTS.COM
The potpourri products and fragrant oils on this site are simply heavenly.
Deal: 15 percent off
Code: AllYou15
Expires: May 23

SWINGSSETSONLINE.COM
Considering a backyard play structure or raised garden? Check out this site.
Deal: 15 percent off the subtotal, applicable to Backyard Discovery swing sets
Code: allyou
Expires: May 31