



BULKY DOCUMENTS

(Exceeds 100 pages)

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Title: OPPOSER'S NOTICE OF RELIANCE ON
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Part 6 OF 13

91199352

NO MORE MINDLESS MUNCHING... of your stress eating for good

SHAPES


SHAPE
YOUR
LIFE

"HOW
I LOST
175
POUNDS"
p. 134

RESEARCH PROVEN

EAT THIS, LOSE WEIGHT

The new wonder
food for women

 How
75 million
women are
secretly
sabotaging
their health
(are you one
of them?)

**EVA
MENDES**
How she slimmed
down & shaped up
for THIS cover, p. 45

THE SEXIEST BODIES IN HOLLYWOOD

Beauty
secrets
of the stars

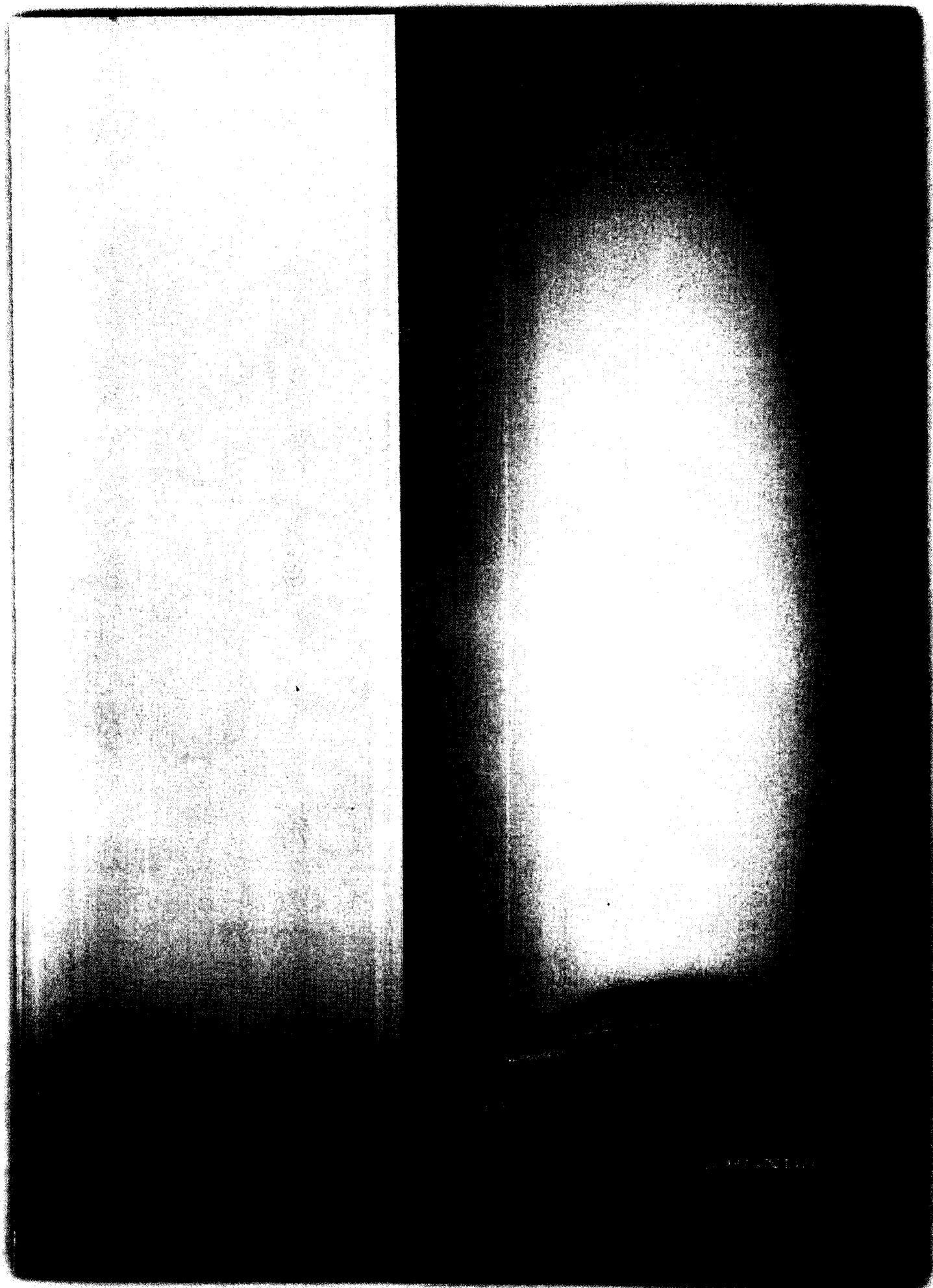


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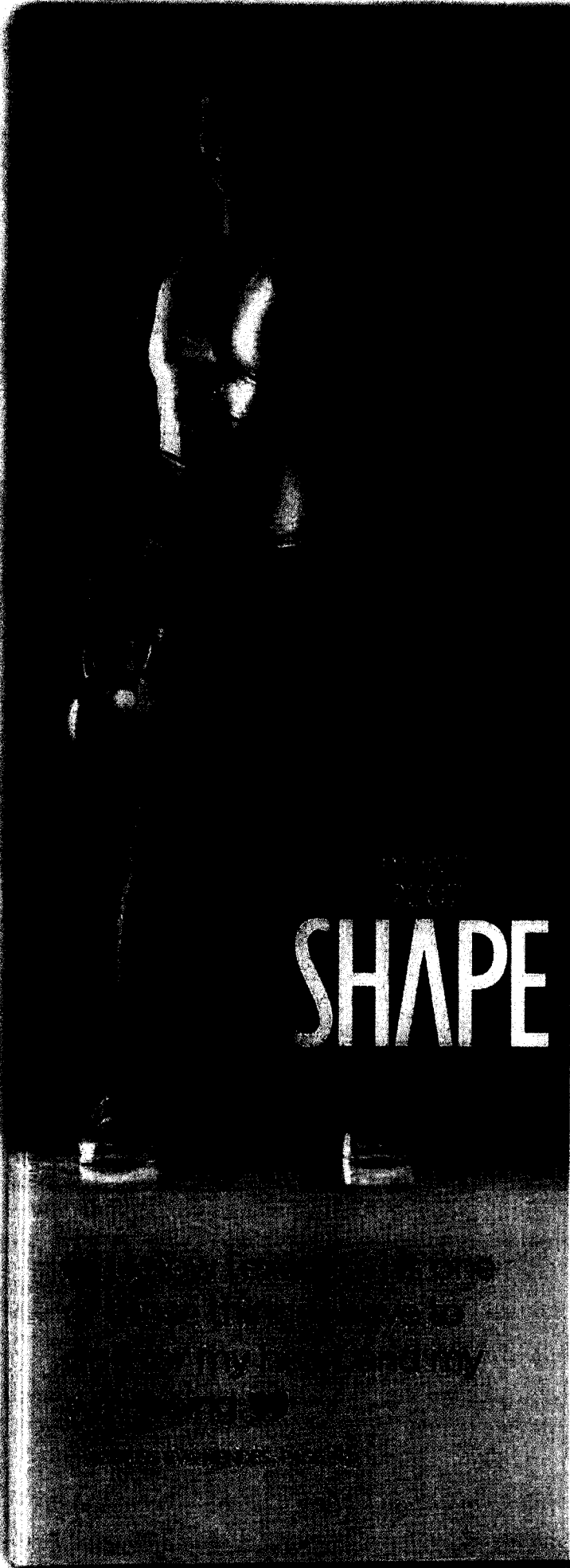
running



asics

Partner

and I have never...



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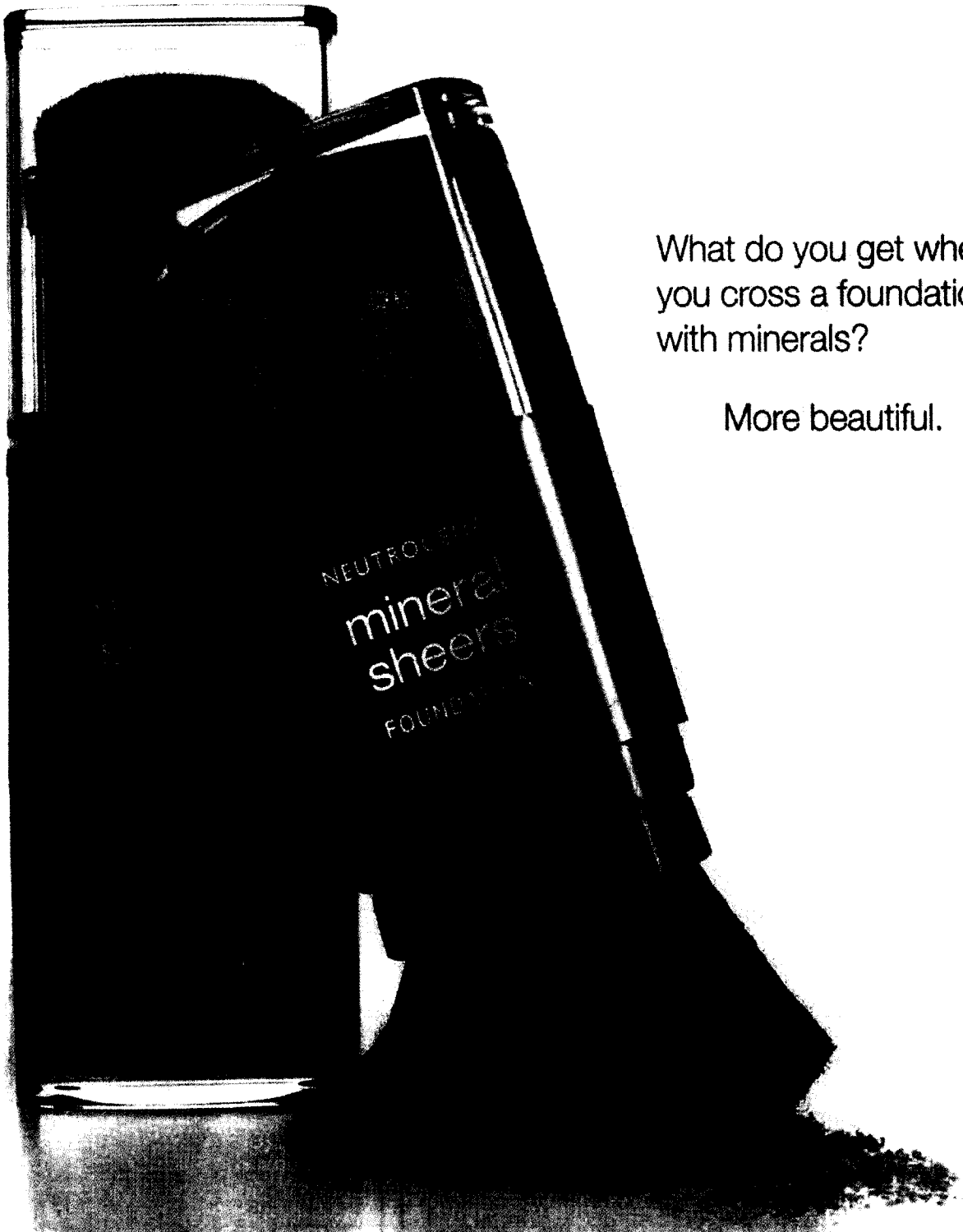
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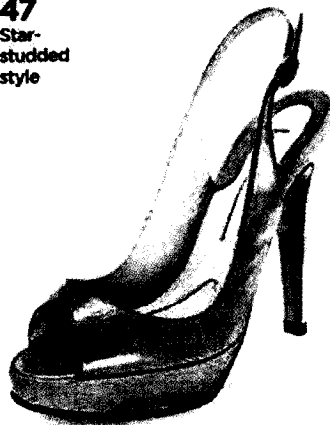
66 Radiant skin is associated with youth, health, and vitality. It is achieved if you're willing to commit to a skin routine.

—AESTHETICIAN OLGA LEBEDEV, PAGE 208



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your own
kidd

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cover look

Eva wears a Mantero bikini.

Photography Jonty Davies

Creative direction

Dimity Jones

Hair Campbell Macauley

for soloartists.com

Makeup Collier Strong for

cloutieragency.com

Styling Amber Sellers

To get a look like Eva's, try products from Revlon.

On her face ColorStay

makeup in True Beige and

bronzer in Sunkissed Bronze

On her cheeks Powder blush

in Wine With Everything

On her lips Super Lustrous

Shiny Sheers in Sheer

Afterglow

On her eyes ColorStay

12 Hour eye shadow in Nude

Elements, Luxurious Color

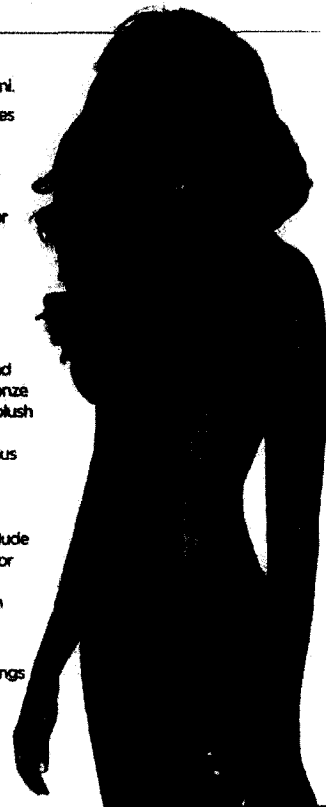
eyeliner in Black Velvet,

and Fabulash mascara in

Blackest Black

Shot on location

at the Viceroy Palm Springs

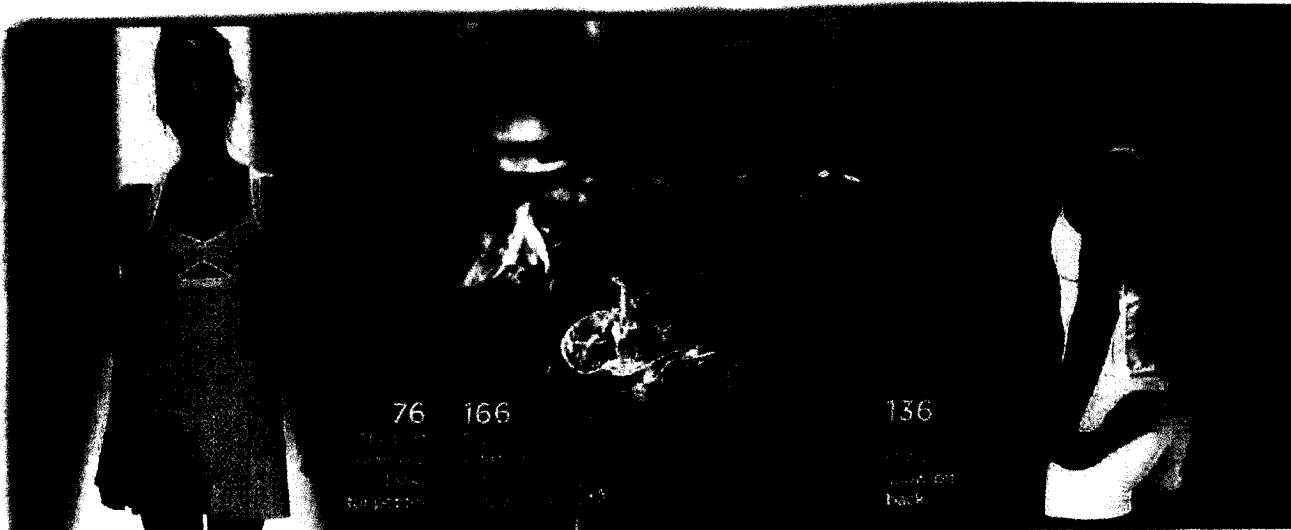


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get fit

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WIN...

Eva's favorite things

One reader will win a Nick and Nora makeup tote with more than \$500 worth of Eva Mendes's must-haves featured on page 46. To get a complete list of prizes and to enter, go to shape.com/sweepstakes.

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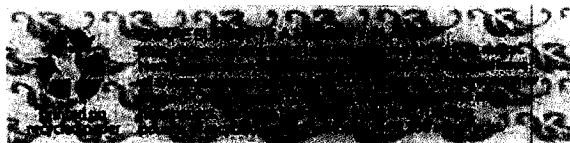
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VALENTINE'S DAY

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► “Capturing spring fashions with a Hollywood backdrop was such a kick,” says photographer **Roger Neve**, who shot “A Star Is Born,” page 206.

“When we were at the Roosevelt Hotel, I felt as if I was in an episode of *Entourage!*” Neve lives in New York with his wife, Trish, and their sons, Noah, 8, and Max, 6. A die-hard soccer fan, Neve never misses an opportunity to play: “My assistants and I are always kicking a ball around the set.” Neve’s work has appeared in *Elle*, *Marie Claire*, and *Glamour*.



► For **Phil Jalbert**, who has assisted photographer Jonty Davies on *Shape*’s past 19 cover shoots, making Hollywood’s most beautiful women feel at home is an important part of his job.

“I do everything I can to create a comfortable, friendly atmosphere—good chemistry on set makes for better pictures.” Also on his to-do list for this month’s photo session: splashing Eva Mendes. “We needed some waves,” he explains. When he’s home in Brooklyn, New York, Jalbert keeps fit by biking and playing tennis.



► In “How Pasta Can Keep You Slim,” page 164, the first installment of *Shape*’s new column, “The Healthy Kitchen,” contributing editor **Mollie Katzen** dishes on one of her favorite foods.

“Pasta has a high satiety factor, so you can have a modest portion and still feel full,” says the chef and best-selling cookbook author. “Plus, I can’t think of a tastier way to incorporate fresh vegetables into comfort food.” Katzen’s nine books include *Moosewood Cookbook* and the forthcoming *101 Vegetable Dishes I Can’t Live Without*.



► **Claire Connors**, who writes *Shape*’s cover profiles and also penned this month’s “The Sexist Bodies in Hollywood,” page 180, not only works with celebrities, she works *out* with them.

“I recently started going to a gym that’s frequented by Naomi Campbell and Karolina Kurkova,” she explains. The special-projects editor says she finds new inspiration with every star encounter: “Kristin Davis [*Shape*’s December cover model] spoke so passionately against smoking that I decided to quit!”

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“I just saw your December cover, and I only have one word to say: Wow!”

rave review

I've been struggling with eating disorders and body-image issues for two years, but since I started reading *Shape*, I've lost my obsessive attitude toward food and my weight. Thanks for having such a positive impact on my life!

ERIKA SHEPHERD
GREENBACK,
TENN.

Two Cheers for Kristin Davis

I just saw your December cover, and I only have one word to say: Wow! Kristin Davis looks absolutely amazing. She's a fantastic example of how a woman in her 40s can still be a cover model just by maintaining a balanced lifestyle. In the future I'd love to see more inspiring examples of older, sexy women.

Maryann Schingo
East Brunswick, N.J.

Thanks for putting Kristin Davis on your December cover. Seeing pictures of stick-thin models all the time can be discouraging, so it was refreshing to have a fit, curvy woman front and center.

Erica Borden
Durham, N.C.

Your Health Guide

Shape is the one magazine I turn to for all of my exercise and nutrition advice. I'm such a fan that I tear out my favorite articles and keep them in binders—that way, I always have the information on hand.

Stephanie Andrusek
Ottawa

Put Friendship First

The December editor's letter, "Why You Shouldn't Put off Calling a Friend," meant so much to me. This past fall one of my best friends, whom I'd lost touch with, tragically died in a car accident. Reading about editor Valerie Latona's similar experience made me realize that I'm not a horrible person—I just got caught up in life and let things slip. My advice to all *Shape* readers: Reconnect with an old friend today.

Jaime Brutin
Waterloo, Ontario

Planet-Saving Paper

I noticed the box in *Shape* about your commitment to using recycled paper and want to commend you for doing your part to help the environment. Paper production from virgin forests adds to greenhouse-gas emissions that are damaging to the Earth. I hope many more magazines will follow in your ecologically conscious footsteps.

Lauren VanHam
Berkeley, Calif.

Editor's Note *Shape* is proud to be the largest women's consumer magazine in North America printed on such a high percentage of recycled paper (30 to 35 percent). Now is the time for all magazines to make this same important change.

Companies With A Conscience

I follow a vegan diet, so I was thrilled to spot vegan-friendly boots in "Sexy Boots That Will Flatter Your Legs" and cruelty-free makeup brushes in Beauty News. Now I'm aware of two great products I can buy with a clear conscience. Info like this is just one of the reasons why I subscribe to *Shape*.

Meghan Hassett
Mission Viejo, Calif.

Truly Nourishing Fast Food

Grace Young's "Speedy Suppers" finally got me to turn on my oven. My favorite dish so far: Chicken Piccata With Linguine. I'm looking forward to testing more of your yummy recipes.

Jessica Sinnaeve
Iron Mountain, Mich.

Not So Foolproof

Your December item on electronic medical records "Has Your Doctor Gone Digital?" was misleading. You claimed this system is better than paper-only files, but as a health-care business manager, I know that it still has bugs that need to be worked out. You should remind readers that an electronic system has its flaws too.

Deb Kinkor
Wichita, Kan.



Wrap your skin in a more youthful glow.

Olay Body Wash Plus
Radiance Ribbons

Turn on the lights on your skin—help bring back a more youthful glow.
New Radiance Ribbons is the first body wash that's, of course,
moisturizing. But then, it has an advanced skin moisturizer
with light enhancers that gives you glowing, youthful skin.

OLAY

For the skin you're in

readers speak out

this month's debate

voice your opinion
Log on to shape.com/readerdebate and share your thoughts with us and fellow Shape readers.

Last month on shape.com, we asked you:

Should smokers be allowed to light up anywhere outside, no matter who's there?

78% NO

“There's a lot of research that proves secondhand smoke is just as bad for you as smoking itself. I refuse to allow smokers to put me—or my loved ones—in danger.”

VANI GUPTA
HERNDON, VA.

“No one should have to be exposed to cancer-causing chemicals against their will.”

SARAH GENCARELLI
PRINCETON, N.J.

“Smokers need to keep that smell in their own homes.”

KISHA MAHONE
JERSEY CITY, N.J.

“I smoke, but I make sure everyone's okay with it before I light up.”

SONJA PHIPPS
CONWAY, S.C.

“Smoking next to the entrance of a public place is just as bad as lighting up inside.”

AMY SEYMOUR
ASHBURN, VA.

22% YES

“Smoking isn't illegal, so we need to give smokers some area where they can do it.”

JESSICA BROOKS
CARSON CITY, NEV.

“Even if you don't smoke you might still have to worry about something else, like exhaust from passing cars. Environmental toxins like this just can't be avoided.”

PAMELA ELLGEN
PORTLAND, ORE.

“No one has more control over an outdoor place than anyone else. If you're there first, you should be able to smoke if you want to.”

AMBER MECCA
HARTSDALE, N.Y.

“It's one thing if you're inside, but outside is different. If you have a problem with it, there's space to walk away.”

LACEY JACKSON
SACRAMENTO, CALIF.

you tell us
What's the workout move you use to get in bikini shape?

E-mail us at hotlines@shape.com. If we print your response, we'll send you a Shape DVD.

You Told Us...

The purchase worth every penny

In December we asked you to tell us about the one piece of clothing (or shoes) that you were willing to drop the most money on. Here's what you had to say:

A Little Black Dress

I can dress it up with jewelry and heels or go more casual with knee-high boots. And since it's such a staple, I never worry about it being too expensive because I know I'll have it for years to come.

Susan Steco
Garden, Del.

Slip-Cut Jeans

I have a perfect-fitting dark pair that sits just right on my hips and makes my legs look longer. I wear them so often that it makes up for the higher price.

Erna Garafio
Simi Valley, Calif.



The right sneakers: Your feet will thank you for them.

A Power Suit

As soon as I put on my business suit before a big meeting, I get a boost of confidence. There's just something about wearing the right clothes that makes me feel professional.

Rosemary Head
Center Line, Mich.

Good Running Shoes

One of my favorite things to do is jog a three-mile loop by my house, so anything that keeps my legs healthy is worth it.

Bobbie Lee Putney
Lemoore, Calif.

A Supportive Sports Bra

I take step aerobics, and there's nothing worse than feeling like I'm bouncing around in my class.

Cathy Metobo
Newark, Calif.

Biker Shorts

I finally bought a snug pair that stays put but doesn't chafe, so I never mind riding a bike longer.

Betsy Brady
Redmond, Wash.

Flattering Workout Pants

My black pair fits me just right: They're tight near my rear but still loose around my thighs. I wear them in 5K races and get a ton of compliments.

Kate Knoles
Cincinnati

SEND US YOUR MAIL

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NESTLE

NATURAL BERRY FLAVOR
SPARKLING GREEN
WITH OTHER NATURAL FLAVORS

**Burning
calories
is now
officially
delicious.**

Introducing Envigo, the refreshing sparkling green tea that invigorates your metabolism to gently increase calorie burning. It's another positive step you can take toward a healthy, balanced lifestyle.

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editor's letter



I, like most other women juggling a lot, tend to skimp on what's possibly one of the most important parts of the health equation: sleep.

Valerie
VALERIE LATONA,
EDITOR IN CHIEF
VALERIE@SHAPE.COM



one thing that may be sabotaging your health

Many of us try to do everything right to keep our bodies in shape—yet we often forget a key part of the equation.

When was the last time you got eight solid, dreamy hours of sleep—a night of shut-eye so good you woke up (without an alarm clock) feeling gung ho to start the day ahead of you? I really had to sit down and ponder this question, and it turns out, I can't remember when. Believe me, it's not that I don't know the value of sleep for health and mental acuity; it's just that so many other things seem to have dibs on that precious slumber time: a work project requiring a few uninterrupted hours of my attention (late at night); my 2-year-old son needing to know I'm nearby when he wakes up briefly at 2 a.m.; and my husband's complete obliviousness to his tendency to snore—*very* loudly. So I, like most other women juggling a lot, tend to give short shrift to what's possibly one of the most important parts of the health equation: sleep. Starting tonight, I'll be following the advice in "Your New #1 Stay-Healthy Mission: Get More Sleep," on page 98, and I encourage you to do the same.

This issue of *Shape* is chock-full of many other easy ways to improve your health. Check out "Smart Eating 101," page 172, which discusses how cereal could be one of the best foods for you. In "5 Ways to Get a Healthy, Radiant Smile," on page 64, you'll get tips on how to keep your gums in top condition, a critical step since studies show that gum disease is linked to chronic diseases like diabetes.

And if you need more inspiration to give your body the attention it deserves, turn to page 180 for our 18-page special on celebrity stay-fit secrets. In a *Shape* reader poll, 86 percent of you said you wanted this kind of insider info, so we got it directly from Hollywood trainers and diet experts and even from the stars themselves. You'll also find the results of our first annual "Sexiest Bodies in Hollywood" survey. Here's to a healthier month for both you and me!

THE SHOCKING TRUTH I LEARNED THIS MONTH

More than half of all women suffer from foot pain after squeezing into too-tight stilettos or heels. I'm all about sacrificing a little bit of comfort for style sometimes, but not at the expense of your feet—or even your back (which can get thrown out of alignment with ill-fitting shoes). Find out how to alleviate the problem (without having to resort to flats) in "Quick Fixes for Your Aching Back," page 94, and in Fashion Q&A, page 76.

this month

Shape wants you to...

✓ **Pair red wine with dark chocolate.** Find out why in "The Dessert That's Actually Healthy for You," on page 163.

✓ **Break out of your produce rut.** Try some new, even exotic, foods like the superfruits on page 163.

✓ **Give your gym look a makeover.** Toss out those baggy sweats and put on some of the sophisticated workout wear suited for any shape, on page 82.

✓ **Indulge your designer side.** Every woman deserves to

own at least one designer item, be it one of the fragrances on page 58—or one of the fabulously retro Hollywood-style outfits on page 206.

Donna Karan's sweetest scent; go to shape.com/fragrance to win it



CLOCKWISE FROM TOP LEFT: DAVID NEEDLEMAN; NO CREDIT; TODD HUFFMAN; GEORGE DOYLE/GETTY IMAGES

...it warms you. It's like a
hot towel for your face.

new Olay Warming Cleansers

Feel the exhilarating warmth of Every Day Deep Pore Cleanser.
Feel them melt away dirt and oil, but purifying your skin.
Removes impurities better than hot water cleanser.
You'll press and sit back, relax, and say "Ah."



OLAY



Treat yourself healthy.



Apple sauce with a little healthy goodness. Add a little
dash of Mott's original apple sauce, and it's as sweet as
a variety of delicious flavors. Or, add a little dash of



Blooming Onion • Peach Medley • Country Berry • Original Apple Sauce



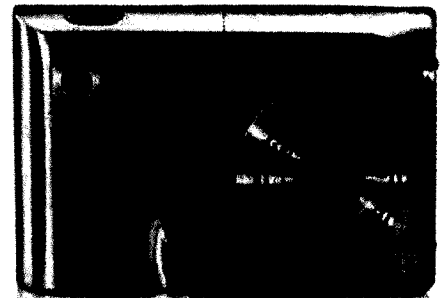
SHAPE

3 KEYS TO HAPPINESS 28 / OSCAR-PARTY TREATS 31 / STAR-WORTHY VACATIONS 32



LAURENCE MOUTON/BETTY IMAGES

shape your life news



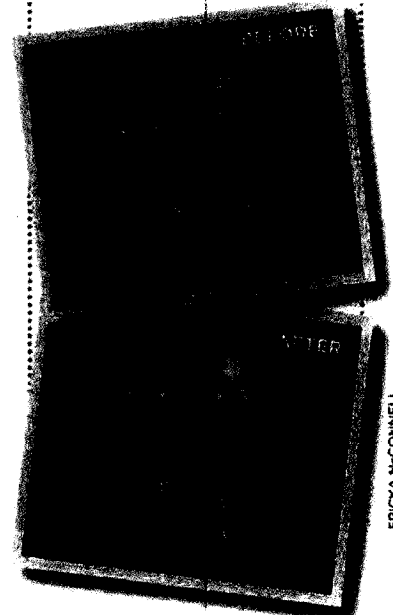
THE SLIMMING CAMERA

SHAPE
tested

Shed 10
pounds
instantly?

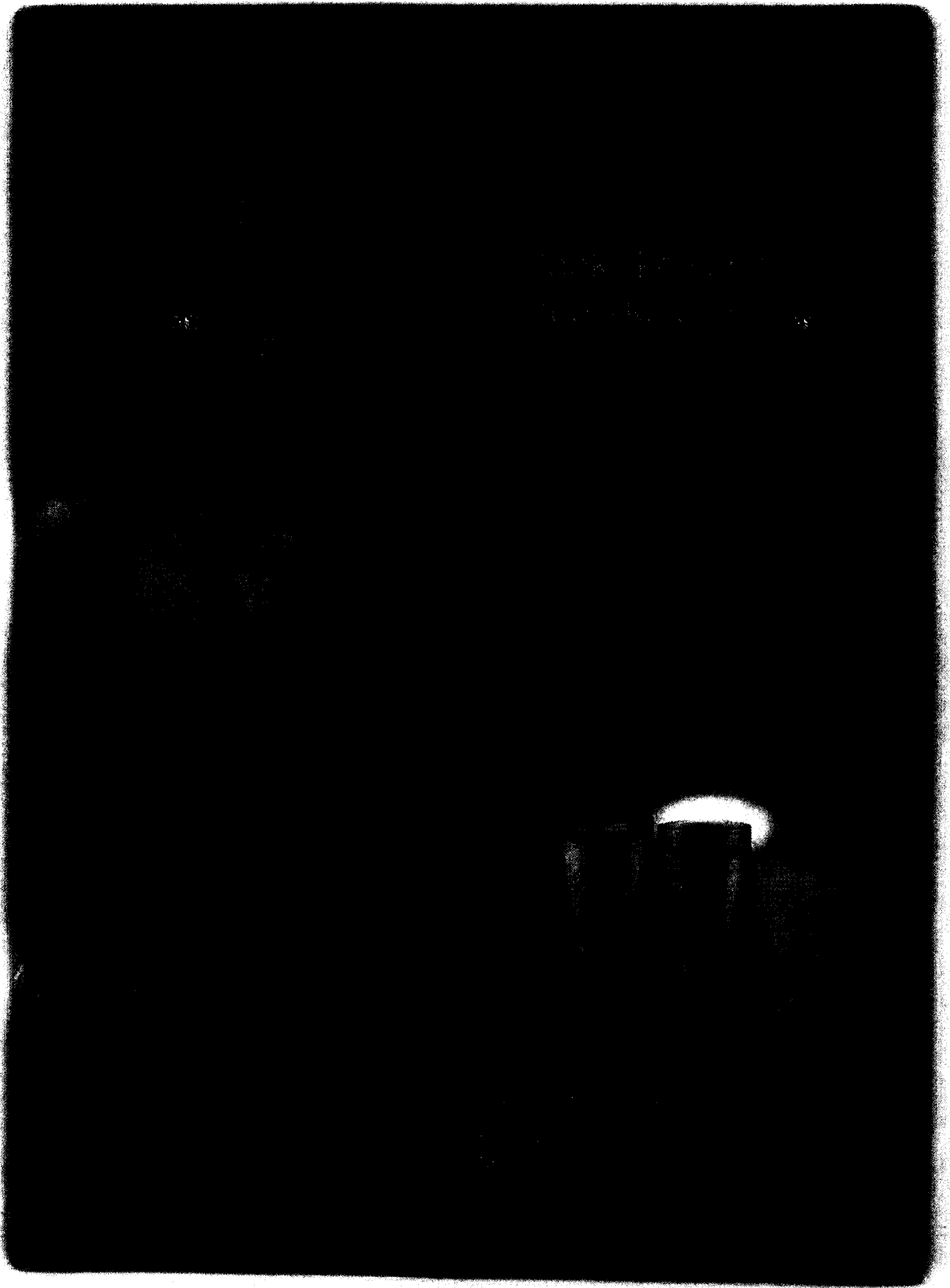
It was certainly worth a shot. And when I took HP's new Photosmart R967 digital camera (\$349; shopping.hp.com) to a friend's wedding recently, there was no shortage of volunteers eager to test its "slimming" feature. The verdict: It does elongate the images so you look more slender, but I didn't like how it also narrowed my face. I thought it was good for a laugh, but for posterity, I think I'll forgo the special effects.

—JANET LEE, SHAPE DEPUTY EDITOR



ERICKA MCCONNELL

DISNEYLAND'S BEEN DUBBED "THE HAPPIEST PLACE ON EARTH," but new research from Adrian White, an analytic social psychologist at the University of Leicester in England, says otherwise. Using results from more than 100 studies involving 80,000 people, he developed the first-ever World Map of Happiness. The criteria of joy are health, wealth, and access to education—in that order. Denmark, Switzerland, and Austria top the bliss list; the U.S. ranks 23rd out of 178 nations. Let some of that mood-enhancing attitude rub off on you by booking your next vacation to one of these locales.

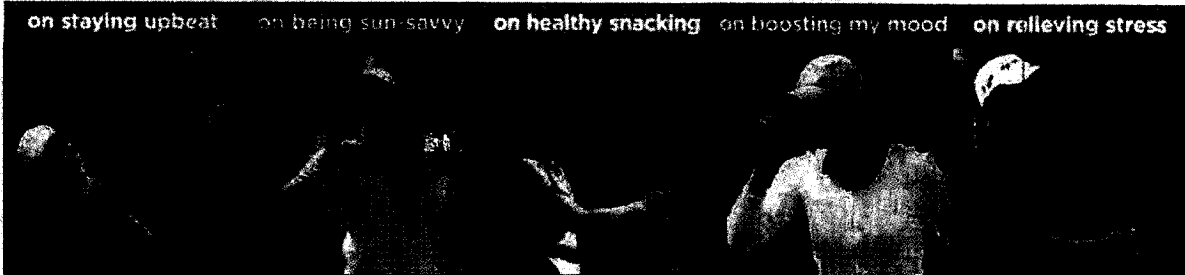


shape your life news

instant inspiration

SUCCESS SECRETS OF THE PROS

Five golf greats share their tips for living healthy, balanced lives. Catch them on the LPGA Kraft Nabisco Championship, March 29 on ESPN2.



SEI PAK
"Don't let negative thoughts overtake you. Remember that every challenge is a new opportunity to improve."

PAULA CREAMER
"I'm outside a lot, so I slather on SPF 55 throughout the day—and drink 10 bottles of water daily to stay hydrated."

CRISTIE KERR
"Peanut butter and jelly on whole-wheat bread keeps my energy up when I'm on the course."

LORNA OCHOA
"I run every morning for 40 to 50 minutes. I love starting my day with an endorphin rush!"

NATALIE GULBIS
"Whenever I have a problem, I talk to my family, friends, or coach, and I write about it in my journal."

FROM BOTTOM LEFT: COLETTE DE BARROS, DEAN MOUNTAIN/ARND BRONKHORST/GETTY IMAGES; JONATHAN FERREY/GETTY IMAGES; HUNTER MARTIN/GETTY IMAGES; LISA RILIM/NEP/GETTY IMAGES; CHRIS TROTMAN/GETTY IMAGES

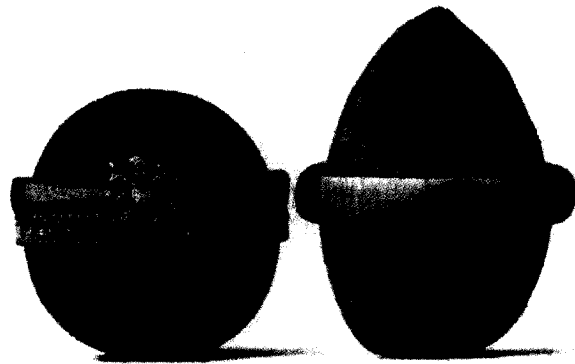
3 surprising ways to
SAVE ON YOUR TAXES

- 1 **THINK OUTSIDE THE DOCTOR'S OFFICE.** "If your health costs exceed 7.5 percent of your adjusted gross income, you're entitled to a medical deduction," says Renee George, a certified public accountant in Hilton Head, South Carolina. Eligible expenses include weight-loss and smoking-cessation programs prescribed by your doc.
- 2 **GET PAID FOR YOUR JOB SEARCH.** The cost of interview clothes, gas mileage to and from prospective employers, and printing and mailing your résumé are all deductible.
- 3 **TAKE CREDIT FOR BEING GREEN.** Now when you file a return, you can claim a credit for buying an alternative-fuel or hybrid vehicle. For a complete list of qualifying models, go to irs.gov.

Log on to shape.com/turbotax for your chance to win a copy of TurboTax Premier 2006.



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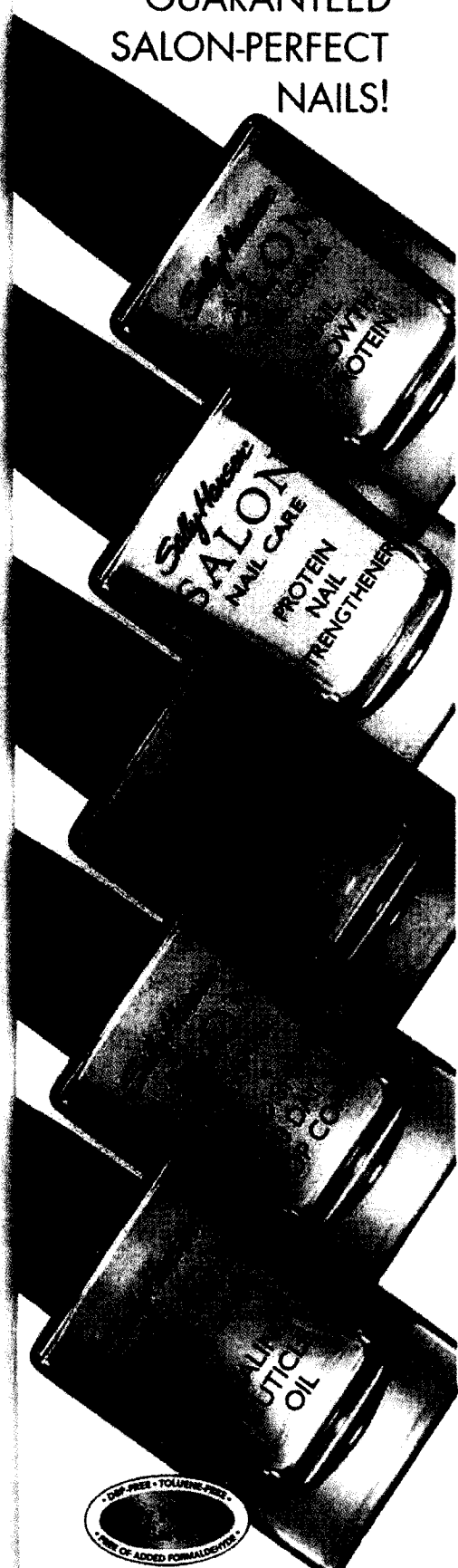
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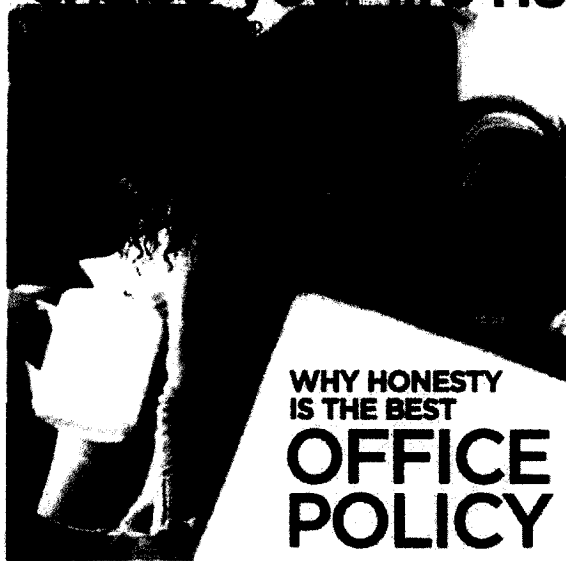
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shape your life news



WHY HONESTY IS THE BEST OFFICE POLICY

"Being truthful and taking responsibility shows your co-workers you respect them, and that makes them feel valued," says Simon Pervan, Ph.D., a marketing professor at the university.

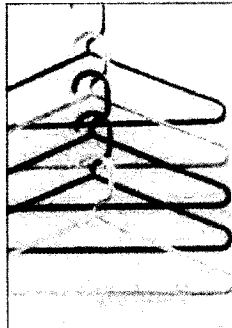
It might seem counterintuitive, but fessing up when you make a mistake can actually improve your relationships at the office, according to new research from the University of Bath in England.

He adds that taking steps to make up for harm done—whether that involves working extra hours or treating your co-worker to lunch—also goes a long way toward developing trust.

quick confidence booster

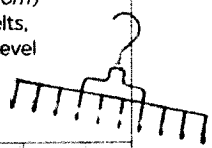
SPRING-CLEAN YOUR CLOSET

Want to stress less in the a.m.? "Donate anything in your closet that doesn't fit," says Meryl Starr, author of *The Personal Organizing Workbook*. Then streamline your wardrobe with these handy tools.

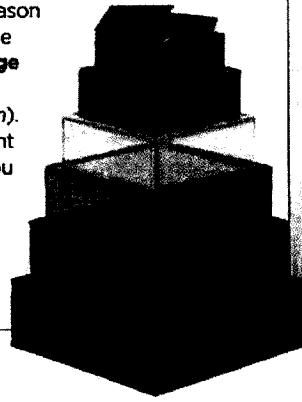


☉ **Rainbow tubular hangers** (\$0.29 each; containerstore.com) make coordinating easy—just assign a color to tops, skirts, and pants.

☉ **The Martha Stewart Everyday steel multi-hook hanger** (\$4; kmart.com) keeps necklaces, belts, and scarves at eye level and prevents them from getting tangled.



☉ Keep off-season clothes in these **rainbow storage boxes** (\$33; wrapables.com). The transparent vinyl allows you to see what's inside without having to pop the tops.



☉ **The Shoes Away shoe organizer** (\$15; target.com) houses more than sneakers, heels, and flats. Tuck socks, accessories, and even underwear into the pockets for convenient access.



HEPP/GETTY IMAGES

OLD YORK

new

Get salon-perfect nails without
leaving the salon. Our 650-bristle
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healthy mind & body

workout secrets of the stars

Psst...they sweat, lift, and sprint just like everybody else. BY DAVID KIRSCH

For the average Jane, having a personal trainer is usually a luxury. But for Hollywood A-listers, a trainer is practically a necessity, since their appearance often affects the roles they get offered. You may be thinking, "How difficult is it *really* for rich starlets to stay in shape? They barely eat anything, and they can afford to work out with top trainers." You'd be surprised. My high-profile clients are some of the hardest-working people in the gym. Here, the inside scoop on their workouts:

✓They get bored, just like you.

Many celebs have been working out for years, so they need to change things up, too. My client Liv Tyler finally got to the point where she just couldn't face the treadmill anymore, so I bought us bikes that we could ride together. It's also something she can do with her husband and son. If you're having a hard time getting excited about your routine, try some other options—rowing, biking, kickboxing—whatever it takes to make you want to work out again.

✓They don't glisten, they sweat.

Heidi Klum, Ellen Barkin, and Kerry Washington don't pay me to let them stand around and talk on their cell phones. They train hard—we usually do 30 to 45 minutes of circuit strength exercises (with very little rest between moves) and the same amount of cardio in each session. High-intensity workouts burn more calories than easy, chat-on-the-treadmill routines.

✓They have problem areas, too.

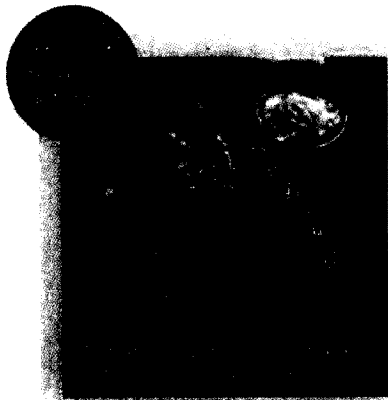
Heidi has a pear shape, and if she does put on weight, it tends to be in her lower body, so we run or work on the elliptical to keep her lean. Use targeted strength moves to firm up your trouble spots and add plenty of cardio to burn off the fat.

✓They're seduced by fad diets.

It's not easy to stay super-slim, so the latest diet crazes often take Hollywood by storm. I try to convince my clients that they need a variety of nutrients and that no one group (e.g., carbs) is "bad."

✓They're strapped for time.

Stars may be rich and famous, but most of them still have to pick up their kids, prepare for meetings, and try to have a social life—while working 15-hour days on set. I show them how to squeeze exercise into a short amount of time by using intervals (fast bursts followed by slow recovery periods), and I give them moves they can do at home and on the road (see "Shape Up Fast," right).



Having an Oscar party? Pass on the chips and dip and serve my **Beams Chicken Fingers With Lowfat Peanut Sauce** instead (find the recipe at shape.com/davidkirsch).

Have a question for David? E-mail him at askdavid@shape.com.

Trainer David Kirsch (davidkirsch.com) is the author of *The Ultimate New York Diet*

shape up fast

narrow-stance split squat

Works legs and butt

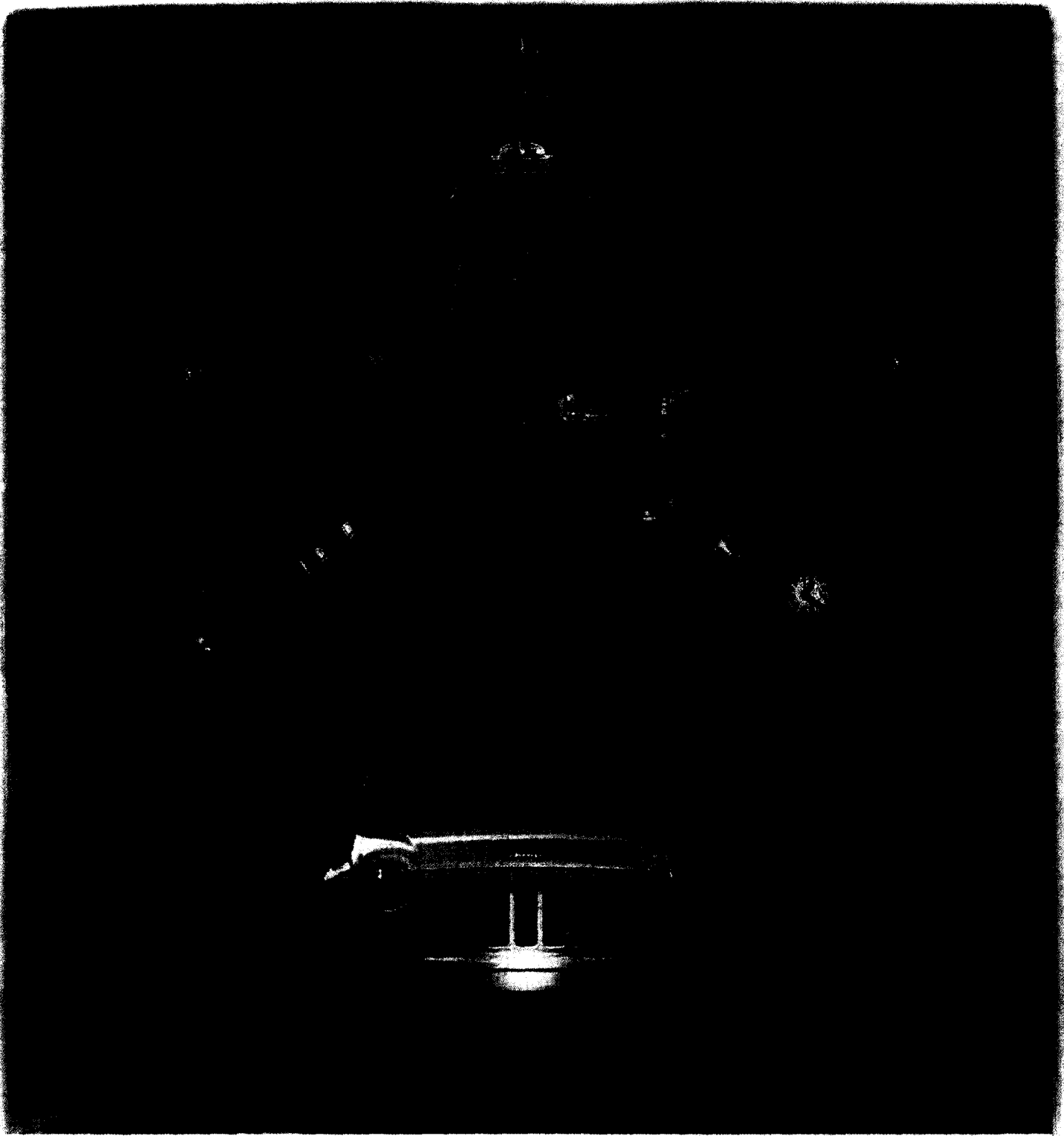
The foot position in this move helps you focus more on the front of your thighs (quadriceps). For an added challenge, do it with your rear foot on a stability ball.



> Stand with your right toes on a bench or sturdy chair that's about a foot behind you. Hold a weight in your right hand or place both hands on hips [A].

> Lower into a lunge on your left leg and reach right hand, palm facing left, toward left foot [B]. Keep left knee aligned over toes and don't hunch your back. Return to start position and repeat. Do 12 reps, then switch sides to complete set.

DARBYL ESTRINE, ELISABETTA ROGGIANI, HALTER AND SHORTS; PIERROK SNEAKERS; STILL LIFE: QUENTIN BACON



INTRODUCING JEEP COMPASS. THE URBAN RECREATIONAL VEHICLE.

It's time to start having fun with the city. The all new 2007 Jeep Compass comes with an advanced 172 hp 2.4L engine that gets up to 30 miles per gallon,* a Five-Star side-impact safety rating†, MP3 compatibility, an available 9-speaker Boston Acoustics® Premium Sound Group with flip-down liftgate speakers. Starting at \$15,985‡

‡MSRP excludes tax.

*2.4L engine EPA estimate of 26 city/30 highway for 5-speed manual-equipped 4x2 models.

†Based on NHTSA crash testing.

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Jeep

ADVERTISEMENT

Look Good and Feel Great on Vacation

Traveling the world can surely throw off your regular workout routine and the differing climates can create havoc on your hair. Let us tell you how to stay fit on vacation and still look great!

Surfing

Looking for the ultimate rush? Surfing is the ultimate exercise working the body and mind. Whether you're riding the waves off the Australian coast or Malibu, California, be sure to say good-bye to those frizzy curls by using Aussie's New Catch the Wave products after an exhilarating day at the beach.

Hiking

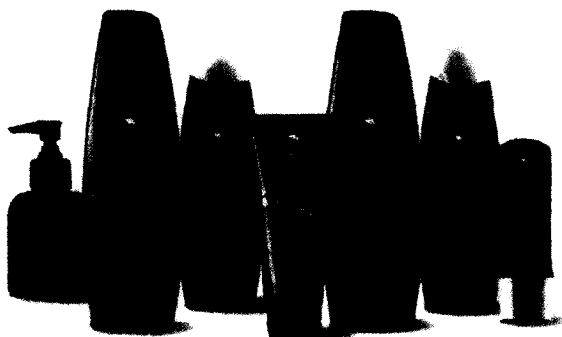
Trekking up the volcanoes of Hawaii or hiking anywhere is a great cardiovascular workout and the views can be breathtaking. Although this activity will surely make you feel good, your hair won't look great until you battle the humidity using Aussie's New Sydney Smooth products.

Skiing

If a cold weather climate is more your style, downhill skiing is an excellent way to exercise while breathing in that fresh mountain air! Even though you might be skipping that fun-in-the-sun vacation, your hair will still have that glow with Aussie's New Sun-Touched Shine products.

Walking

This is the easiest and most convenient way to stay on your exercise regimen while still gaining the benefits of a complete workout. You don't even have to schedule extra time - fit in exercise and save money by walking to your destinations!



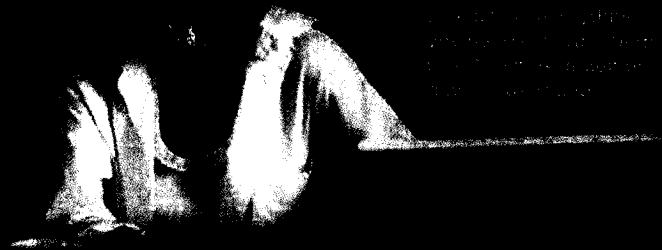

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escapes

HOTELS WITH HIGH-TECH HELP



By Lisa M. ...

... and ...

... and ...

... and ...

reader postcard

from New York City

I spent five days walking 30 miles all over New York City. I even hiked over the Brooklyn Bridge.

—DAWN FRAUTSCHY, RALEIGH, N.C.

Wish you were here? Send your favorite active-getaway memory to postcards@shape.com.

Travel Q&A

Q How can I stay in a house instead of in a hotel on my next trip?

A There are two common ways to go about it: Trade your home for someone else's or look for a short-term rental. On homelink.org you can browse a directory of people in 69 countries who want to swap pads. Pay an \$80 annual membership fee to join, and then trade your place for your (temporary) dream home for free. For rentals, homeaway.com lists more than 65,000 vacation homes and apartments in 90 countries (you can get everything from a villa in France for about \$2,800 a week to a condo in Palm Springs, California, for roughly \$1,200 a week). —sb

Send your travel questions to travelq@a@shape.com.

SHAPE tested

3 must-have doggie bags

Whether you're traveling by plane or car—or just strolling around town—your best friend shouldn't have to "ruff" it. Here, the coziest totes in every price range. —sb

For rainy-day outings

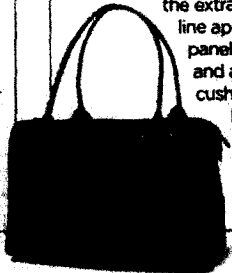
Your pup will stay snug and dry in the water-resistant **Puppie Holiday bag** (\$49; puppyzone.com). Store treats and baggies (for emergency pit stops) in the side pockets. The two sets of straps let you carry it over your shoulder or by hand.

Available in two colors (size: 16" x 7" x 10").



For frequent fliers

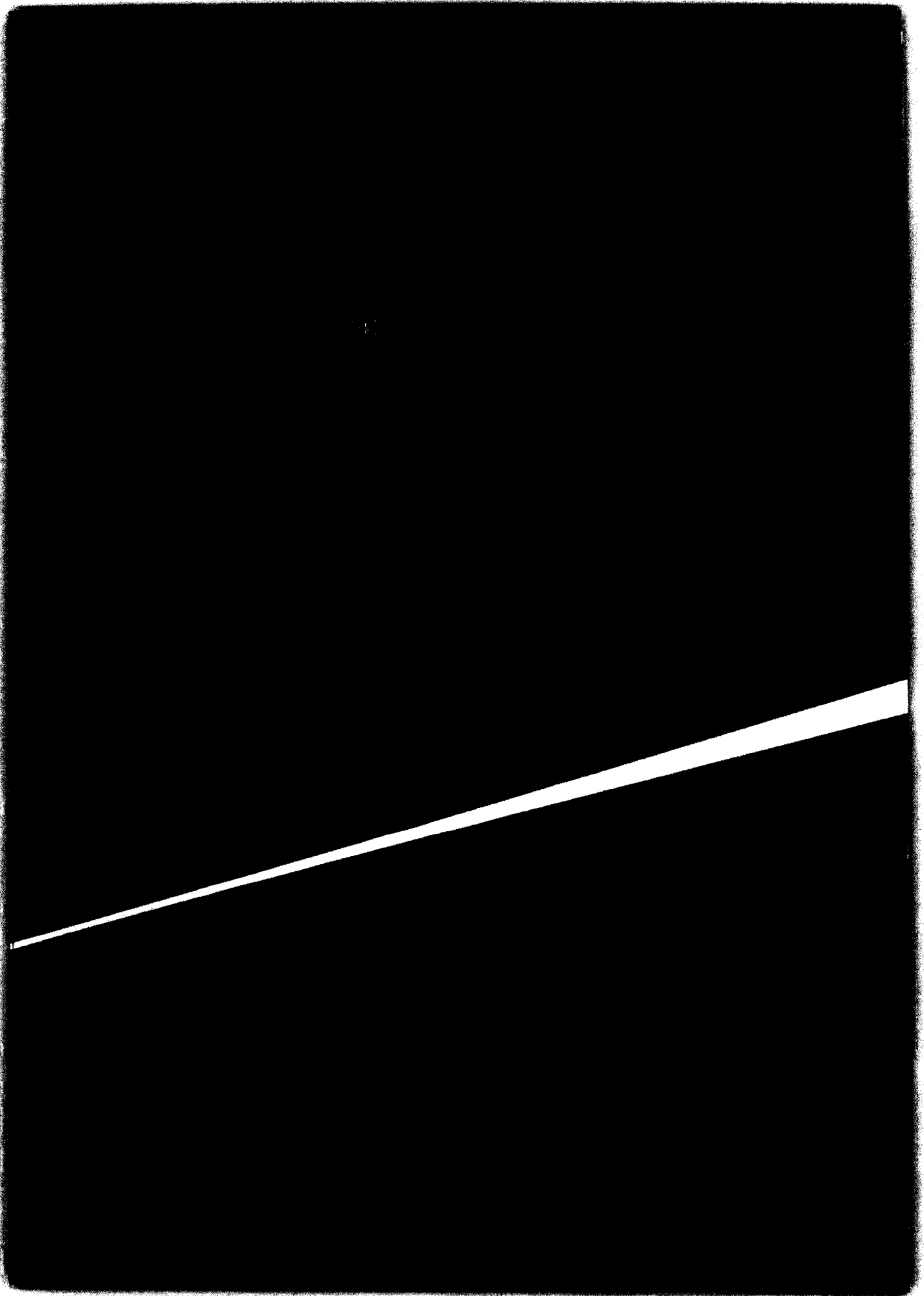
Wag's canvas London tote (\$115; wagstores.com) is tough enough to go the extra mile—plus, it's airline approved. The mesh panels ensure ventilation, and a quilted bottom cushion means Fido will be comfy the entire flight. Available in three color combos (size: 16" x 6" x 10").



For car trips

Chic enough to double as a purse (it even has a pocket that holds your cell and wallet), the **Julcy Couture dog carrier** (\$275; shop-tag.com) has a soft velour-and-leather exterior and a removable, washable pad. The quick-release buckle provides fast escapes for your pet. Available in two colors (size: 13" x 9" x 7").







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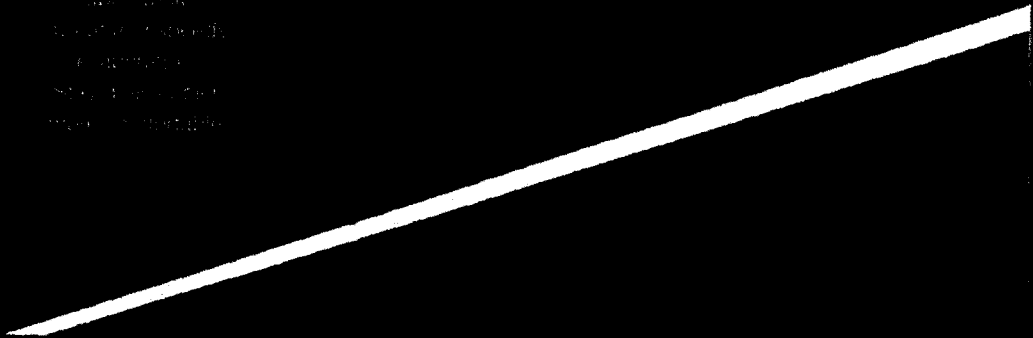
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Seamless Cami 16.99
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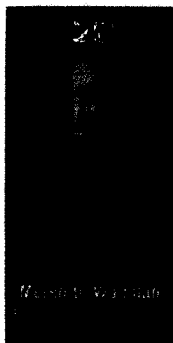
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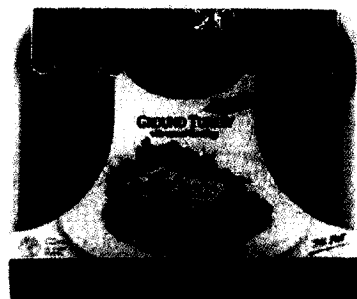
scoopinmarch

EVENTS & PROMOTIONS

LOOK AT TURKEY NOW™



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SHAPE ESCAPE ASPEN 2007



Shape heads to the cool slopes of Aspen, Colorado on March 17th for the 7th Annual Shape Escape Aspen event!

This one-day retreat includes:

- Shape's "Spirit, Sport and Style" fashion and beauty show
- Tastings, demos and product sampling
- Gift bags and fun giveaways

Don't miss this opportunity to celebrate with Shape from 11 AM-4 PM in Gondola Plaza, at the base of Ajax Mountain. Book your travel arrangements today!

ESCAPE TO ASPEN WITH SHAPE!

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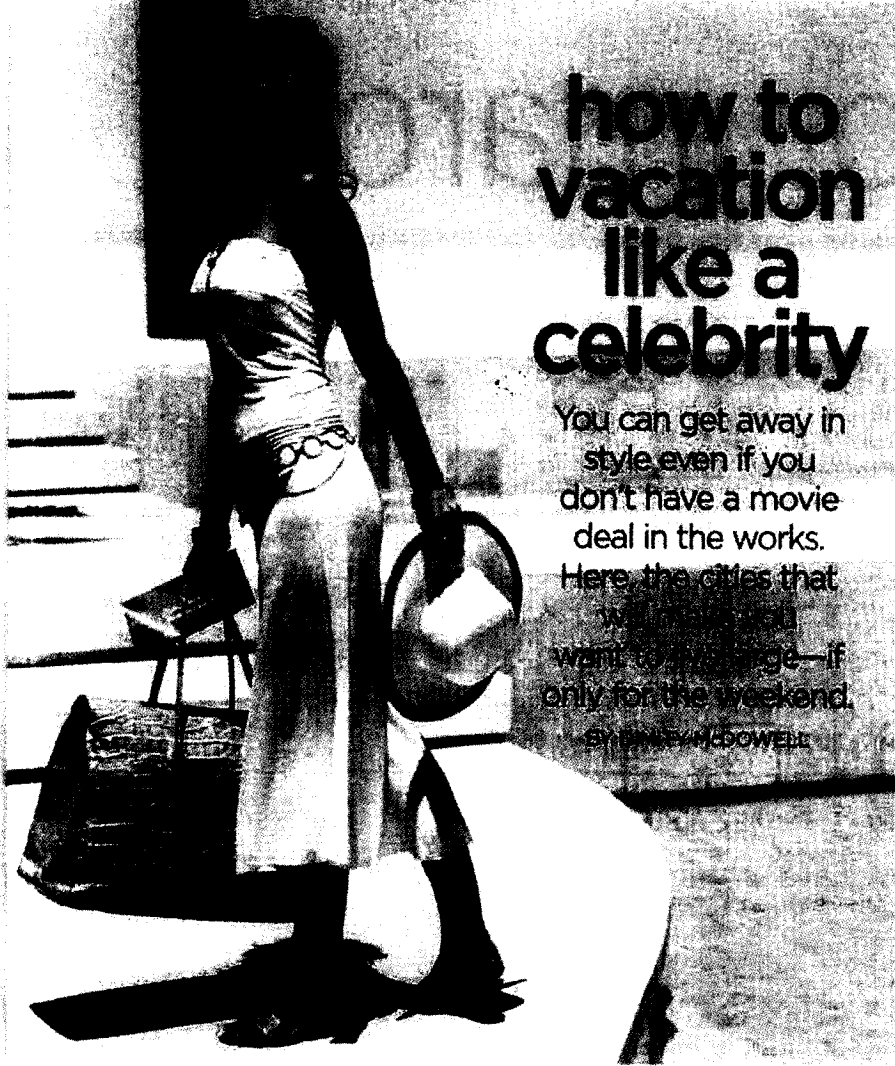
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venture out



how to vacation like a celebrity

You can get away in style even if you don't have a movie deal in the works. Here are the cities that you'll want to escape—if only for the weekend.
BY JANEY MCDOWELL

Admit it: You wouldn't mind living like Jennifer Aniston, at least for a day or two. You don't necessarily want to be chased by the paparazzi, but you could get used to staying at luxe hotels and pampering yourself whenever and wherever you want. To help you get a taste of the *really* good life, we scouted out the hottest places to see and be seen in six star-studded cities. Don't have the cash for a casita by the ocean? Don't worry, we found glam options for every budget. The personal assistant and private chef, however, are up to you.

WHERE STARS KEEP A LOW PROFILE

New York City

Celebs come to the Big Apple to escape the L.A. scene and blend in with everyone else on the bustling streets—while

still enjoying easy access to some of the best food, theater, and shopping in the world. Make like Jessica Simpson and set up camp at the **SoHo Grand Hotel** (rooms from \$399; sobogrand.com), where you can request a pet goldfish for your stay if you're lonely. Get a star-worthy look downstairs at **Privé**, the salon founded by Laurent D, stylist to Salma Hayek, where blowouts start at \$50 and cuts at \$90. We understand if you prefer to save your money for the shopping, food, and culture—New York isn't cheap—so bed down at the **Cosmopolitan Hotel** (rooms from \$175; cosmopolitan.com), a still-hip choice in the trendy TriBeCa neighborhood.

NEW YORK IS A FOODIE HAVEN; YOU CAN GET IT ALL AT VIRTUALLY ANY TIME OF DAY OR NIGHT.

New York pulses with energy. Rev *your* pulse with runs around **Central Park** (keep your eyes peeled for incognito joggers like Kim Basinger and singer Vanessa Carlton) or yoga at the gigantic **Jivamukti Yoga School** in Union Square (\$17 per class; jivamuktivyoga.com). The recent opening drew Kimora Lee Simmons and Uma Thurman.

New York is a foodie haven, and you can get it all at virtually any time of day or night. Some must-stops: **Inoteca**, a wine bar on the Lower East Side that has to-die-for panini at wallet-friendly prices (see Quick and Healthy for co-owner Jason Denton's panini recipes), and **Momofuku Ssäm Bar**, in the East Village, where you can get Asian wraps (ssäms), filled with everything from organic chicken to red azuki beans.

HOLLYWOOD GOES COWBOY HERE

Jackson Hole, Wyoming

With its fresh mountain air and rugged Western vibe, Jackson Hole is the place where stars like Sandra Bullock get away from it all in their shearling coats. There's no lack of five-star accommodations, but one favorite is the **Four Seasons** (rooms from \$195; fourseasons.com), which is perched slopeside in Teton Village (Julia Louis-Dreyfus has stayed there). Rush back after a day of skiing or hiking to one of the three outdoor hot tubs with jaw-dropping views of the 13,000-foot Teton peaks. If you can't snag a good rate at the Four Seasons, try the **Teton Mountain Lodge** (rooms from \$109; tetonlodge.com), which

boasts a brand new spa and a gear-lending closet stocked with the latest equipment from Cloudveil, Kelty, and other top manufacturers.

Ask about the gym in Jackson and the locals will probably give you a funny look. Why pump iron when you can hike, ski, bike, climb, kayak, or run in spectacular surroundings? Instead, stretch your legs after a long flight or car trip on the four-mile loop past

STOCKBYE/GETTY IMAGES

Fresh entertainment for your mouth.



Have some fun with playful, refreshing Tic Tac.

venture out

Taggart Lake (it's an easy to moderate hike or trail run).

If all that activity inspires you to get serious about your fitness goals back home, though, stop by **One to One Wellness**, a boutique gym whose trainers are all exercise physiologists. Whether you want to lose 10 pounds or run a 10k, they'll test your VO_2 max and resting metabolic rate, assess your posture, and give you a take-home workout plan (from \$275; 121wellness.com).

THE OTHER HOLLYWOOD HILLS

Aspen, Colorado

Park your Gulfstream with the slew of private jets that line the runway at this tiny airport—or make a glam entrance from the plane you came in on—then head for the slopes. If you're visiting while the snow

flies, make like an A-lister with the **First Tracks program** (free with the purchase of an Aspen Mountain lift ticket). It's a chance to hit the trails before they open to the public. For a break from the chairlift, strap on snowshoes (or hiking shoes in the summer) and explore the popular Hunter Creek and Ute hiking trails.

At the base of Aspen Mountain is the 92-room, five-star **Little Nell** (rooms from \$280; thelittlenell.com). Beyoncé, Mischa Barton, and Catherine Zeta-Jones have all checked in to this ski-in-ski-out hotel and, presumably, taken advantage of the ski concierge who waxes your skis and warms your boots every morning—gratis. If your budget's a little tighter, reserve a room at the **Molly Gibson Lodge**, a basic but clean hotel three blocks from downtown (rooms from \$115; mollygibson.com). The staff will happily transport you to the airport or



caves and warm and cold waterfalls to distract you, you might forget about your treatment, unless you're getting the **Micro-Exfoliating Pedicure**, which reverts your feet to baby-skin softness (\$75).

PLAYGROUND FOR THE RICH & FAMOUS

Las Vegas

When it's time to go out, celebs would just as soon hop a flight to Sin City than drive to a local club. With casinos as busy at 2 a.m. as they are at 2 p.m., sleep is an afterthought. When you do opt for some shut-eye, make it count. Oprah Winfrey declared that the

beds in the recently opened **Wynn Las Vegas** (rooms from \$240; wynnlasvegas.com) were "the most comfortable" ones she'd ever slept in. Don't need a flat-screen TV in your bathroom or a \$32 hamburger? Try the **Westin** (rooms from \$169; starwoodhotels.com/westin).

The smoke-free hotel has a Reebok gym, 10,000-square-foot spa, and rooms with double-head showers.

Believe it or not, Las Vegas is home to one of the Southwest's best hiking areas, **Red Rock Canyon**, a quick 30-minute drive from the Strip. The rocky, steep 5-mile round-trip hike to Turtlehead Peak provides a heart-thumping workout, but the park is also a popular destination for some of the world's best rock climbers. If you're inspired, practice your hand- and footwork indoors on the 40-foot rock wall at the **Canyon Ranch SpaClub at the Venetian Hotel** (\$35 for a day pass; venetian.com) across the street from the Wynn.

ESCAPE TO ASPEN!

Join *Shape* at Aspen's Ajax Mountain on March 17 for ski, snowboard, and snowshoe clinics; one-on-one fitness and beauty consultations; and plenty of giveaways. For details on this free event, go to shape.com/ecoop.

anywhere else in the area, including the newest place to get your downward dog on: **o2 Aspen** (\$18 per class; o2aspen.com), which features everything from healthy-back classes to power yoga.

Recover from your adventures at the **Remède Spa at the St. Regis**, where Stella McCartney and Janeane Garofalo have recently been pampered. If the truffles and champagne don't make you feel like a celebrity, the locker room will. With steamy vapor



The SUV inspired by life.

Among other things.



The 2007 Suzuki Grand Vitara.

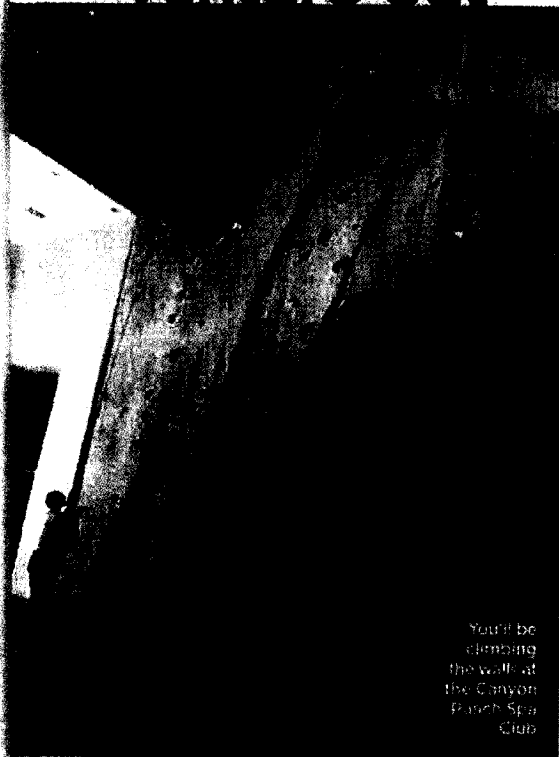
Like life, the Grand Vitara is full of possibilities. The 2007 Grand Vitara is a true SUV, offering a wide range of options to suit your lifestyle. With a 2.0L 4-cylinder engine, a 5-speed manual transmission, and a 4WD system, it's built for adventure. And with over 65 interior options, you can customize it to fit your needs. It's the SUV that's inspired by life.

AMERICA'S FAVORITE



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venture out



You'll be climbing the wall at the Canyon Ranch Spa Club.

For an only-in-Vegas spa experience, try the Chakra Balancing treatment at the new 50,000-square-foot **Qua Baths & Spa at Caesars Palace** (from \$255; quabathsandspa.com). You'll be one of the first to have your energy centers aligned with massage and warm oils. Or go straight to the source at **Hands On Massage** (handsonmassagehv.com), the company that supplies hotels with in-room therapists. A 60-minute massage ranges from \$90 to \$100—a bargain in this city.

CELEBRITY CENTRAL

Los Angeles

As the nickname implies, Tinseltown does indeed sparkle—or maybe it's just the flashes from the paparazzi. Be ready for your close-up if you check into **Chateau Marmont on the Sunset Strip** (rooms from \$335; chateaumarmont.com). Everyone who's anyone, including Charlize Theron and Scarlett Johansson, has stayed, partied, or people-watched here. To keep a lower profile, opt for the **Farmer's Daughter** (rooms from \$159; farmersdaughterhotel.com) in West Hollywood, where gingham décor and flat-screen televisions checkily (and chicly) co-exist.

With actresses honing their bodies for the big screen, there's no shortage of

celeb sightings at local gyms, but you're in Southern California, so enjoy the outdoors! Go hiking in **Runyon Canyon Park**, a rugged 130-acre reserve slicing up the Hollywood Hills. For surf and sand, drive up Highway 1 to Malibu, where you can jog beaches abutting some of the priciest real estate in the country.

IN MALIBU, YOU CAN JOG BEACHES ABUTTING SOME OF THE PRICIEST REAL ESTATE AROUND.

Finally, why not treat yourself—while saving money for a shopping splurge on Melrose Avenue—at the **Rescue Hand & Foot Spa in West Hollywood**, where Cynthia Nixon, Felicity Huffman, and Teri Hatcher have all had their nails buffed and painted (\$60 for a manicure and pedicure; rescuespa.com).

A STAR-STUDDED BEACH PARTY

Miami

Whether donning a two-piece on the beach or sipping a cosmopolitan at the ultra-exclusive **Setai Club**, celebrities flock to South Beach for sun, surf, and, of course, nightlife. And about that bikini: Miami loves showing off their bodies. Sculpt yours at the tony **Equinox Fitness Club** on Collins and Fifth (the club honors many other gym memberships for day passes; equinoxfitness.com). Runners will want to hoof it on the beach between First and 15th streets, where you might spot Gloria Estefan working out with her trainer.

When the art-deco style of South Beach has you seeing nothing but pastels, join the likes of Nicolette Sheridan and retreat to the sleek Asian-themed **Setai Hotel** (rooms from \$950; setai.com). It's pricey, yes, but the details—rich teak floors, 600-square-foot rooms, granite bathrooms stocked with Acqua di Parma products, and the black Range Rover that picks you up at the airport (\$120)—*might* help soften the blow. If a nightly rate that exceeds your monthly

rent is squeezing your budget, check out **Townhouse** (rooms from \$119; townhousehotel.com), a hotel that should be called Funhouse, what with

its whitewashed rooms stocked with vintage red phones and beach balls, a rooftop lounge with outdoor water beds instead of seats, and a location in the middle of the South Beach scene.

When celebs don't want to be spotted, they hightail it to the **Spa at Mandarin Oriental** downtown, where frequent guest Jennifer Lopez likes to indulge in the Thai Massage, a blend of stretching, massage, and acupressure (\$270 for 90 minutes; mandarinoriental.com). An option for those who are still waiting for their 15 minutes of fame (and fortune): **South Beach's Shore Club**, where an energy-restoring Char-donnay Antioxidant soak at the hotel's rooftop spa runs \$40 for 30 minutes. Ask if you can double the wine's antioxidant hit with a glass to drink as well.

DIMITY McDOWELL is a contributing editor in Colorado Springs, Colorado.



Rinse off in the bamboo shower at the Mandarin Oriental.

PITAL

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High quality jewelry designs

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up close with...eva mendes

how I got my best body ever!

Once a junk-food junkie
and exercise phobe, Eva Mendes
discovers the rewards
of living a healthier lifestyle.

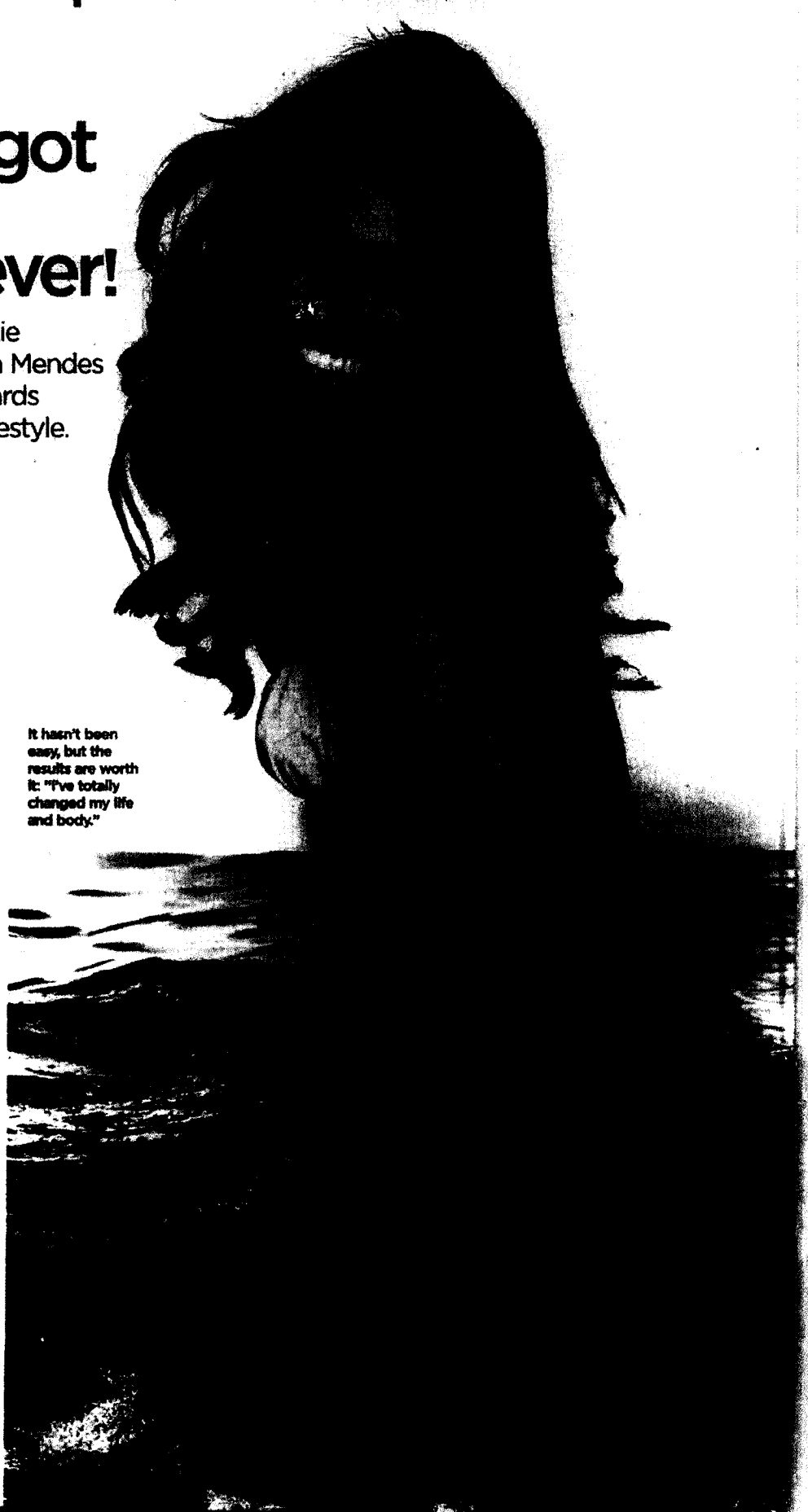
BY CLAIRE CONNORS

As an actress, Eva Mendes is used to making transformations. She's played everything from a tough cop in the 2003 thriller *Out of Time* to a reporter in love with a phantom superhero (Nicolas Cage) in this month's fantasy action flick *Ghost Rider*. So a year ago, when she decided to transform her body by changing her diet and beginning an exercise program, she turned to her super-fit friend Halle Berry for advice. Halle suggested Eva meet with Harley Pasternak, the fitness coach whom Halle trained with for her role in *Catwoman*. "Harley got my butt into the gym and is continually teaching me about eating right," says Eva, 31. Here's a peek into the strategy that Eva used to drop pounds and tone up.

BE HONEST WITH YOURSELF

Born in Miami and raised in Los Angeles, Eva is the youngest of four kids in a Cuban family. "I grew up eating meat, potatoes, black

It hasn't been easy, but the results are worth it: "I've totally changed my life and body."



up close with...eva mendes

beans, rice, and lots of white bread," says Eva. By the time she was in her 20s and a struggling actress living on her own, Eva had become what she calls a nutritional disaster. "I was in my car all day, running from audition to audition, living off of Jack in the Box," she says. Years of eating on the fly started to take its toll. "I had no energy and was moody, and I didn't look as cute in my jeans as I used to," she says. Her solution was to find healthy alternatives to her old favorites by

picking foods that had similar flavors or textures (see chart below). Now, rather than grabbing Burger King's French Toast Sticks for breakfast on her way to an early meeting, Eva takes a few minutes to make her own version at home with a slice of whole-grain cinnamon-raisin bread (she likes Ezekiel 4:9 made by Food for Life) dipped in beaten egg whites, fried in a tiny bit of canola oil, and topped with sugar-free maple syrup and berries. For lunch and dinner, she usually has

salmon, brown rice, and a big salad. "Learning to love fresh greens hasn't been easy," admits Eva. "My goal is to one day actually crave salads, but I'm not there yet." As for snacks, bring them on! Eva loves to graze all day long, but she's careful to choose foods that are healthy and satisfying. She always has some turkey jerky around for the times she wants something salty, and she stashes a bag full of Kashi GoLean Crunch cereal in her car in case she needs a nourishing snack. "I know it's an illusion," she says, "but I feel like I'm eating chips when I'm munching on cereal."

ON MY PLAYLIST NOW

"When I go to the gym, all I want to do is get lost in the music," says Eva.

- AC/DC
"You Shook Me All Night Long"
- Blondie
"Rapture"
- The Strokes
"First Impressions of Earth" (the entire CD!)
- Guns 'N' Roses
"Welcome to the Jungle"
- The Clash
"Magnificent Seven"

"HOW I DROPPED THE LAST FEW POUNDS"
A few small changes have given Eva big results.

Eva's old staples	Her new healthy alternatives
1 slice white bread (66 calories/1g fat)	1 slice Ezekiel 4:9 bread (80 calories/0g fat)
2 scrambled eggs (204 calories/15g fat)	1/2 cup Kashiology egg whites (60 calories/0g fat)
1 tbsp. pure maple syrup (52 calories/0g fat)	1 tbsp. sugar-free maple syrup (4 calories/0g fat)
1/2 cup mozzarella cheese (111 calories/8g fat)	1/2 cup Lifesave fat-free mozzarella (43 calories/0g fat)
1 oz. Munchos potato crisps (160 calories/10g fat)	1 cup Kashi GoLean Crunch (190 calories/2g fat)

NEVER STOP CHALLENGING YOUR BODY

"When I first met Eva, she told me she wasn't a person who liked to spend time in a gym," says Los Angeles-based personal trainer Pasternak, author of *5-Factor Fitness* and *The 5-Factor Diet*. "But in just a few weeks, she really got into it." What's his secret to motivating Eva? Every week he creates new routines for her to do, varying the moves, the intensity, and the num-

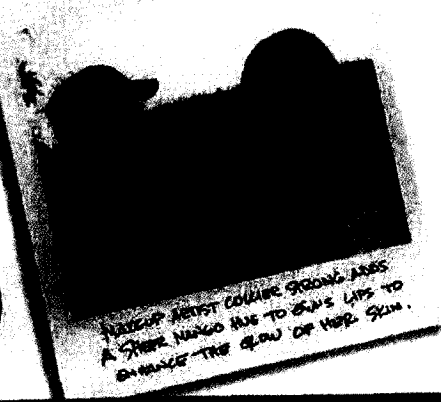
ber of reps and sets. "For your body to keep changing, your exercise program has to keep changing, too," he explains. Eva always begins with a five-minute warm-up on the treadmill or elliptical, then she moves on to weight training with bursts of cardio—like jumping rope for a minute—in between sets. "I really don't like doing cardio," admits Eva. "Every single day it's a struggle for me to get on the treadmill or to jump rope. But I know it's one of those things I

STILL LIFE: LUIS ERNESTO SANTANA

"A few of my favorite things"



Revlon Fabulash mascara
(\$7; drugstores)
"I'm obsessed with mascara, and this one makes my eyes really pop."



Aveda Singular Nota Rose Absolute oil (\$25; aveda.com)
"The rose scent is soothing."



ALBREY ORGANICS
Rosa Mosqueta®



Aubrey Organics Rosa Mosqueta Moisturizing cleansing bar (\$6; aubreyorganics.com)

"It's all natural and doesn't dry out my skin."

MANGOS ARENT COOLER THAN APPLES
A STRIP MANGO HAS TO BEAT LIPS TO
DANCE THE BLU OF HER SKIN.

have to do—for my heart and for my well-being. I may not enjoy the process, but I definitely enjoy the results."

FIND YOUR MOTIVATION

When Eva decided to adjust her habits, she knew very little about diet and exercise. But because Pasternak's style is to explain the "how" and, more importantly, the "why" behind each exercise and food choice, his clients understand the rationale for them—and they're more likely to stick with the program. "He always has a new bit of information to share about exercise or nutrition," says Eva of her coach. "Like the other day he told me about Annie Chun's Rice Express (6.3 oz. bowl, \$3; worldpantry.com), this microwavable brown rice. I zap it for two minutes, open a can of tuna, and there's my lunch!" The best lesson she's learned in the last year, however, is to really appreciate her body. "I've kept my curvy shape, but now my body is toned and defined," she says. "I wake up with more energy, I'm on track nutritionally, and I'm learning to have fun at the gym. I've never felt better!"

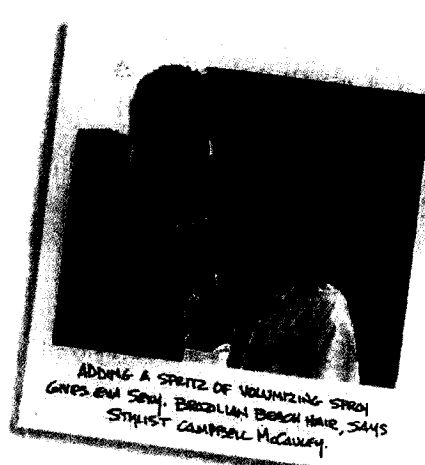
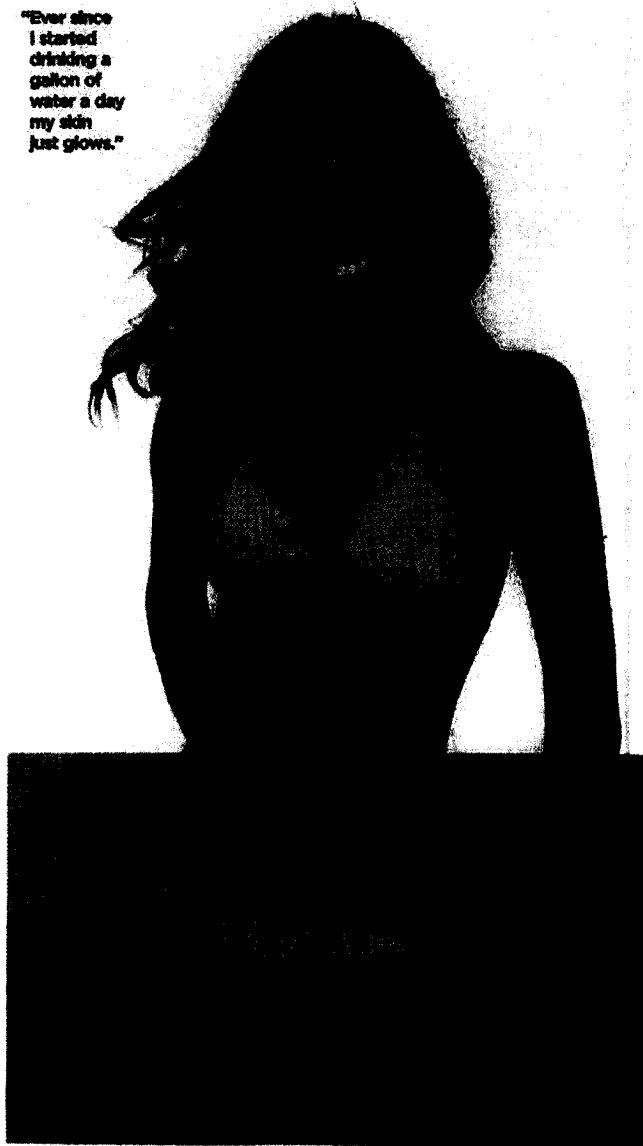
The sexy-butt workout

"Since I started exercising, I really like where my butt is going," says Eva. "It's defying gravity!" Here are two moves she does to keep her bottom up.

➤ **Bench step-up** Using a standard 18-inch-high weight bench (holding dumbbells or hands on hips), step up with one foot, keeping the other leg straight and off the bench. Lower down and repeat. Do 12 to 15 reps; switch sides to complete set.

➤ **Ball hamstring curl** Using a stability ball, lie faceup on a mat with your heels on top of the ball and lift hips in line with body. Roll the ball toward your butt by contracting your hamstrings. Make sure to keep your hips up and your toes pointed slightly forward. Do 12 to 15 reps per set.

"Ever since I started drinking a gallon of water a day my skin just glows."



ADDING A SPRITZ OF VOLUMIZING SPRAY GIVES EVA'S HAIR BRIDGIAN BEACH HAIR, SAYS STYLIST CAMPBELL McCauley.



Crystal Light
(\$5 for 6 packets; grocery stores)
"I trick myself into drinking a gallon of water every day by adding in a little Crystal Light."



Brian Atwood
"Joan" platform (\$550; intermixonline.com for stores)
"When I put on these sexy shoes, it's a whole new ball game."

SOME DISCOVERIES ARE WORTH SHARING

IMPORTANT SAFETY INFORMATION ABOUT YAZ:

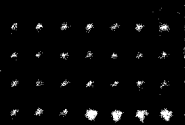
What are the risks involved with taking any oral contraceptive (OC)? OCs can be associated with increased risks of several serious side effects. OCs do not protect against HIV infection or other STDs. **Women, particularly those 35 and over, are strongly advised not to smoke due to the risk of serious cardiovascular side effects including blood clots, stroke, and heart attack.**

YAZ® THE ONLY 24-DAY PILL WITH *drsp*™

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It's important to know that *drsp* may increase potassium. Therefore, you should not take YAZ if you have kidney, liver or adrenal disease because this could cause serious heart and health problems. Tell your doctor if you are on daily long-term treatment for a chronic condition, such as cardiovascular disease or chronic inflammatory disease. Women who take certain drugs (see below) should have their potassium level checked in the first month of taking YAZ.

YAZ can also help:



- Give you shorter, lighter periods
- Regulate your cycle
- Reduce cramps

YAZ is available by prescription only.

Your next big discovery may be a conversation away, so talk to your doctor about YAZ. Visit www.YAZ-us.com or call 1-866-YAZ-PILL.

(drospirenone &
ethinyl estradiol)

From the makers of Yasmin

IT'S WORTH TALKING ABOUT

What cardiovascular or chronic inflammatory drugs may increase potassium? NSAIDs-ibuprofen (Motrin®, Advil®), naproxen (Naprosyn®, Aleve®, and others) when taken long-term and daily for arthritis or other diseases or conditions, Potassium-sparing diuretics (spironolactone and others), Potassium supplementation, ACE inhibitors (Capoten®, Vasotec®, Zestril®, and others), Angiotensin-II receptor antagonists (Cozaar®, Diovan®, and others), and Heparin. See patient package insert on reverse side.

BRIEF SUMMARY PATIENT PACKAGE INSERT

Rx only

YAZ®

(drospirenone and ethinyl estradiol) Tablets

containing the following:

24 light pink – "active" tablets

4 white – "reminder" tablets

This product (like all oral contraceptives) is intended to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

YAZ® is different from other birth-control pills because it contains the progestin drospirenone. Drospirenone may increase potassium. Therefore, you should not take YAZ if you have kidney, liver or adrenal disease because this could cause serious heart and health problems. Other drugs may also increase potassium. If you are currently on daily, long-term treatment for a chronic condition with any of the medications below, you should consult your healthcare provider about whether YAZ is right for you, and during the first month that you take YAZ, you should have a blood test to check your potassium level.

• NSAIDs (Naproxol (Aleve, Advil), acetaminophen (Tylenol and others) when taken long-term and daily for treatment of arthritis or other problems)

• Potassium-sparing diuretics (spironolactone and others)

• Potassium supplementation

• ACE inhibitors (Capoten, Vasotec, Zestril and others)

• Angiotensin-II receptor antagonists (Cozaar, Diovan, Avapro and others)

• Heparin

• Aldosterone antagonists

Oral contraceptives, also known as "birth-control pills" or "the pill", are taken to prevent pregnancy, and when taken correctly without missing any pills, have a failure rate of approximately 1% per year (1 pregnancy per 100 women per year of use). The typical failure rate in pill users is approximately 5% per year (5 pregnancies per 100 women per year of use) when women who miss pills are included. However, forgetting to take pills considerably increases the chances of pregnancy.

For the majority of women, oral contraceptives can be taken safely. But there are some women who are at high risk of developing certain serious diseases that can be life-threatening or may cause temporary or permanent disability or death. The risks associated with taking oral contraceptives increase significantly if you:

• smoke

• have high blood pressure, diabetes, high cholesterol, or are obese

• have or have had clotting disorders, heart attack, stroke, angina pectoris (severe chest pains), cancer of the breast or sex organs, jaundice, or malignant or benign liver tumors

You should not take the pill if you suspect you are pregnant or have unexplained vaginal bleeding.

Although cardiovascular disease risks may be increased with oral contraceptive use after age 40 in healthy, non-smoking women (even with the newer low-dose formulations), there are also greater potential health risks associated with pregnancy in older women.

Cigarette smoking increases the risk of serious adverse effects on the heart and blood vessels from oral contraceptive use. This risk increases with age and with heavy smoking (16 or more cigarettes per day) and is quite marked in women over 35 years of age. Women who use oral contraceptives should not smoke.

Most side effects of the pill are not serious. The most common such effects are nausea, vomiting, bleeding between menstrual periods, breast tenderness, and difficulty wearing contact lenses. These side effects, especially nausea and vomiting may subside within the first three months of use.

The serious side effects of the pill occur very infrequently, especially if you are in good health and are young. However, you should know that the following medical conditions have been associated with or made worse by the pill:

1. Blood clots in the legs (thrombophlebitis), lungs (pulmonary embolism), blockage or rupture of a blood vessel in the brain (stroke), blockage of blood vessels in the heart (heart attack and angina pectoris) or other organs of the body. As mentioned above, smoking increases the risk of heart attacks and strokes and subsequent serious medical consequences. Women with migraine headaches also may be at increased risk of stroke when taking the pill.

2. Liver tumors, which may rupture and cause severe bleeding. A possible but not definite association has been found with the pill and liver cancer. However, liver cancers are extremely rare. The chance of developing liver cancer from using the pill is thus even rarer.

3. High blood pressure, although blood pressure usually returns to normal when the pill is stopped.

4. Cancer of the breast. Various studies give conflicting reports on the relationship between breast cancer and oral contraceptive use. Oral contraceptives use may slightly increase your chance of having breast cancer diagnosed, particularly after using hormonal contraceptives at a younger age. After you stop using hormonal contraceptives, the chances of getting breast cancer begin to go back down. You should have regular breast examinations by a health care provider and examine your own breasts monthly. Tell your healthcare provider if you have a family history of breast cancer or if you have had breast nodules or an abnormal mammogram. Women who currently have or have had breast cancer should not use oral contraceptives because breast cancer is a hormone-sensitive tumor.

Some studies have found an increase in the incidence of cancer or precancerous lesions of the cervix in women who use the pill. However, this finding may be related to factors other than the use of the pill.

The symptoms associated with these serious side effects are discussed in the detailed leaflet given to you with your supply of pills. Notify your doctor or healthcare provider if you notice any unusual physical disturbances while taking the pill. In addition, drugs such as rifampin, as well as some anticonvulsants, some antibiotics and some herbal products such as St. John's Wort, may decrease oral contraceptive effectiveness.

Taking the pill may provide some important non-contraceptive benefits. These include less painful menstruation, less menstrual blood loss and anemia, fewer pelvic infections, and fewer cancers of the ovary and the lining of the uterus.

Be sure to discuss any medical condition you may have with your healthcare provider. Your healthcare provider will take a medical and family history before prescribing oral contraceptives and will examine you. The physical examination may be delayed to another time if you request it and the healthcare provider believes that it is appropriate to postpone it. You should be reexamined at least once a year while taking oral contraceptives. The detailed patient information booklet gives you further information which you should read and discuss with your healthcare provider.

This product (like all oral contraceptives) is intended to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.

INSTRUCTIONS TO PATIENTS

HOW TO TAKE THE PILL

IMPORTANT POINTS TO REMEMBER

BEFORE YOU START TAKING YOUR PILLS:

1. BE SURE TO READ THESE DIRECTIONS:

Before you start taking your pills.

Anytime you are not sure what to do.

2. THE RIGHT WAY TO TAKE THE PILL IS TO TAKE ONE PILL EVERY DAY AT THE SAME TIME. YAZ CAN BE TAKEN WITHOUT REGARD TO MEALS.

If you miss pills you could get pregnant. This includes starting the pack late. The more pills you miss, the more likely you are to get pregnant.

3. MANY WOMEN HAVE SPOTTING OR LIGHT BLEEDING, OR MAY FEEL SICK TO THEIR STOMACH DURING THE FIRST 1-3 PACKS OF PILLS.

If you do have spotting or light bleeding or feel sick to your stomach, do not stop taking the pill. The problem will usually go away. If it does not go away, check with your healthcare provider.

4. MISSING PILLS CAN ALSO CAUSE SPOTTING OR LIGHT BLEEDING, even when you make up these missed pills.

On the days you take two pills, to make up for missed pills, you could also feel a little sick to your stomach.

5. IF YOU HAVE VOMITING (within 3 to 4 hours after you take your pill), you should follow the instructions for WHAT TO DO IF YOU MISS PILLS. IF YOU HAVE DIARRHEA, OR IF YOU TAKE CERTAIN MEDICINES, including some antibiotics and some herbal products such as St. John's Wort, your pills may not work as well.

Use a back-up method (such as condoms or spermicides) until you check with your healthcare provider.

6. IF YOU HAVE TROUBLE REMEMBERING TO TAKE THE PILL, talk to your healthcare provider about how to make pill-taking easier or about using another method of birth control.

7. IF YOU HAVE ANY QUESTIONS OR ARE UNSURE ABOUT THE INFORMATION IN THIS LEAFLET, call your healthcare provider.

BEFORE YOU START TAKING YOUR PILLS

1. DECIDE WHAT TIME OF DAY YOU WANT TO TAKE YOUR PILL.

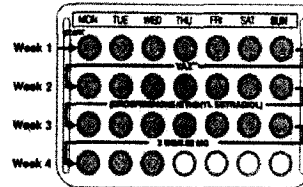
It is important to take YAZ at about the same time every day. YAZ can be taken without regard to meals.

2. LOOK AT YOUR PILL PACK—IT HAS 28 PILLS:

The YAZ-pill pack has 24 light pink "active" pills (with hormones) to be taken for 24 days, followed by 4 white "reminder" pills (without hormones) to be taken for four days.

3. ALSO FIND:

- 1) Where on the pack to start taking pills.
- 2) In what order to take the pills (follow the arrows).
- 3) The week numbers as shown in the diagram below.



4. BE SURE YOU HAVE READY AT ALL TIMES:

ANOTHER KIND OF BIRTH CONTROL (such as condoms or spermicides) to use as a back-up in case you miss pills. AN EXTRA, FULL PILL PACK.

WHEN TO START THE FIRST PACK OF PILLS

You have a choice for which day to start taking your first pack of pills. Decide with your healthcare provider which is the best day for you. Pick a time of day which will be easy to remember.

DAY 1 START:

1. Take the first light pink "active" pill of the first pack during the first 24 hours of your period.
2. You will not need to use a back-up method of birth control, since you are starting the pill at the beginning of your period.

SUNDAY START:

1. Take the first light pink "active" pill of the first pack on the Sunday after your period starts, even if you are still bleeding. If your period begins on Sunday, start the pack that same day.
2. Use another method of birth control such as condoms or spermicides as a back-up method if you have sex anytime from the Sunday you start your first pack until the next Sunday (7 days).

WHEN YOU SWITCH FROM A DIFFERENT BIRTH CONTROL PILL

When switching from another birth control pill, YAZ should be started on the same day that a new pack of the previous birth control pills would have been started.

WHAT TO DO DURING THE MONTH

1. TAKE ONE PILL AT THE SAME TIME EVERY DAY UNTIL THE PACK IS EMPTY

Do not skip pills even if you are spotting or bleeding between monthly periods or feel sick to your stomach (nausea). Do not skip pills even if you do not have sex very often.

2. WHEN YOU FINISH A PACK OF PILLS:

Start the next pack on the day after your last white "reminder" pill. Do not wait any days between packs.

WHAT TO DO IF YOU MISS PILLS

If you MISS 1 light pink "active" pill in Week 1 of your pack:

1. Take it as soon as you remember. Take the next pill at your regular time. This means you may take two pills in one day.
2. You do not need to use a back-up birth control method if you have sex.

If you MISS 2 light pink "active" pills in a row in WEEK 1 or WEEK 2 of your pack:

1. Take two pills on the day you remember and two pills the next day.
2. Then take one pill a day until you finish the pack.

3. You MAY BECOME PREGNANT if you have sex in the 7 days after you miss pills. You MUST use another birth control method (such as condoms or spermicides) as a back-up for those 7 days.

If you MISS 2 light pink "active" pills in a row in WEEK 3 or WEEK 4 of your pack:

1. If you are a Day 1 Starter:
THROW OUT the rest of the pill pack and start a new pack that same day.

If you are a Sunday Starter:

Keep taking one pill every day until Sunday. On Sunday, THROW OUT the rest of the pack and start a new pack of pills that same day.

2. You COULD BECOME PREGNANT if you have sex in the 7 days after you restart your pills. You MUST use another birth control method (such as condoms or spermicides) as a back-up for those 7 days.

3. You may not have your period this month but this is expected. However, if you miss your period two months in a row, call your healthcare provider because you might be pregnant.

If you MISS 3 OR MORE light pink "active" pills in a row during ANY Week:

1. If you are a Day 1 Starter:

THROW OUT the rest of the pill pack and start a new pack that same day.

If you are a Sunday Starter:

Keep taking one pill every day until Sunday. On Sunday, THROW OUT the rest of the pack and start a new pack of pills that same day.

2. You COULD BECOME PREGNANT if you have sex in the 7 days after you restart your pills. You MUST use another birth control method (such as condoms or spermicides) as a back-up for those 7 days.

3. You may not have your period this month but this is expected. However, if you miss your period two months in a row, call your healthcare provider because you might be pregnant.

If you MISS ANY of the 4 white "reminder" pills in Week 4:

THROW AWAY the pills you missed.

Keep taking one pill each day until the pack is empty.

You do not need a back-up method of birth control.

FINALLY, IF YOU ARE STILL NOT SURE WHAT TO DO ABOUT THE PILLS YOU HAVE MISSED:

Use a BACK-UP METHOD (such as condoms or spermicides) anytime you have sex.

KEEP TAKING ONE ACTIVE LIGHT PINK PILL EACH DAY until you can contact your healthcare provider.

For additional information see "Detailed Patient Labeling"

Manufactured for Berlex
BERLEX® Montville, NJ 07045

Manufactured in Germany

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March 2006



Photo: Sarah Malingot © 2005 The Breast Cancer Research Foundation

Expose the Truth

For more than a decade, the Breast Cancer Research Foundation has been exposing the world to the truth about breast cancer.

Exposing
the Truth

Breast Cancer
Research
Foundation

For more information, visit our website at www.bcrf.org or call 1-800-448-2342.

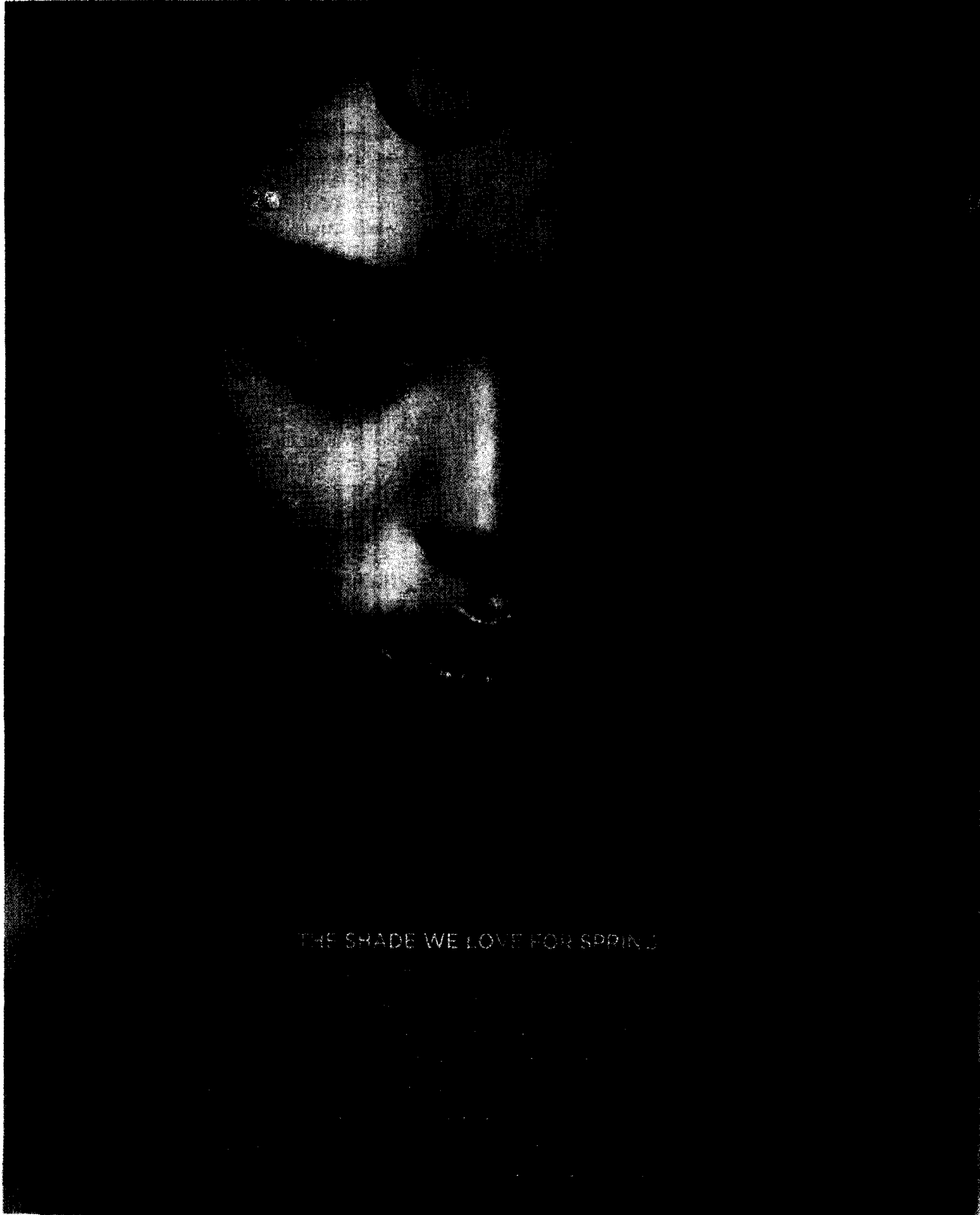
Breast Cancer Research Foundation is a 501(c)(3) nonprofit organization.

For more information, visit our website at www.bcrf.org or call 1-800-448-2342.

Breast Cancer Research Foundation is a 501(c)(3) nonprofit organization.

LOOK

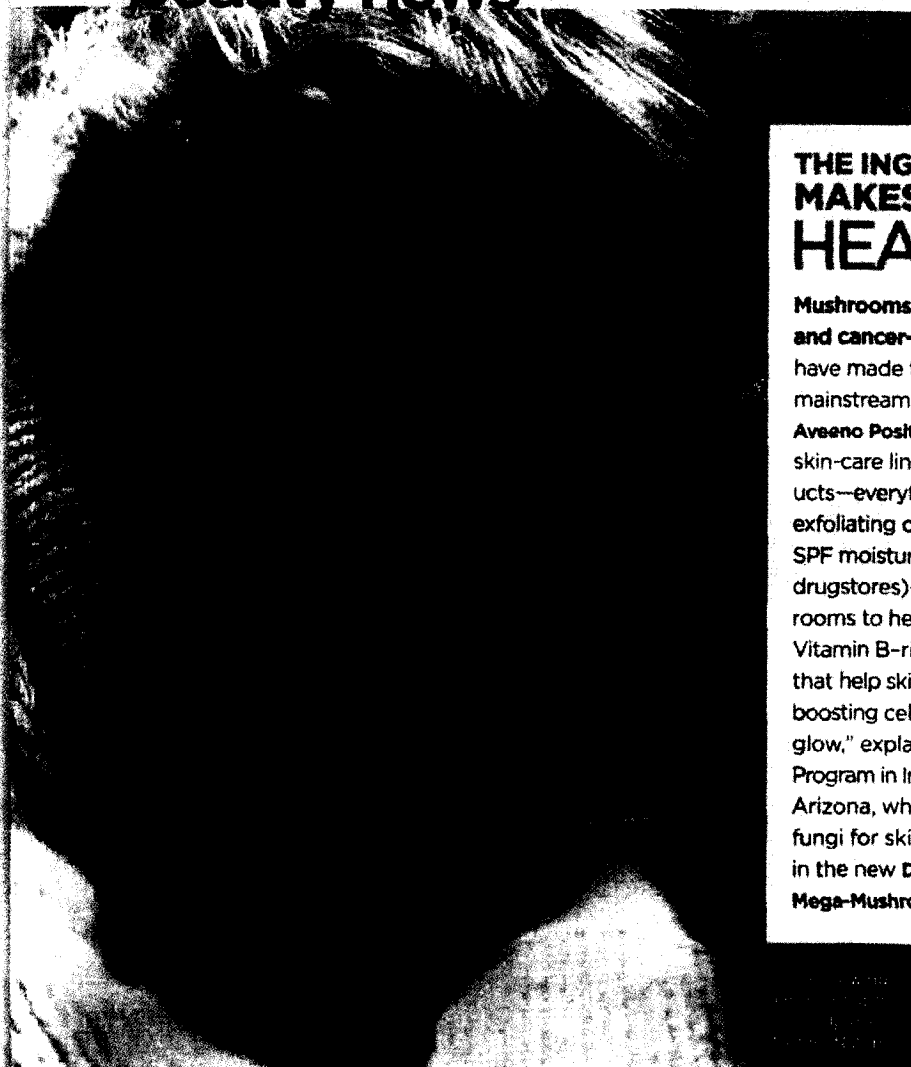
FLAWLESS, HEALTHY SKIN 60 / NEW MUST-HAVE JACKETS 78 / ADD SPARKLE TO YOUR WORKOUT 80



THE SHADE WE LOVE FOR SPRING

ROBERT ROMAN/ICOM INTERNATIONAL

beauty news



THE INGREDIENT THAT MAKES YOUR SKIN HEALTHIER

Mushrooms, immune-boosting and cancer-fighting foods, have made their way into mainstream beauty aisles with **Aveeno Positively Ageless** skin-care line. The four products—everything from an exfoliating cleanser (\$8) to an SPF moisturizer (\$18; both at drugstores)—have extracts of shiitake mushrooms to help smooth out the complexion. Vitamin B-rich mushrooms contain antioxidants that help skin by “reducing inflammation and boosting cell turnover to reveal a more radiant glow,” explains Andrew Weil, M.D., director of the Program in Integrative Medicine at the University of Arizona, who was one of the first to target the fungi for skin-care use. Also find mushrooms in the new **Dr. Andrew Weil for Origins Plantidote Mega-Mushroom eye serum** (\$43; origins.com).

This mushroom-rich eye serum helps reduce puffiness



GLOSS ON YOUR VITAMINS

The average woman unknowingly ingests an estimated 4 pounds of lip products in her life, something that's inevitable since licking our lips is a natural instinct. Now there's a gloss that makes this stat more palatable. **inside Out**, created by Tarte cosmetics and Borba Nutraceuticals, has antioxidants like vitamins A, E, and K to help fight off free radicals, plus lychee and chamomile extracts to comfort and hydrate lips (\$21 each; sephora.com).

This good-for-you gloss comes in three shades

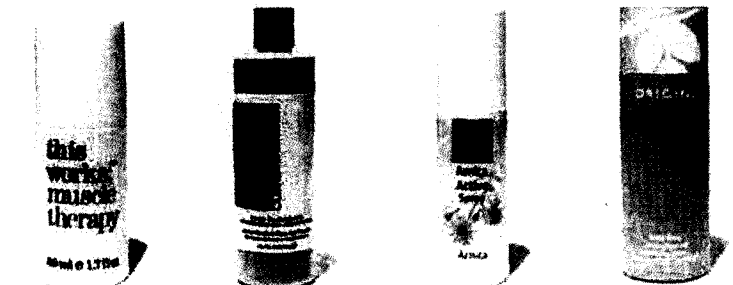


ROBERT ERDMANN/ICON INTERNATIONAL; STILL LIFE: TODD HUFFMAN; MUSHROOMS: IAN O'LEARY/GETTY IMAGES



pamper your muscles

Move over, Bengay. These relievers soothe the soreness without the medicinal odor.



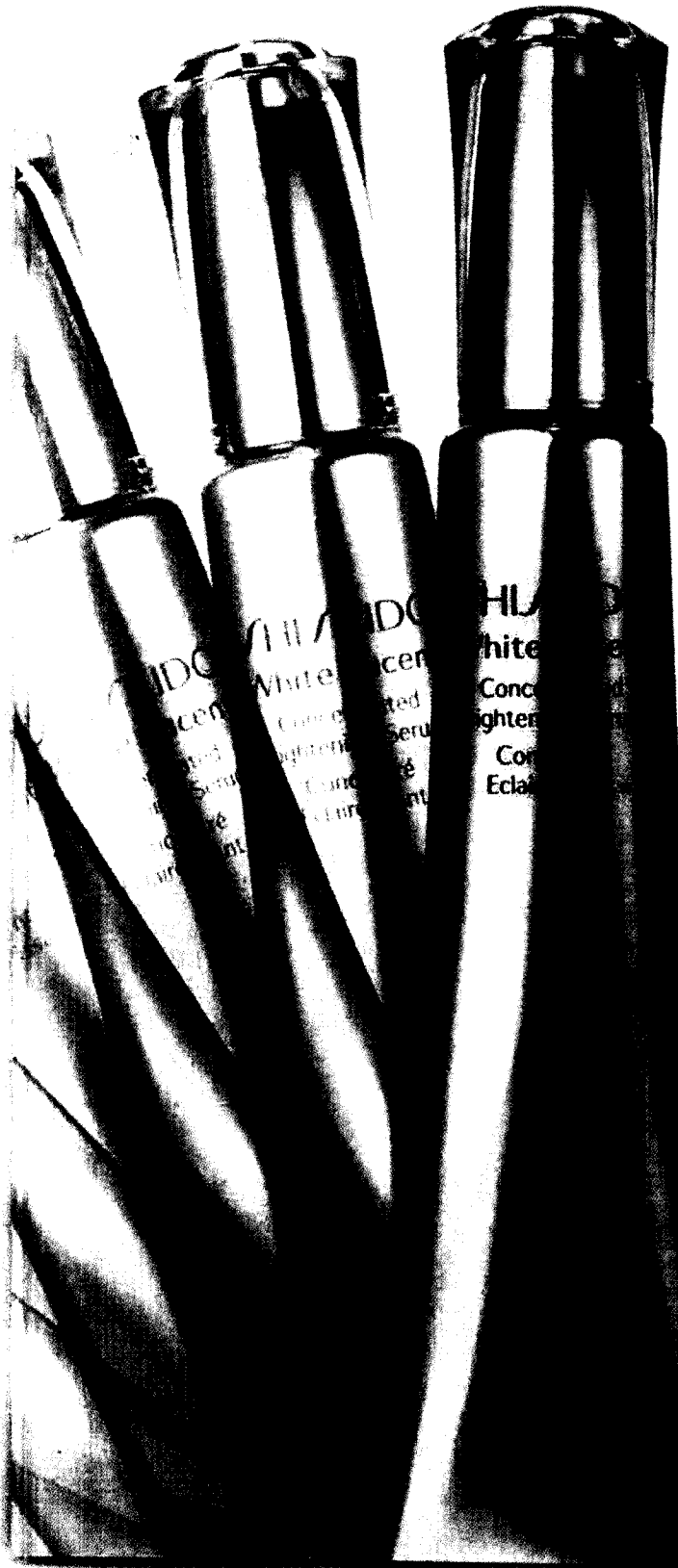
Roll away aches with **This Works Muscle Therapy** (\$30; thisworks.com), a mix of warming ginger and black pepper.

Rub in relief with **Ole Henriksen Muscle Comfort** lotion (\$28; olehenriksen.com), formulated with calming geranium.

Spritz tough-to-reach spots with **Kneipp Arnica Active spray** (\$15; kneippus.com), which contains cooling camphor.

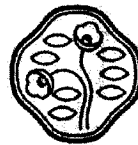
Soak tired feet in a bath filled with **Origins Foot Rest** (\$20; origins.com); it refreshes with eucalyptus.

SHISEIDO



The uncompromised clarity of skin. The ultimate in luxury.

Even bare, spots and freckles seem to fade from view. Even more, a dynamic clarity emerges from within. Texture is polished to a silky glow. Over time, this luxury skincare creates an astonishingly radiant complexion all your own.



Shiseido White Lucent

For flawless clarity, White Lucent luxuriously combines:

Brightening: Multi-Target Vitamin C

Targeting spots: Spot Deacti-Complex

Retexturizing: Asian plant extracts

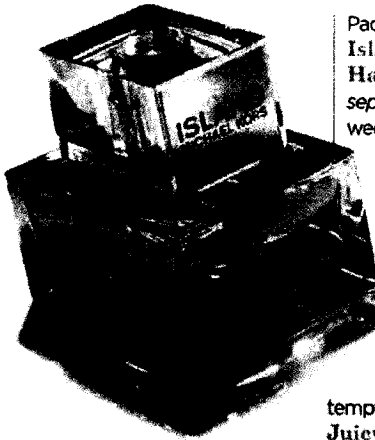


Visit the Shiseido counter for a complimentary Brightening Facial Massage and receive a sample selected to match your skin type, while supplies last.

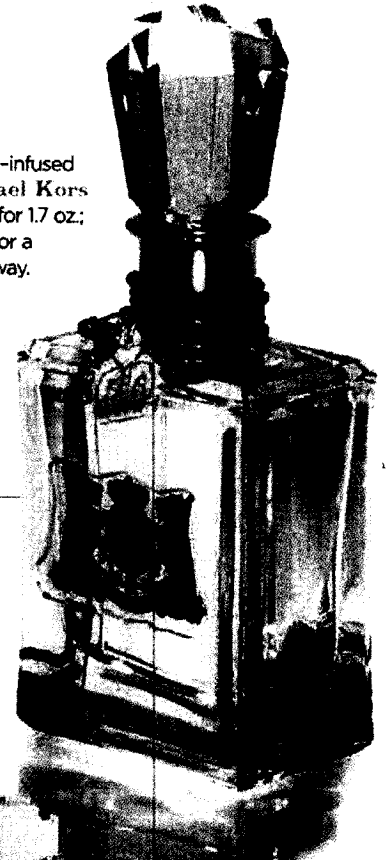
beauty finds



Betsy Johnson
Parfum



Pack ginger lily-infused
Island Michael Kors
Hawaii (\$60 for 1.7 oz.;
sephora.com) for a
weekend getaway.



For a bold-
temptress effect,
Juicy Couture
(\$65 for 1.7 oz.;
dillard.com)
pairs crème
brûlée and
patchouli.

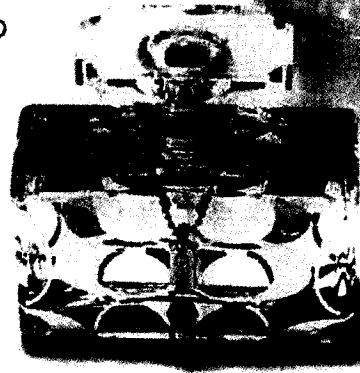
eau de couture

Your best accessory this
spring? New scents by top
fashion designers.

BY CARLY CARDELLINO



Spritz on Vera Wang Truly Pink
(\$65 for 1.7 oz.; saksfifthavenue.com)
and enjoy the romantic bouquet of
peesia, cassis, and pink rose.



Fragrance
(\$68 for 1.7 oz.;
coach.com for
stores) is a wear-
anywhere classic
with notes of
guava, mimosa,
and vanilla.



Bergamot meets blue iris and
violet in Toccoa Florence
Eau de Parfum (\$68 for
1.7 oz.; beautyhabit.com).

Mist yourself with Chanel
Chance Eau Fraîche
(\$75 for 3.4 oz.; chanel.com), a fresh, elegant
blend of jasmine and iris.

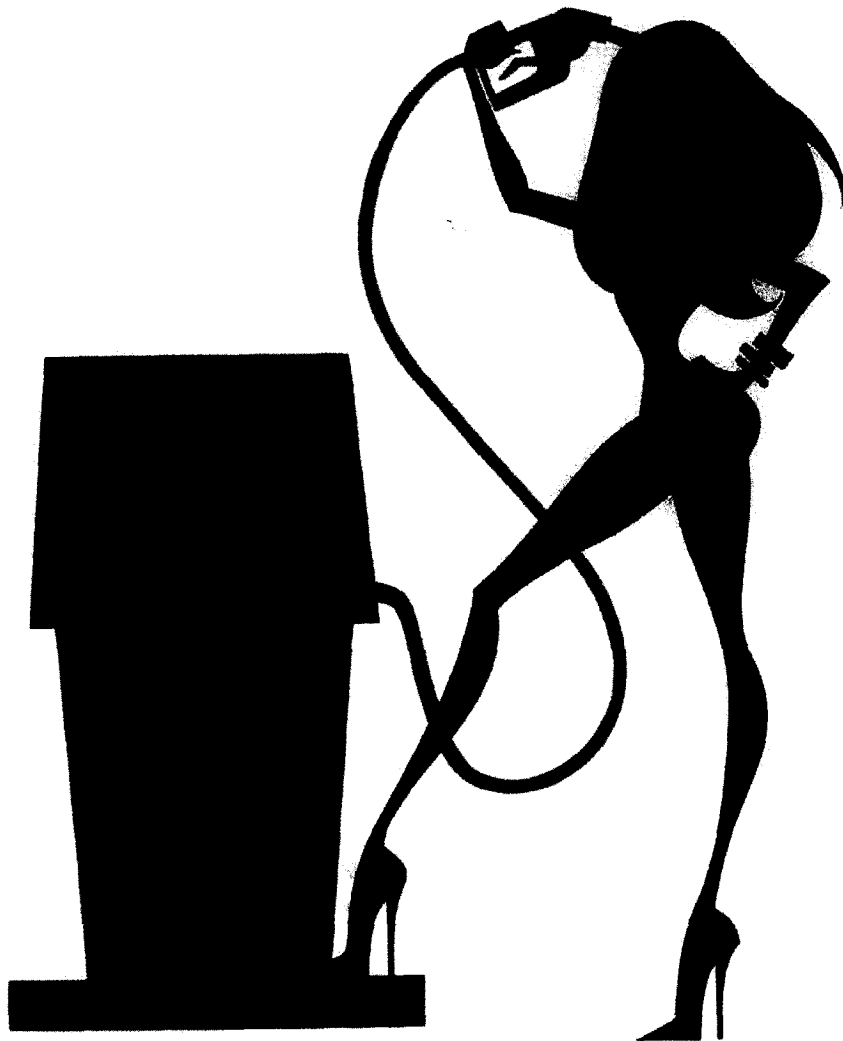
Ralph Rocks by
Ralph Lauren
(\$59.50 for 3.4 oz.;
pola.com) is a
sophisticated
combo of orange
blossom and
passion fruit.



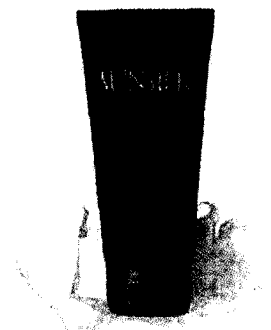
Agent
Provocateur
Maitresse
Parfum (\$80;
bloomingdales.com) is a sultry
mix of white
lotus flower
and musk.

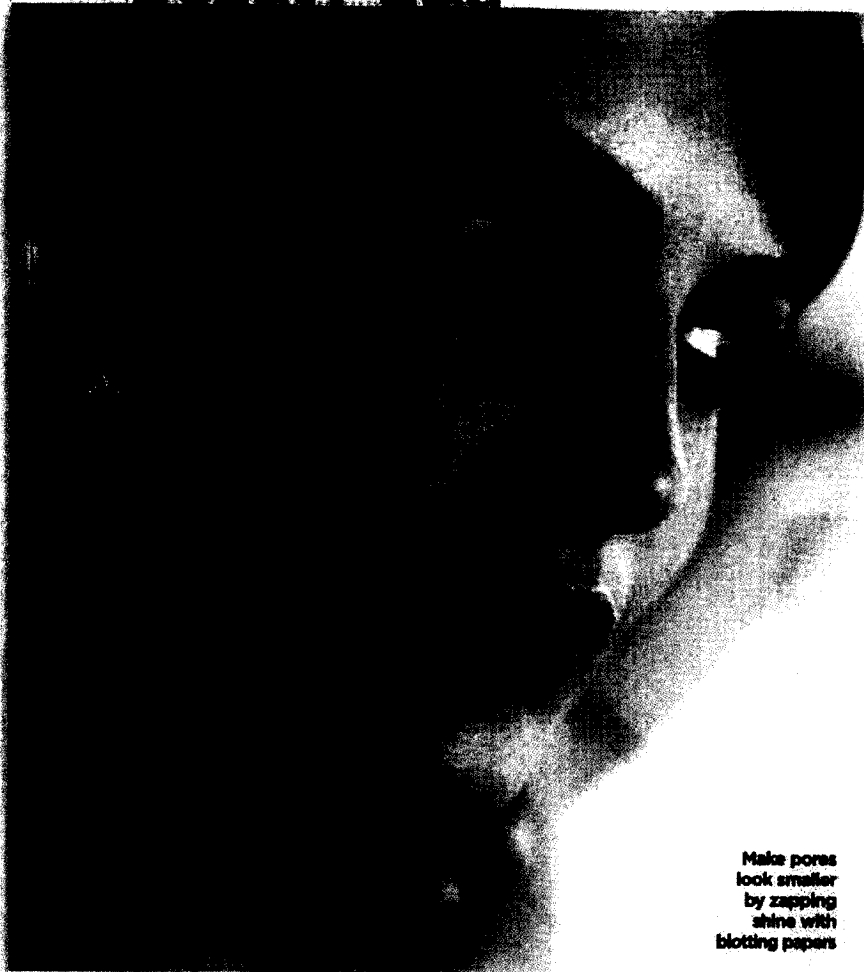


TODD HUFFMAN



Brunettes, boost your color. New Sunsilk Color Boost is a conditioning treatment with gentle colorants. Now you can actually refuel with a dose of brunette right in the shower, so your intrigue never fades. Those blondes won't know what hit them. Check out the whole Beyond Brunette Collection and get hairy. ● colorshowdown.com





Make pores look smaller by zapping shine with blotting papers

you can minimize your pores

Get flawless-looking skin with the right daily routine—plus, makeup that works with glasses.

Q My pores seem large and are very noticeable. Is there any way I can shrink them?

A Unfortunately, no. “The actual size of your pores is genetically determined and nothing will make them physically smaller,” says Ruth Tedaldi, M.D., a Wellesley, Massachusetts-based dermatologist and *Shape* advisory board member. However, you can minimize the appearance of pores that have expanded due to aging or a buildup of oil, dirt, and dead cells with the following steps:

☉ **Scrub away cloggers.** Exfoliating twice a week will help

remove dead skin and debris, says Tedaldi. A gentle slougher: Olay Definity Pore Redefining scrub (\$9; at drugstores) with deep-cleansing beta-hydroxy acids.

☉ **Soothe inflammation.** If skin is irritated (sunburned or acne prone), pores will appear larger. Calm your complexion with anti-inflammatory green tea; try Dr. Brandt Poreless Moisture (\$42; drbrandtskincare.com).

☉ **Mattify with makeup.** Shiny skin highlights large pores. Mask them with a matte-finish foundation. We love oil-free Joey New York Pure Pores Pore Minimizer foundation (\$35; skinstore.com). —LIZ KOPPELMAN

Q I just started wearing glasses. Do I need to change my makeup?

A You may. “Lenses emphasize your eye makeup and any accompanying caking, clumping, or creasing,” says New York makeup artist Jenna Menard. Follow these guidelines to achieve a soft, subtle effect:

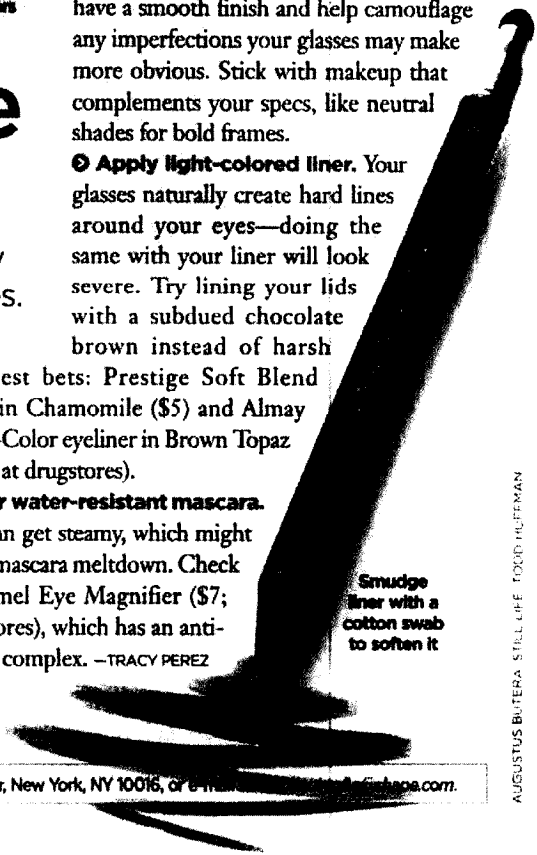
☉ **Choose cream-based shadows.** They have a smooth finish and help camouflage any imperfections your glasses may make more obvious. Stick with makeup that complements your specs, like neutral shades for bold frames.

☉ **Apply light-colored liner.** Your glasses naturally create hard lines around your eyes—doing the same with your liner will look severe. Try lining your lids with a subdued chocolate brown instead of harsh

black. Best bets: Prestige Soft Blend eyeliner in Chamomile (\$5) and Almay Intense I-Color eyeliner in Brown Topaz (\$7; both at drugstores).

☉ **Opt for water-resistant mascara.** Lenses can get steamy, which might lead to a mascara meltdown. Check out Rimmel Eye Magnifier (\$7; at drugstores), which has an anti-humidity complex. —TRACY PEREZ

Smudge liner with a cotton swab to soften it



QUESTIONS? Send your beauty questions to *Shape*, Beauty Q&A, 1 Park Avenue, 10th floor, New York, NY 10016, or e-mail beautyqa@shape.com.



Blondes, boost your color. New Sunsilk™ Color Boost is a conditioning treatment with gentle colorants. Now you can actually recharge with a shot of blonde right in the shower, so your blonde is always on. Those brunettes won't stand a chance. Check out the whole Blonde Bombshell Collection and get hairapy. ● colorshowdown.com

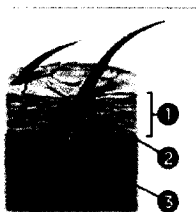


soothe a dry, itchy scalp

5 easy expert solutions

BY MARY ROSE ALMASI

Good hair days start with a healthy scalp. Its job, after all, is to grow strong shiny strands. But dry indoor air can zap moisture and dissolve protective oils from the skin on your head, leaving it itchy and flaky—and your mane dull and unmanageable. Help keep the skin you rarely think about (but should) in top condition with this advice from Valerie D. Callender, M.D., clinical assistant professor of dermatology at Howard University College of Medicine.



DRY SCALP

1. piled-up cells
2. fine flakes
3. clogged hair follicles

This accumulation can clog **hair follicles** and block secretion of sebum, further exacerbating dryness.

What to look for

- > **An itchy, red scalp** after coloring hair or using hot tools.
- > **Small powdery flakes** These are telltale signs that your scalp is dry, as opposed to having dandruff, which is triggered by a fungus and results in white, oily clumps.

EXPERT STRATEGY If these tips don't alleviate the problem in four weeks, see a dermatologist. She'll check your scalp for a fungal infection, such as dandruff or ringworm (ringlike marks on your skin), and will most likely prescribe a topical steroid cream or shampoo, which will calm irritation and itch within a few days.

> **The bottom line** "Dry scalp is common, especially this time of year," says Valerie D. Callender, M.D. "But it's easy to fix. It's just a matter of deep-cleaning the scalp and adding plenty of hydration."



Rinse with lukewarm water to prevent dryness

Simple solutions

These easy steps will help ease the itch, fast:

- > **Avoid scratching.** It's irritating and can cause hair breakage.
- > **Use a moisturizing shampoo.** Look for ingredients that help lock in moisture, such as sea-buckthorn oil, found in Aveda Scalp Benefits Balancing Shampoo (\$12; aveda.com).
- > **Gently massage conditioner into your scalp** after every shampoo to hydrate it and lift away some of the flakes.
- > **Lather up with clarifying shampoo weekly.** These deep-cleaning formulas rid hair of product buildup and help loosen dead skin cells on the scalp.
- > **Turn down the heat.** Hot water can zap natural oils from your scalp, making it ultra dry and sensitive; also choose the lowest heat setting on your blowdryer.

J T E

How do you get a smile like that?

Whiter, brighter, better.

beauty in action



5 ways to get a healthy, radiant smile

Whether you're in search of whiter teeth or a prettier grin, these are the latest fixes for your most important assets. BY VIRGINIA SOLE-SMITH


Think of your smile as your secret beauty weapon—if you've got a great one, no amount of makeup will light up your face in quite the same way. But the benefits go beyond just looks. Scientists are learning that a stellar smile is also an indicator of your overall physical well-being. "Studies show links between gum disease and diabetes, cardiovascular disease, osteoporosis, and other serious medical conditions," says Paula Jones, D.D.S., vice president of the Academy of General Dentistry. To ensure the health of your gums and help you maintain a star-quality smile, we've tracked down answers to five of your most common oral-care questions. Check out the latest advice on everything from beating bad breath to straightening teeth without braces.

Q I wore braces as a teen, but now I've developed gaps between my top teeth. Why—and is there a no-braces solution?

A It's normal for everyone's teeth to shift throughout life—so yours is a common problem, particularly among women in their 30s who wore braces at one point. "Many twenty- and thirty-somethings need orthodontics all over again because they stopped wearing their retainers after junior high," explains Marty Zase, D.M.D., president of the American Academy of Cosmetic Dentistry.

✓ **THE EXPERT FIX** The good news is that you don't need an Ugly Betty-style mouth of metal to correct your smile. A cosmetic dentist can bond thin, long-lasting porcelain veneers on top of teeth to cover gaps and even overlapping. The procedure once required several visits and a two- or three-week wait for molds to be taken and made, and then for veneers to be cemented in place, but now the time frame is shorter thanks to 3-D computer technology. In some cases the entire process can be completed in just a day. If you're on a budget or don't need your teeth fixed

FLYING COLOURS LTD./GETTY IMAGES



When it comes to beautiful skin, small pores make a big difference. So our foaming face wash, weekly exfoliating treatment & daily moisturizer make pores visibly smaller. They're made with skin smoothers & exfoliators that even out & refine skin. Translation? Beautiful, smooth skin.

Bioré PORE PERFECT



beauty in action

a brush-up course

New York dentist David Poiman, D.M.D., offers tips for finding a toothbrush that fits your needs:

PICK A TAPERED HEAD to easily clean small mouths and get to back teeth. We like Reach Inbetween (\$3 at drugstores).

INVEST IN ELECTRIC to dislodge decay-causing bacteria. Our favorite: Sonicare Elite (\$50; \$140; sonicare.com).

BRUSH AT AN ANGLE to get beneath the gums. Try Supermile 43 Toothbrush (\$9; supermile.com).

TRY A PULSATING BRUSH like Oral-B Pulsar (\$6; at drugstores) with pivoting heads to clean between teeth.

BAN BAD BREATH with Colgate 360° (\$4; at drugstores), which has a tongue scraper on the back.

overnight, Invisalign braces are the way to go. You'll wear a series of clear, custom-molded plastic trays that snap over your teeth and guide them into place. Unlike braces and retainers of old, however, no one will be able to tell you've got them on. You switch to a new set of aligners every few weeks as your teeth shift into position. Your smile will look less crooked within the first two weeks, but the procedure can take up to two years to completely straighten out your teeth. The cost is comparable to traditional braces: \$3,500 to \$5,000, depending on the severity of your case. Log on to invisalign.com for local information.

Q Why do I get a shooting pain in my teeth when I eat or drink something hot or cold?

A By far the most common cause of tooth sensitivity is exposed dentin. This hardened tissue, which lies just beneath the tooth's protective coating of enamel, contains thousands of tiny channels that transmit hot and cold sensations to the pulp, the nerve center of the tooth. (Sweet, sour, and highly acidic foods and beverages can also trigger these twinges.)

✓ **THE EXPERT FIX** Over time, brushing too hard or using a hard-bristled toothbrush can wear down enamel—so start easing up on the pressure and switch to a softer toothbrush. Also try desensitizing toothpastes; they're formulated with potassium nitrate, which reduces pain by shielding the nerves under the gum line. Find it in Rembrandt Sensitive toothpaste (\$7; at drugstores). "In addition to brushing with it, rub a thin layer of the toothpaste on any affected teeth every night," advises Zase. Your pain should lessen within 24 to 48 hours. If it persists or the jolting sensation lasts more than a minute, see your dentist. You could have a deep cavity, a dying nerve, or a broken tooth. Or you may require an in-office treatment, like a fluoride varnish or a dentin sealer, which can be

applied to the exposed root surface to help relieve sensitivity.

Q My front teeth are very yellow. What's the best way to brighten them fast?

A Whitening toothpastes are available over the counter—and they're relatively inexpensive, easy to use, and a good first step as they can brighten and lighten the color of teeth by about one shade. Best bets: Mentadent Advanced Whitening Fluoride toothpaste with baking soda and peroxide (\$4) and Colgate Luminous toothpaste (\$3; both at drugstores).

If you need more than that, powerful at-home or professional tooth-whitening treatments can help. They remove stains on the tooth surface as well as deeper discoloration (and can brighten teeth three to 12 shades) because they contain high concentrations of bleaching substances like hydrogen peroxide and carbamide peroxide.

✓ **THE EXPERT FIX** Nothing offers instant gratification like an in-office power-bleaching treatment. The technique uses lasers or other sources of bright light and heat to activate a highly concentrated peroxide gel that whitens teeth dramatically in just an hour. The only downside (besides

WIN IT!

Get whiter teeth (and a brighter smile) quickly and easily—for free! Visit ships.com/crest from February 6 to March 3 to be one of 50 lucky winners who will receive a box of Crest Whitestrips Daily Multicare—a \$40 value.



STILL LIFE: TODD HUFFMAN

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beauty in action

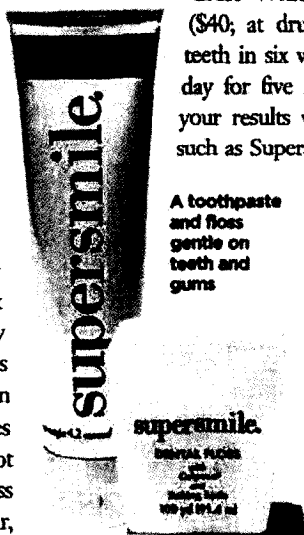


Floss cleans the 35 percent of tooth surfaces that brushing misses

the cost, which runs about \$450) is that the process can cause mild to moderate tooth sensitivity for several days—and, in some cases, even a temporary burning sensation of the gums. To alleviate discomfort, apply Orajel Advanced Tooth desensitizer (\$5; at drugstores); it helps to reduce the telltale jolts of pain within minutes of application.

If you need a brighter smile in even less time, ask your dentist about the new LumaWhite system. It uses an LED light to whiten your teeth in eight minutes flat. With this method, not only are you spending less time in the dental chair, you're also reducing your risk for tooth sensitivity because, unlike other professional brightening techniques, this one doesn't use heat to

activate the tooth whiteners. If the price tag for an in-office treatment is too steep, try an over-the-counter product like Crest Whitestrips Daily Multicare (\$40; at drugstores), which lightens teeth in six weeks when worn once a day for five minutes. Then maintain your results with a gentle toothpaste such as Supersmile Professional Whitening toothpaste (\$19; supersmile.com).



A toothpaste and floss gentle on teeth and gums

Q Why do my gums bleed when I brush?

A Red, tender, puffy, and bleeding gums are the first signs of gingivitis, an inflammation of the gums. The mildest

and most common form of gum disease, gingivitis occurs due to an overgrowth of plaque, the sticky, colorless film of bacteria

that's always forming on teeth. When plaque isn't removed, the bacteria can irritate the gums, causing inflammation.

✓ **THE EXPERT FIX** "Gingivitis can be reversed in nearly all cases simply by removing the plaque and keeping it off with better hygiene," says Zase. Start by scheduling an appointment for an in-office tooth cleaning. Though new research published in the *Journal of Periodontology* found that brushing and flossing regularly for just two weeks reduces symptoms of gingivitis by nearly 40 percent, it's still necessary to have the hardened plaque (tartar) removed with a professional treatment. Once the tartar is scraped away, gingivitis should disappear within a week or two.

Q My friend tells me I have bad breath. How can I make it fresher?

A Bad breath (halitosis) is almost always caused by an overabundance of sulfuric gas (like the vapor generated by rotten eggs) that's produced by bacteria on the back of the tongue. To improve your breath, you need to remove the layer of mucus that blankets the back of the tongue; this will expose the bacteria to oxygen, killing and removing many of them instantly.

✓ **THE EXPERT FIX** Use a tongue scraper, not a toothbrush, to dislodge this coating of bacteria. The broad, flat surface of a tongue-cleaning device is 30 percent more effective than a toothbrush at reducing the sulfur-causing compounds, according to recently published research at the University of São Paulo, Brazil. Another option: Ask your dentist about mouthwashes containing zinc compounds that neutralize bacteria. If you're brushing, flossing, and scraping religiously, but still need to chain-pop Altoids, see a doctor. In up to 20 percent of cases, bad breath may be linked to a gastrointestinal or sinus problem.

VIRGINIA SOLE-SMITH is a freelance writer and editor in New York.


scoopinmarch

EVENTS & PROMOTIONS

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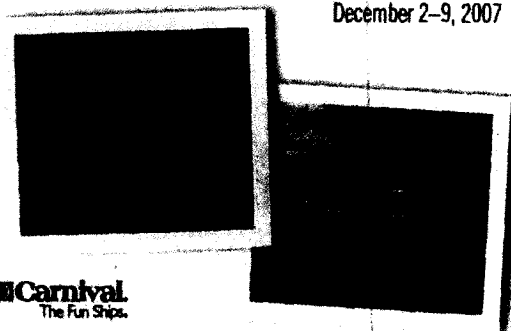
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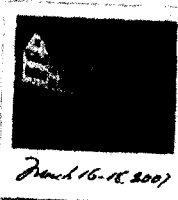
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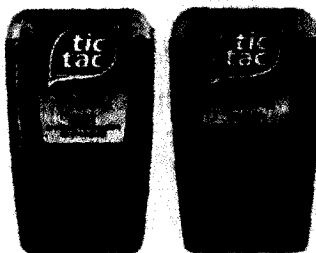
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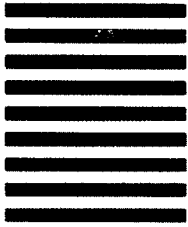
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Skin Solutions



Meredith Waltman
Merchandising Director

Have you ever had a really bad dry skin flare-up? I mean where your skin is so dry it becomes raw, red and irritated. I've always struggled with very dry skin, and usually my elbows and knees are the victim, but occasionally I've also had painful flare-ups elsewhere. It was the fear of another flare-up that almost made me miss out on one of the best winter activities I've ever tried... ICE CLIMBING.

The Best Defense is a Good Offense

I was visiting friends in Montana and signed up for an ice climbing clinic. I was a bit nervous about the idea because I thought several days of ice climbing in the bitter cold would certainly leave my skin so dry and painful it would be unbearable. But I'm so glad I did it, the ice canyon was magical and overall the clinic was really fun. Best of all, and to my very pleasant surprise, I didn't have a single dry skin flare-up the entire trip!

"I told her that I had been using New Vaseline Intensive Rescue lotion all over my body and on my areas prone to flare-ups I also used Vaseline Intensive Rescue Heal & Repair Balm."



The same wasn't true for my friend Debbie. By the end of our clinic her elbows were so bad that she would cringe at even the slightest touch. She knows I've always been the one who gets dry skin flare-ups so she asked what I had done to prevent them this time. I told her that I had been using New Vaseline Intensive Rescue lotion all over my body and on my areas prone to flare-ups I also used Vaseline Intensive Rescue Heal & Repair Balm. Before I left Montana I gave Debbie my Intensive Rescue products and suggested she use them every day.

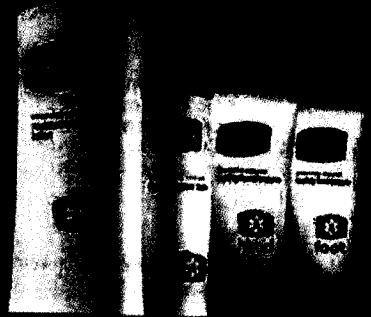
A Sufferer No More

Several days after I got back, Debbie sent me an e-mail with some great pictures of our adventure. She also thanked me again for the Vaseline Intensive Rescue lotion products and asked where she could find them herself. She said that her elbows were completely back to normal and gave me all the credit since I provided her the lotion. Maybe I should have told her all the credit really should go to Vaseline, but I didn't. Instead, we'll just keep that as our little secret.

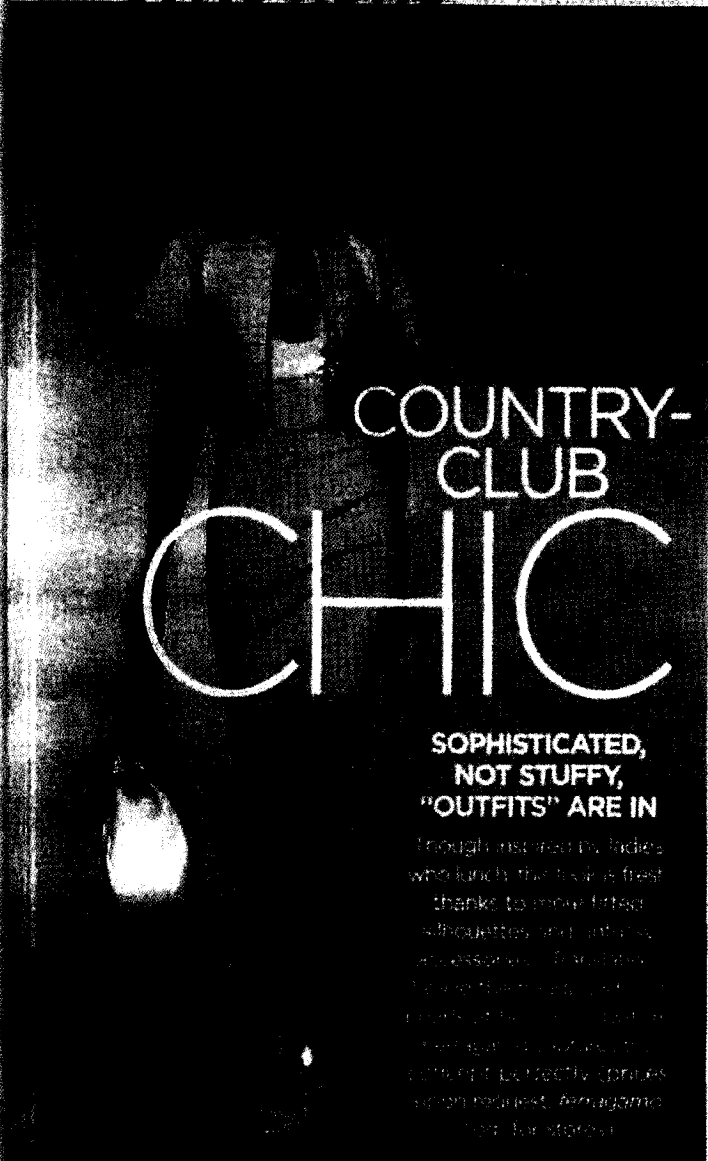
Meredith

P.S. Visit Shape.com/rescue to enter to win fun prizes and learn more about keeping your dry skin moisturized.

dry dry skin has a new way of fighting back



style news



COUNTRY-CLUB CHIC

SOPHISTICATED, NOT STUFFY, "OUTFITS" ARE IN

Inspired by ladies who lunch, the look is fresh thanks to more fitted silhouettes and tasteful accessories. Think bow-tie neckties, leather jackets, and boots of the moment. The right accessories can't perfectly price such a request. *fernagamo.com* for the story.

fashion news



Take your cue from trendsetter Sienna Miller

shop like your favorite celeb

Lusting after Sienna Miller's ankle booties? Desperate to find the chandelier earrings Jessica Alba wore to the Oscars? Go to like.com and do a "likeness search." This new shopping search engine lets you click on a photo of a celebrity wearing the shoes, jewelry, watch, or other accessory you covet and then shows you a variety of similar styles from thousands of well-known e-tailers like Amazon.com and Zappos.com. Once you get your results, you can narrow the search even further by color, shape, or price range. Can't find what you're after? You can upload your own scans from magazines or personal photos and let the site do the sleuthing.

EDITORS' PICK

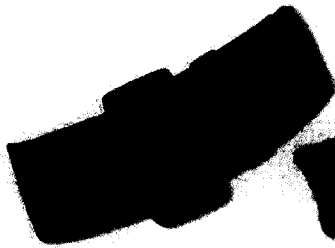
Wear black? Try this.

Lint rollers are a must for darker duds, but they can be messy and cumbersome. Enter **3M Scotch Lint Sheet pocket rolls** (\$3; scotchintimates.com). Small enough to slip into the tiniest evening clutch, these ingenious wipes erase any trace of lint, dust, dandruff, or pet hair. (So no one will ever know about your three cats.)



middle management

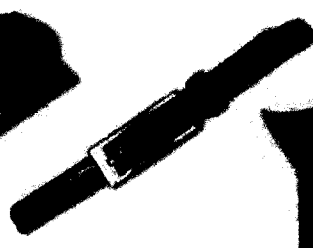
Update any ensemble with one of these waist-defining belts.



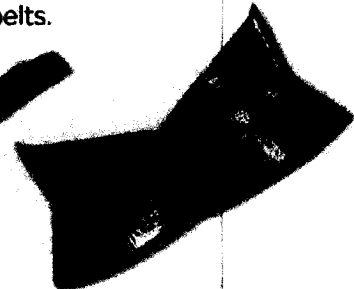
Woven
Slung R low over a button-down blouse
Banana Republic basket weave (\$58; bananarepublic.com)



Studded
Give jeans a cool, rustic edge
Linea Pelle Collection leather (\$175; Joe Brand, Laredo, Texas, 956-722-0771)

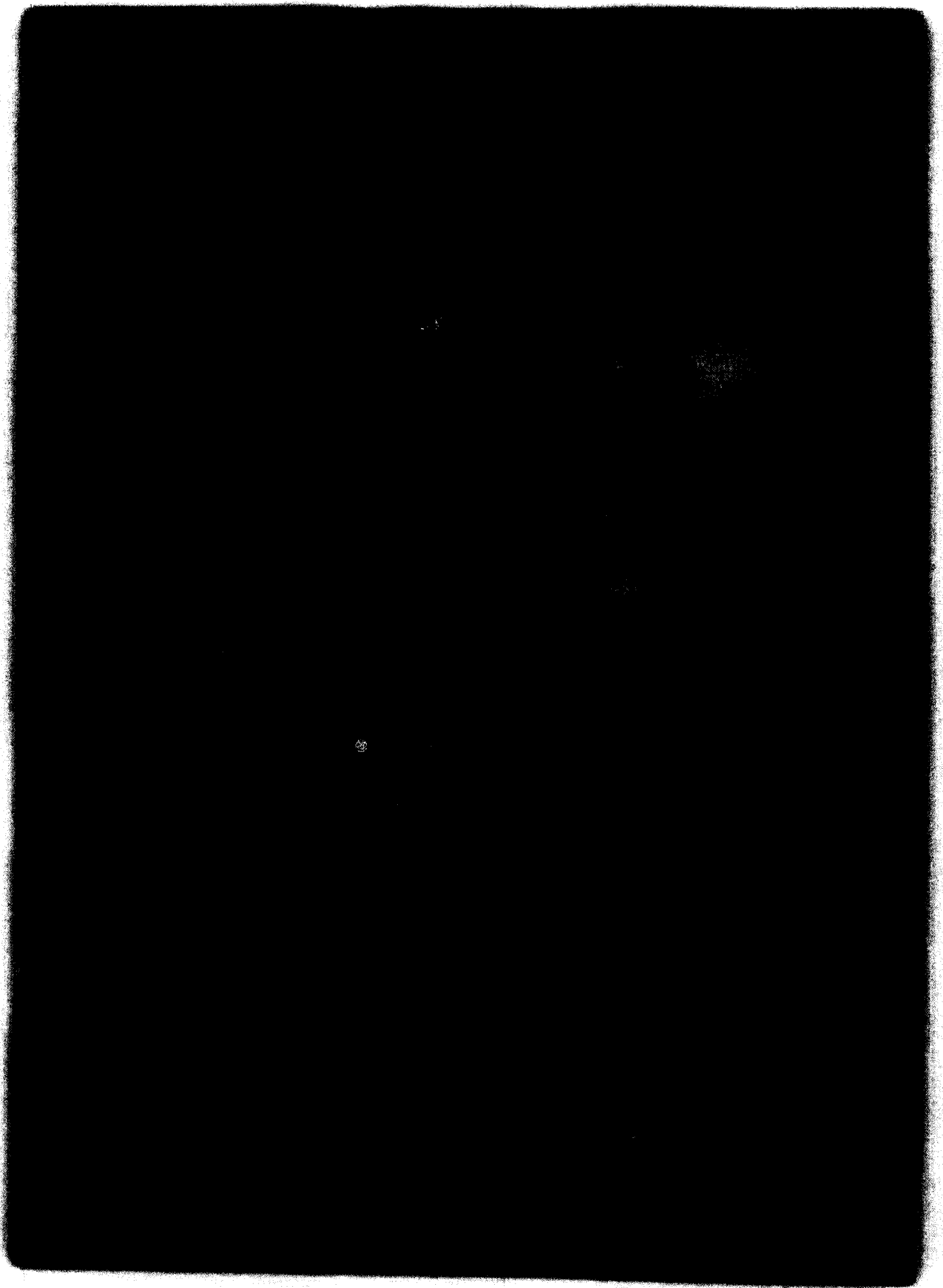


Skinny
Accent a high-waisted skirt
Express patent leather (\$30; expressfashion.com for stores)

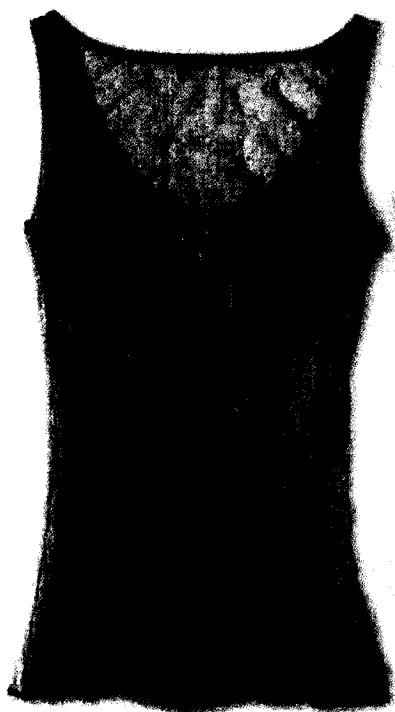


Wide
Cinch at the waist over a knit dress
Streets Ahead (\$275; Mariel, Denver, 303-623-1151)

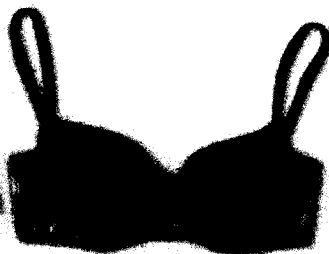
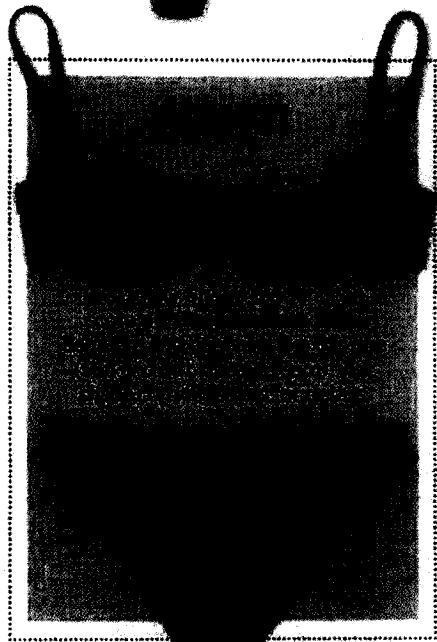
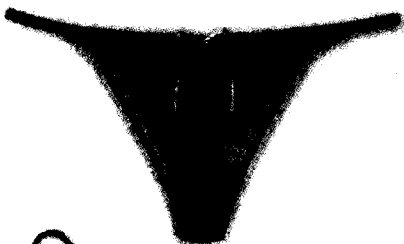
SIENNA MILLER: VERA ANDERSON/CONTOUR PHOTOS
STILL LIFE: MARK PLATT; STYLING: ANITA SALERNO/RJ BENNETT



style finds



This Moschino tank (\$185) and matching thong (\$85; both bloomingdales.com for stores) will make you feel comfy and confident on even the breeziest of days.



Bold blooms give this Calvin Klein Underwear bra (\$36) and hipster bottom (\$20; both cku.com) a vacation-y feel.



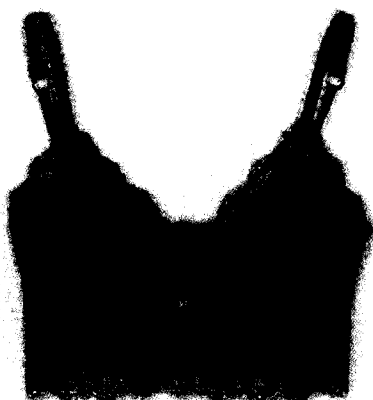
Gingham lends a sweet touch to Victoria's Secret "Secret Embrace" demi-bra (\$42) and boy shorts (\$14; both victoriasssecret.com).



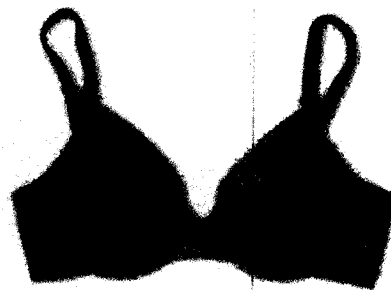
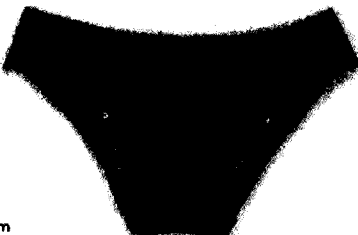
This Vera Wang Lingerie silk chiffon gown (\$195; saksfifthavenue.com for stores) is almost too chic to wear indoors.

bare necessities

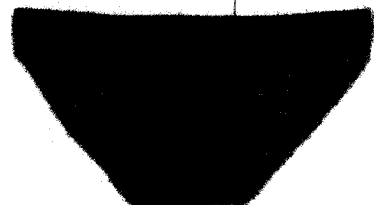
It's the foundation of every wardrobe—luxe lingerie in shades of pink and lilac. BY MAGGIE HONG



Balance a long torso with the Piff lace cropped cami (\$62) and panty (\$50; both starboudoir.com).



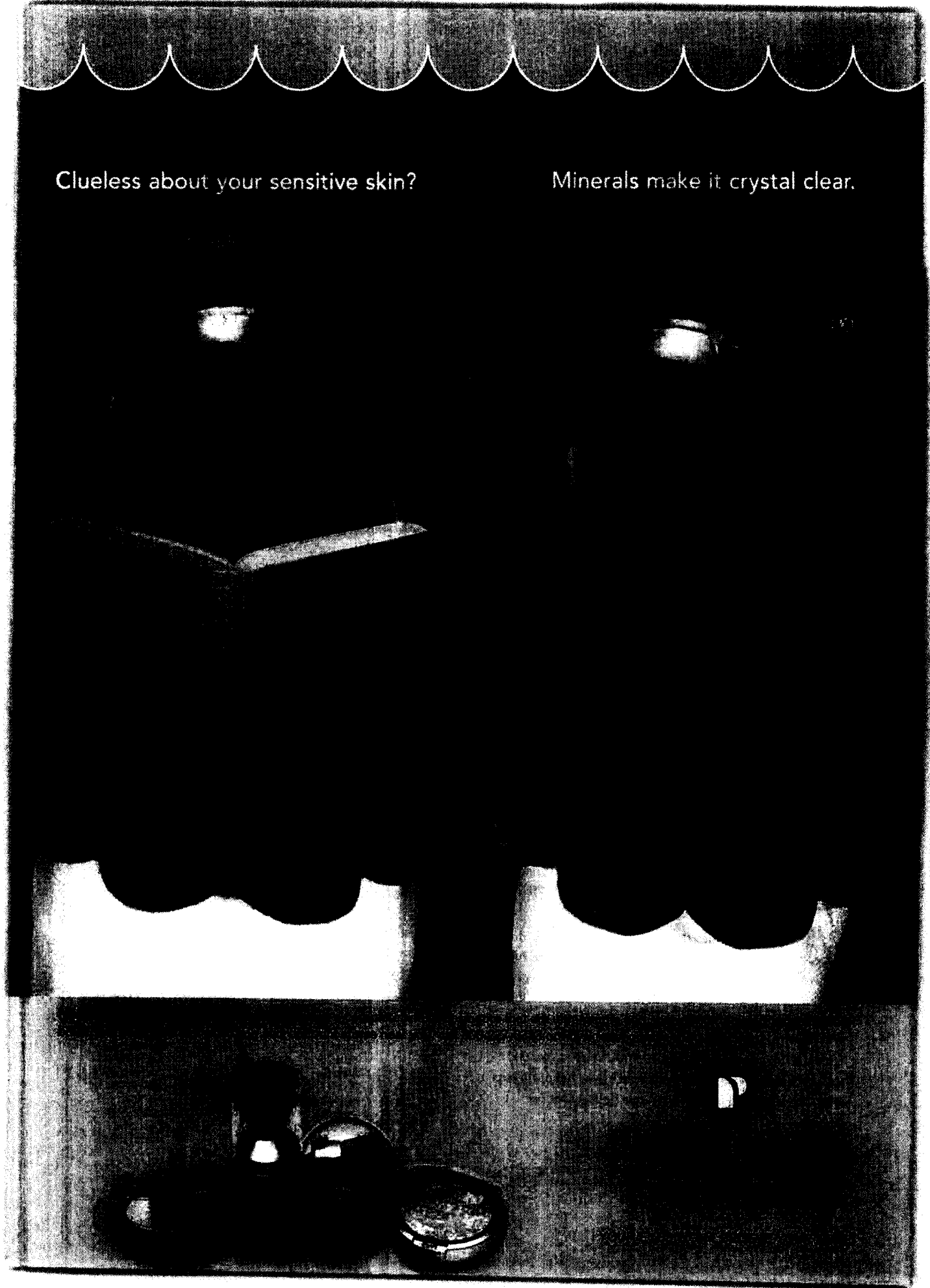
Accentuate your curves with this DKNY Underwear molded-cup bra (\$36) and bikini brief (\$18; both nordstrom.com for stores).



MARK PLATT, STYLING: ANITA SALERNO/R.J. BENNETT

Clueless about your sensitive skin?

Minerals make it crystal clear.



look taller and slimmer

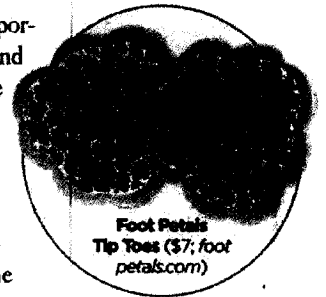
Shape's style director Jacqui Stafford shows what works brilliantly for petites.



slim-fitting, tapered-leg pants and keep hems long, no more than half an inch from the floor. Pick your patterns carefully. "A simple rule of thumb: If the repeating pattern is larger than the palm of your hand, it's too big for your frame," says Betsy Thompson, a fashion expert at Talbots.

Q I love wearing high heels, but they always hurt my feet. How can I find a comfy pair?

A High heels place a disproportionate amount of stress and pressure on the ball of the foot, explains New York-based podiatrist Frederick Brookman, D.P.M. "They change your natural gait, which throws off your body's alignment," says Brookman. "Wearing them constantly can shorten the muscles in the back of the leg, causing pain." The key to comfort? Shoes that allow the foot to spread when standing, and cushioning under the ball of the foot. Shoe guru Manolo Blahnik, whose designs adorn the feet of celebs like Sarah Jessica Parker, says comfortable heels have the perfect balance of being lightweight with a well-constructed heel. "The higher the heel, the more complex the construction. Designers often focus on how a shoe looks rather than a comfortable fit," he says. To test for comfort, stand the shoe on a table; if it wobbles, it will be hard to walk in. Another fit tip: "About 90 percent of people have different-size feet, so fit the larger one," advises Tina Aldatz Norris, founder of Foot Petals, the designer shoe cushions for high heels. "Walk around when you try on shoes—feet can expand as much as half a size with the pressure of your body weight when you stand up."



Q What's the secret to looking professional and polished when you're a petite?

A Don't fall into the trap of wearing scaled-down versions of styles suited for taller frames. Instead mix and match pieces that help elongate your silhouette, suggests Michele Bohbot, the designer of the new petite line for Bisou Bisou for JCPenney. "Choose V-necks or tops with details above the waist, like ruffles or ruching, since the design will draw the eye upward and make you appear taller." Fitted shirts work better than full or blousy ones; the latter can overwhelm your figure. Opt for



Have a fashion question for Jacqui? E-mail her at fashionq@a.com, or write to Fashion Q&A, 1 Park Avenue, 10th floor, New York, NY 10016.



\$995
Manolo Blahnik
"Sudy"
watersnake
(Neiman Marcus, 800-937-9146 for stores)

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Colin Stuart
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(victoriassecret.com)

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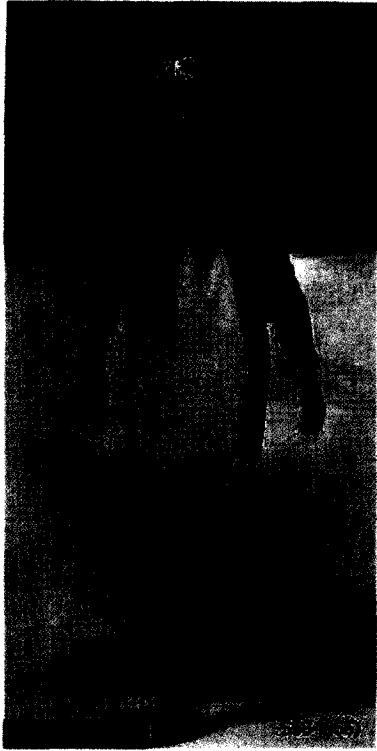
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spring jackets to buy now

Don't wait till warm weather hits to snag these versatile cover-ups.

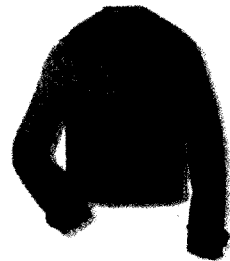


double-breasted

Opt for a **cropped** cut over a high-waisted skirt or trousers.



Boden cotton linen (\$118; bodenusa.com)



Boston Proper cotton (\$98; bostonproper.com)



trench

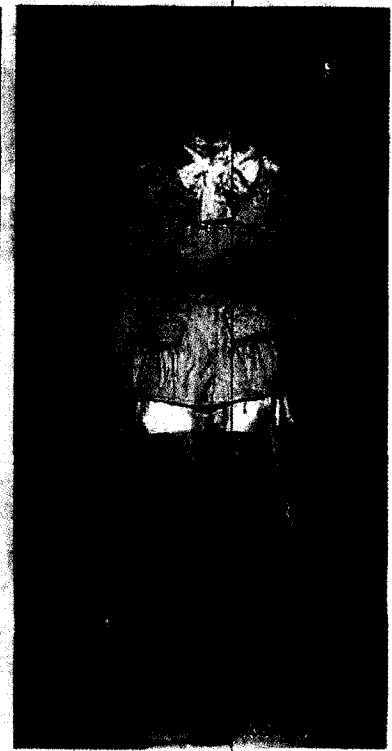
Create an **hourglass figure** instantly with this classic belted coat.



Juicy cotton twill (\$350; neimanmarcus.com)

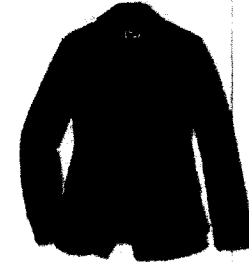


Nicole Miller Collection cotton (\$410; nicolemiller.com for stores)



safari

Brave the **urban jungle** with a boxy, hip-grazing style.



Nili Lotan cotton twill (\$375; niliotan.com)



Banana Republic wool (\$118; bananarepublic.com)

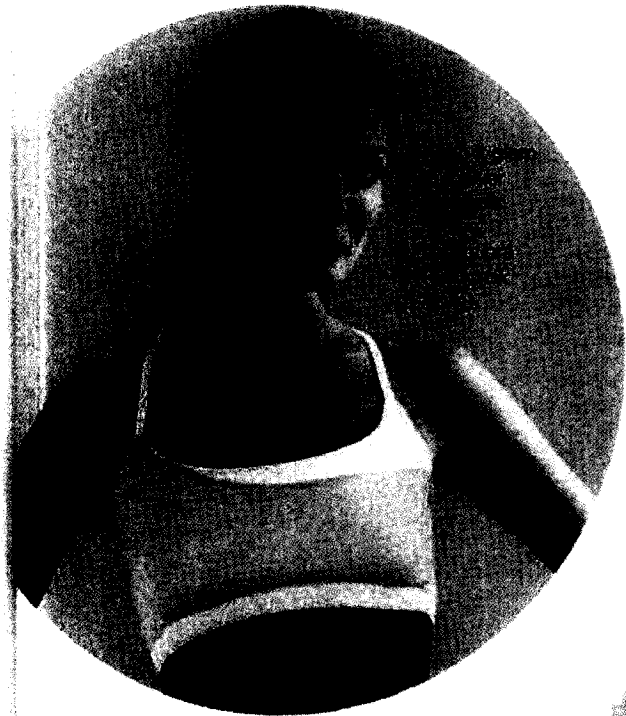
MARK PLATT PROP STYLING ANITA SALEPNO/P. J. BENNETT

My skin looks
heard about and
younger, fresher-looking
others insist that chemical peels
the other? I've looked into several
steps that are totally confusing.

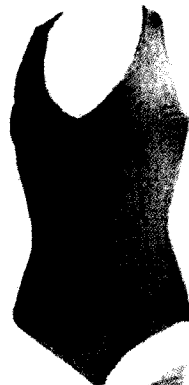
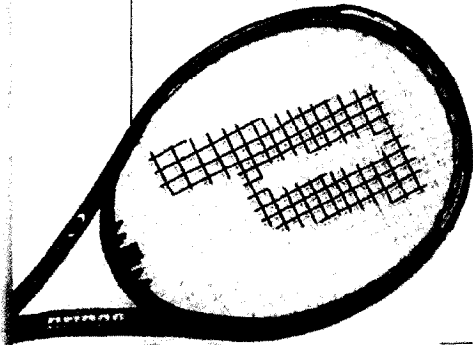
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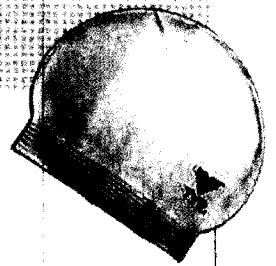
fashion & function



The enlarged sweet spot in this **Prince O3** tennis racket (from \$220; princetennis.com for stores) adds power to your backhand.



Turn heads by practicing your butterfly stroke in this **DKNY** one-piece Lurex bathing suit (\$95; bloomingdales.com).



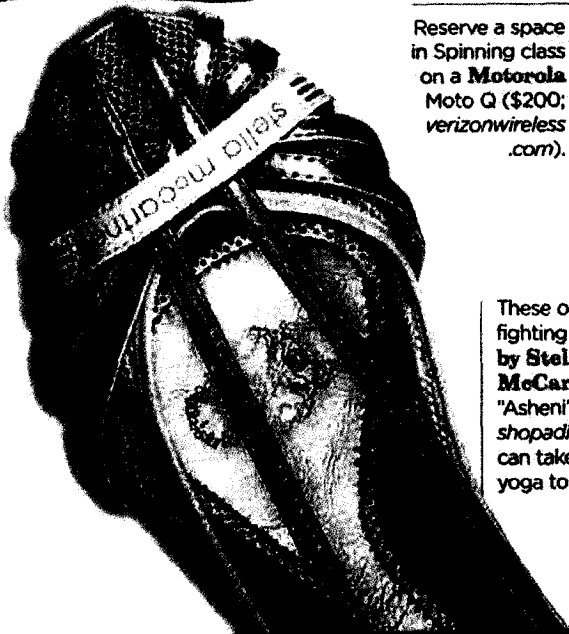
Protect your highlights with a **TYR Sport** latex swim cap (\$2.50; tyr.com).



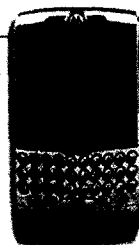
Make an entrance at the gym with this **Frame** perforated duffel bag (dunel.com). It's roomy enough to double as an overnight bag.

let your workout shine

No matter how you exercise, these sleek pieces will keep you looking on top of your game. BY MAGGIE HONG

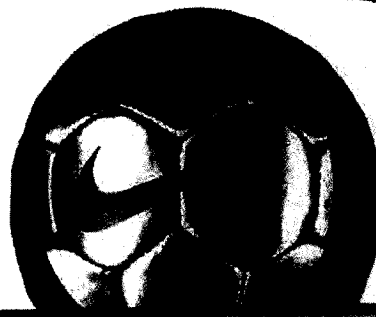
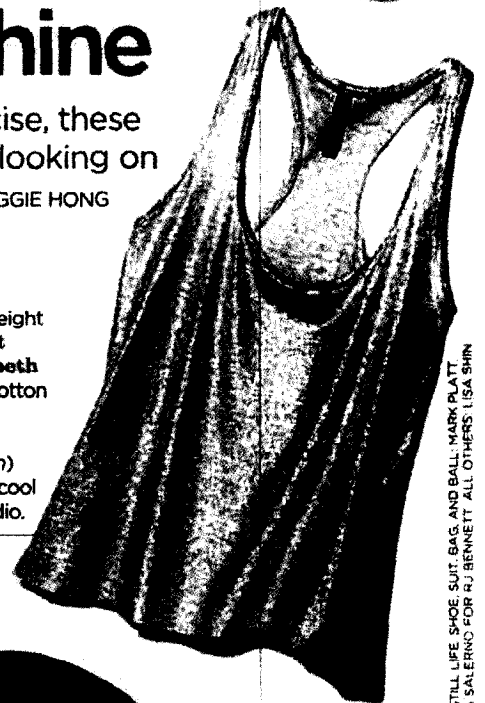


These odor-fighting **Adidas** by **Stella McCartney** "Asheni" flats (\$85; shopadidas.com) can take you from yoga to brunch.



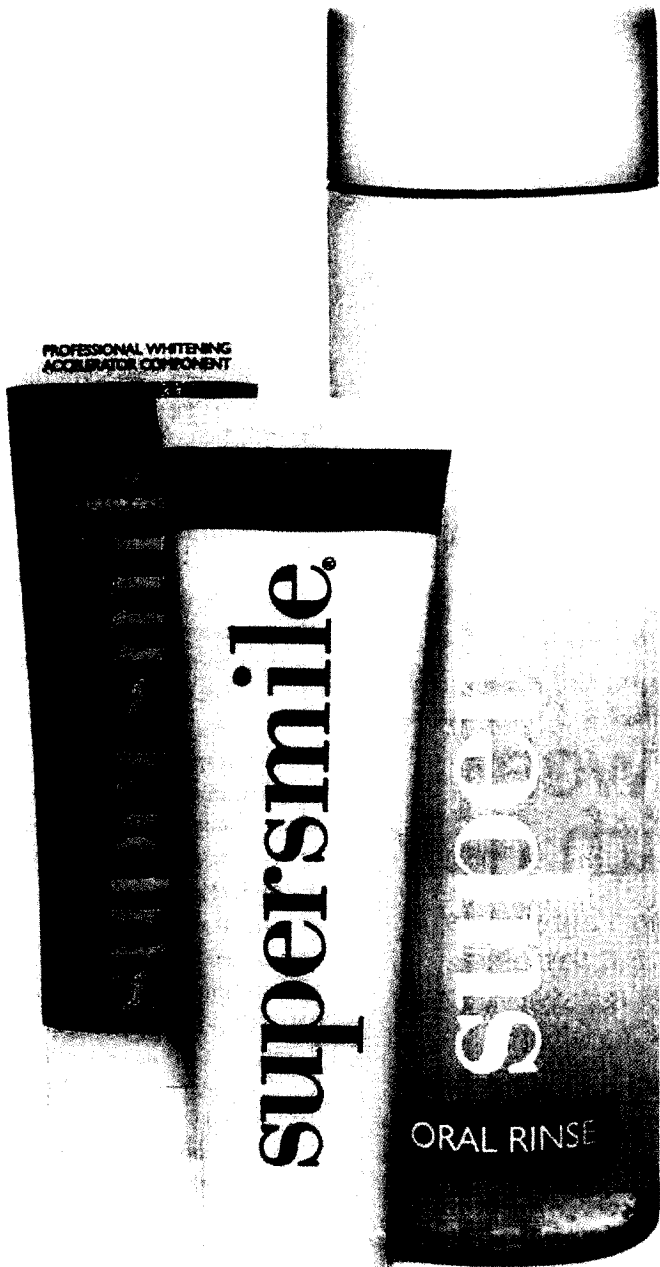
Reserve a space in Spinning class on a **Motorola Moto Q** (\$200; verizonwireless.com).

This lightweight **Joah Goot** for **Elizabeth Charles** cotton tank (\$150; elizabeth-charles.com) keeps you cool during cardio.



Your footwork really will be fancy if you kick around this snazzy **Nike T90 Spectra** soccer ball (\$25; nikesoccer.com).

ERICKA MCCONNELL: STILL LIFE SHOE, SUIT, BAG, AND BALL; MARK PLATT: PROP STYLING; ANITA SALERNO: FOR RJ BENNETT; ALL OTHERS: LISA SHIN



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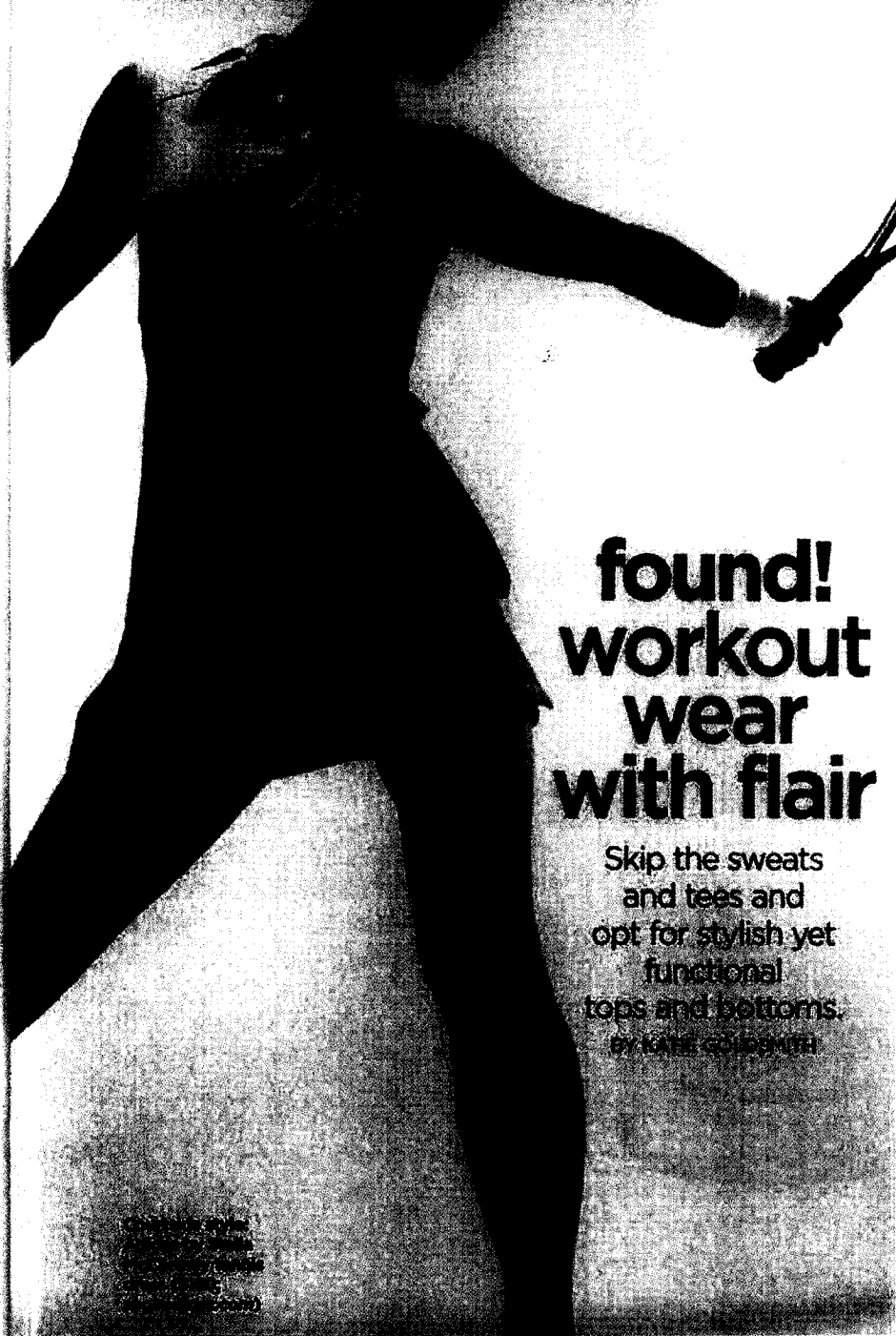


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fashion workbook



found! workout wear with flair

Skip the sweats
and tees and
opt for stylish yet
functional
tops and bottoms.

by KATE COLEMAN

It's Saturday morning and you're heading to the gym. That faded concert tee and well-worn shorts should be fine for working up a good sweat, right? Wrong. Toss that style philosophy out the window along with your tired fitness clothing. The new approach for this spring: Don pieces that accentuate your figure (even if you're still perfecting it) and give you a boost of confidence. You'll not only feel better about yourself before, during, and after your workout, you'll also get plenty of compliments at the gym!

THE 10 BEST TIPS WE'VE EVER HEARD

1 Shop for your body type Broad shoulders? Avoid racerbacks in favor of V-necks. Petite? Opt for long pants over cropped styles.

2 Buy clothing tagged for your activity For yoga, comfortable, roomy apparel is best. Runners need extra support.

3 Do a few jumping jacks in the dressing room If clothing restricts movement or rides up, this is the time to find out.

4 Surf the Web Sites such as activa.com and atbleta.com have easy-to-use sizing guides and liberal return policies.

5 Embrace synthetics These high-performance fabrics do everything from keeping your body cool to protecting you from the sun.

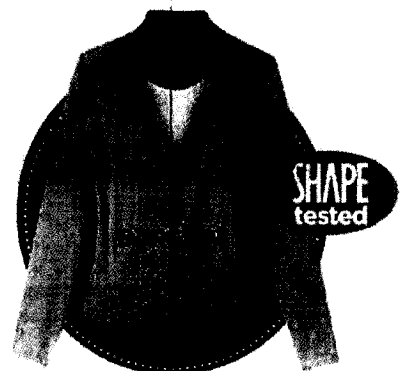
6 Go seamless These designs limit chafing.

7 Have your workout pants hemmed The right length will keep you from tripping and make your legs look leaner.

8 Use a gentle detergent like Nathan Sports wash (\$10; lucy.com) and cold water; hang dry to prevent fabrics from breaking down and becoming misshapen.

9 Replace your sports bra every 12 to 18 months to ensure proper support—and comfort.

10 Buy in bulk When you find a piece you love, snag a second (or third) one.



Expect more.

At the end of the day, you want to feel like you've done it all. You want to feel like you've got it under control. You want to feel like you've got it all together. You want to feel like you've got it all under control. You want to feel like you've got it all together.

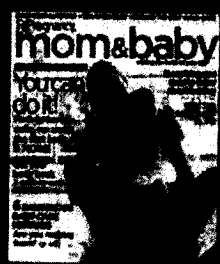
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FitPregnancy is a comprehensive program that helps you stay fit and healthy throughout your pregnancy. It includes a variety of exercises, stretches, and tips to help you feel your best. You can find more information about FitPregnancy on our website.

YOUR PREGNANCY

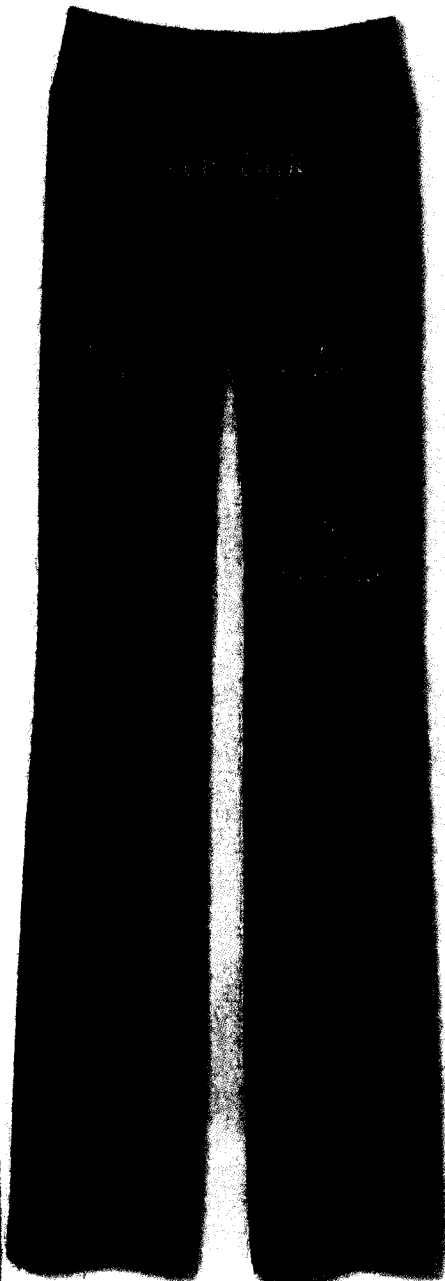
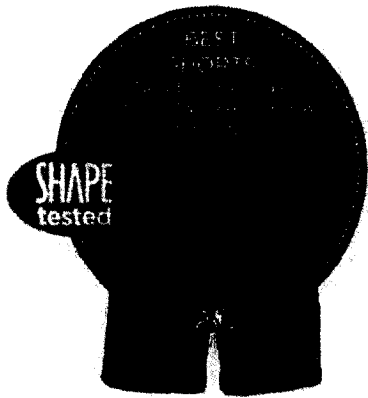
And that's just

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LIFE & LOVE

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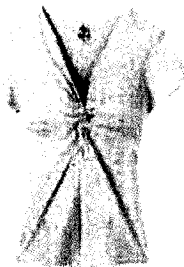


SHAPE
tested

EXERCISE GEAR FOR EVERY BODY

Want to feel better about your physique? Add these figure-flattering finds to your wardrobe. The right clothes build workout confidence.

A CUP



The knotted neckline creates the illusion that you have more on top. **Prana** (\$48; activasports.com)

C TO DD CUP



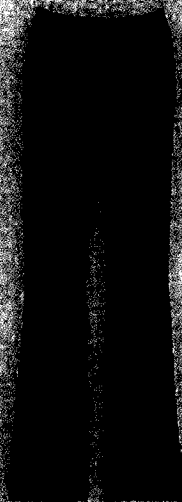
This sleek halter has a secret weapon: a built-in underwire bra. **Athleta** (\$32; athleta.com)

APPLE SHAPE



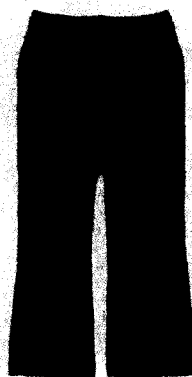
A longer cut and Empire waist camouflage a thicker middle. **Puma** (\$45; puma.com)

PEAR SHAPE



Boonleg bottoms showcase this shape best. **Arabelle** (\$92; arabelle.com)

TALL



Capri workout pants complement longer legs. Wear low ankle socks to streamline your look. **Lululemon** (\$69; lululemon.com)

BOYISH FIGURE



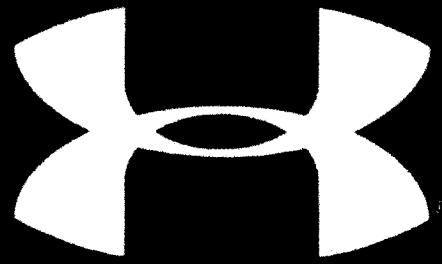
A fold-over waistband accentuates curves. **Puma "Meharoola"** (\$58; puma.com)

SHAPE STYLE RULE

Form-fitting bike shorts are more flattering than high-cut boy shorts.



BOTTOM: LEFT: MARK PLATT; STYLING: ANITA SALENOR; J. BENNETT



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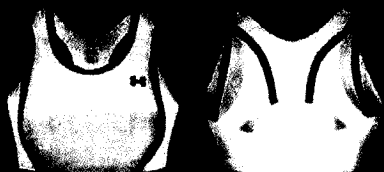
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SHORT SLEEVE



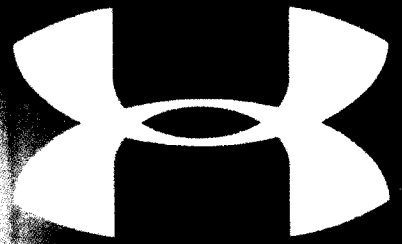
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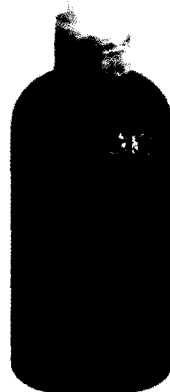
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SHAPE



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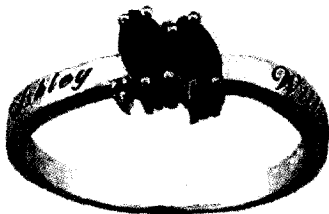
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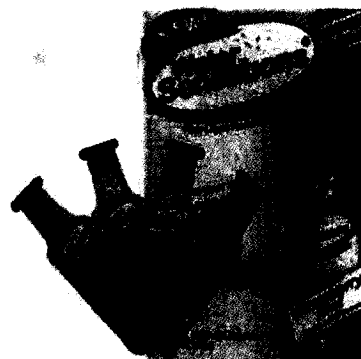
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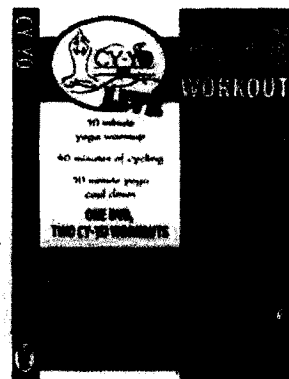
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2007 Workout of the Year

Cy-Yo combines yoga with indoor cycling—Peace, Power, Shivasina. www.cy-yo.com

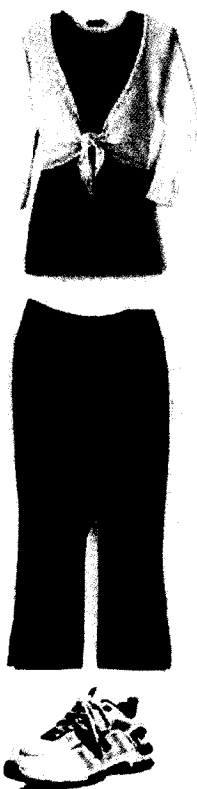
fashion workbook

MATCH YOUR OUTFIT TO YOUR SPORT

Whether you're in the yoga studio or logging time on the treadmill, these easy pieces keep your workout on track—and go the extra style mile.

At the gym

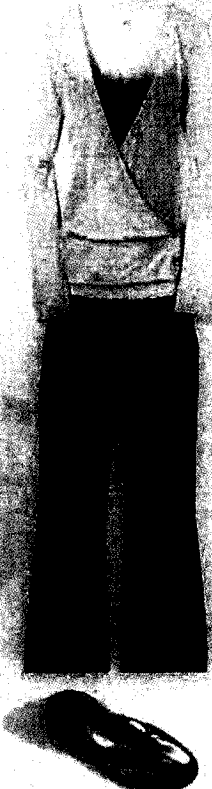
Throw a cardigan over your fitness tank post-workout to transition into your casual street look.



Michael Stars cardigan (\$48; michaelstars.com), Saint Grace top (\$42; Jade, 773-342-5233), Balance Collection by Marika capris (\$40; marika.com), New Balance sneaker (\$70; newbalance.com)

At the Pilates studio

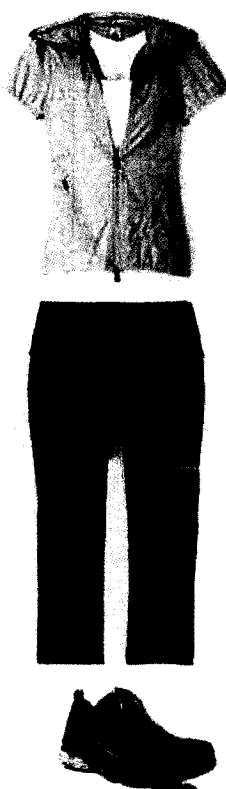
These pants permit full range of motion during your workout yet look sleek with a drapery top.



Nike "Layering" top (\$55; nikewomen.com), YoginiStyle "YogaSmart" pants (\$80; yoginistyle.com), Ellesse "Spirit" shoe (\$90; ellesse.com)

At the track

A sporty windbreaker gets a feminine makeover with scalloped trim and a shimmery hue.



Adidas by Stella McCartney jacket (\$150) and pants (\$110; both shopadidas.com), Champion tank (\$42; championcatalog.com), Reebok "Harmonize Run" sneaker (\$75; reebok.com)

Get the right support

Don't run for cover. These stylish sports bras can stand alone.



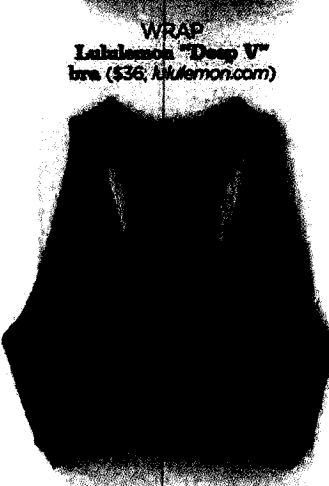
BRALET
Caprio bra top (\$22; capriodance.com)



HALTER
Elleebotta Rogiani halter sport bra (\$65; rogiani.com)



CROP
Hard Tail "D-Ring Shimmer" bra (\$40; hardtailfitness.com for store)



WRAP
Lululemon "Deep V" bra (\$36; lululemon.com)



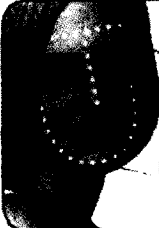
SHAPE STYLE RULE

As with street clothes, choose colors that complement your skin tone.

TOP AND BOTTOM LEFT: MARK PLATT; STYLING: ANITA SALERNO/R.J. BENNETT

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Information for the Patient

Zelnorm® (tegaserod maleate) Tablets

(pronounced ZEL-norm, te-gas-a-rod mal-ê-ate)

Rx only

Read this information carefully before you start taking Zelnorm® (ZEL-norm). Read the information you get each time you get more Zelnorm. There may be new information. This information does not take the place of talking to your doctor about your medical condition or treatment.

What is the most important information I should know about Zelnorm?

If you get new or worse abdominal (stomach) pain, or blood in your stools, stop taking Zelnorm right away and tell your doctor. Your doctor may need to do tests to find out if you have a serious problem with your bowel that may require special treatment or hospitalization.

Sometimes Zelnorm causes diarrhea. Stop taking Zelnorm and call your doctor right away if you get so much diarrhea that you get lightheaded, dizzy, or faint.

What is Zelnorm?

Zelnorm is a medicine for:

- The short-term treatment of women who have irritable bowel syndrome (IBS) with constipation (not enough or hard bowel movements) as their main bowel problem. Zelnorm does not work for all women who use it. Zelnorm has not been shown to work in men with IBS with constipation.
- The treatment of patients less than 65 years of age with chronic idiopathic constipation. Chronic constipation means constipation lasting over 6 months. Idiopathic constipation means constipation not due to other diseases or drugs. Zelnorm has not been shown to work in patients with chronic idiopathic constipation who are 65 years of age or older.

Zelnorm increases the movement of stools (bowel movement) through the bowels. Zelnorm does not cure IBS with constipation or chronic idiopathic constipation. For those with IBS with constipation who are helped, Zelnorm reduces pain and discomfort in the abdominal area, bloating, and constipation. For those with chronic idiopathic constipation, Zelnorm increases bowel movements, reduces straining, bloating and abdominal discomfort. If you stop taking Zelnorm, your symptoms may return within 1 or 2 weeks.

Who should not take Zelnorm?

You should not start taking Zelnorm if:

- You now have diarrhea or have diarrhea often.
- You have had kidney or liver disease.
- You have ever had bowel obstruction (intestinal blockage), symptomatic gallbladder disease, or abdominal adhesions causing pain and/or intestinal blockage.
- You are allergic to Zelnorm or any of its ingredients. The active ingredient in Zelnorm is tegaserod maleate. The inactive ingredients are listed at the end of this leaflet.

Zelnorm may not be right for you. Tell your doctor if you:

- Are pregnant or plan to become pregnant. Zelnorm is not recommended for use by pregnant women.
- Are breast-feeding. Do not breast-feed while you are taking Zelnorm. The drug is likely to pass into breast milk.
- Are taking or planning to take any other medicines, including those you can get without a prescription.

How should I take Zelnorm?

- You should take Zelnorm twice a day on an empty stomach shortly before you eat a meal, or as your doctor prescribes it.
- For IBS with Constipation: You should take Zelnorm for 4 to 6 weeks to treat your IBS symptoms. If you feel better, your doctor may prescribe an additional 4 to 6 weeks of Zelnorm.
- For Chronic Idiopathic Constipation: You should talk to your doctor regularly about whether you need to stay on Zelnorm.
- If you miss a dose of Zelnorm, just skip that dose. Do not take two tablets to make up the missed dose. Instead, just wait until the next time you are supposed to take it and then take your normal dose.

What are the possible side effects of Zelnorm?

Headache and diarrhea were the most common side effects seen with Zelnorm.

Diarrhea was an occasional side effect of treatment with Zelnorm. Most people who got diarrhea had it during the first week after starting Zelnorm. Typically, diarrhea went away with continued therapy. If you get bad diarrhea, or if you get diarrhea together with bad cramping, abdominal pain, fainting, or dizziness, tell your doctor. Your doctor may tell you to stop taking Zelnorm or suggest other ways to manage your diarrhea.

There have been rare cases of rectal bleeding and severe abdominal pain in patients treated with Zelnorm. Some of these problems were related to insufficient blood flow to part of the bowel. It is not known if this was related to Zelnorm use.

In studies, a very small number of patients were reported to have abdominal surgery. In IBS with constipation studies there were a few more reports of abdominal surgery in patients taking Zelnorm than in patients taking a sugar pill. Most of these were related to the gallbladder. It is not known if Zelnorm may increase your chance of abdominal surgery. Gallbladder surgery has been reported to occur more often in IBS patients than in the general population.

This list is not complete. Your doctor or pharmacist can give you a more complete list of possible side effects. Talk to your doctor about any side effects you may have.

General information about the safe and effective use of Zelnorm

Keep Zelnorm at room temperature. Do not use Zelnorm past the expiration date shown on the package.

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use Zelnorm for a condition for which it was not prescribed. Do not give Zelnorm to other people, even if they have the same symptoms that you have. This leaflet summarizes the most important information about Zelnorm. For more information, talk with your doctor. You can ask your doctor or pharmacist for information about Zelnorm that is written for health professionals. You can also contact the company that makes Zelnorm at 1-866-427-6682 or www.zelnorm.com.

Inactive ingredients: Zelnorm is available for oral use in the following tablet formulations:

- 2-mg and 6-mg tablets (blister packs) containing the following inactive ingredients: crospovidone, glyceryl monostearate, hypromellose, lactose monohydrate, poloxamer 188, and polyethylene glycol 4000.
- 6-mg tablets (bottles) containing the following inactive ingredients: crospovidone, glyceryl behenate, hypromellose, lactose monohydrate, and colloidal silicon dioxide.

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LIVE

GET SMART ABOUT BIRTH CONTROL 92 / SPEND MORE TIME IN BED 98 / STOP A STRESS BINGE 106



HEALTHY

HOW EATING OUT ADDS UP Restaurant dining can derail weight loss even if you choose carefully, avoid fast food, and skip dessert. Researchers from the University of Texas at Austin found that women consumed about 250 more calories when they ate out. Doing that three times a week can pack on 10-plus pounds a year, says study author Gayle M. Timmerman, Ph.D. "Blame large portions," she says. "You'll probably eat less if you order two appetizers, like sushi and a salad, instead of an appetizer and an entrée."

FRICKA MCCONNELL

live healthy news

Skipping two pills in a row raises your risk of pregnancy

A SAVVIER BIRTH-CONTROL STRATEGY

Buying pills in bulk may be an effective way to prevent unwanted pregnancy, according to a recent study published in *Obstetrics & Gynecology*. Researchers found that women given a year's worth of pills at once were far less likely to skip a dose than women who received only a three-month supply. Most insurance plans limit how many packs you can buy at a time, so find out what your maximum amount is and request it from your doctor. "Even getting enough birth control for a few months during one pharmacy visit is better than receiving a single pack," says study author Diana Greene Foster, Ph.D.

How long it takes CO to leave your blood after two hours in a smoky room

Exposure to CO (carbon monoxide) damages the lining of your artery walls, increasing your chance of a heart attack or stroke, says neurologist J. David Spence, M.D., author of *How to Prevent Your Stroke*.

ask the expert

Q I just had a baby, and I find myself crying much more than I used to. Do I have postpartum depression?

A Probably not—if the tears flow during a sappy commercial or over a minor frustration like dropping a plate. After you give birth, your fluctuating hormones make you more emotional than usual. Progesterone and estrogen, which nourish the placenta during pregnancy, drop quickly and are replaced by other hormones that help shrink the uterus and start the flow of breast milk. You might also feel overwhelmed by caring for an infant; **there's nothing like too little sleep to make you vulnerable to spontaneous sobbing.** But these feelings should disappear within a few weeks as hormones stabilize and you adjust to motherhood. If not, or if your symptoms are more severe—not wanting to socialize with friends, feeling uninterested in the baby, sleeping or eating too much or too little—you may have postpartum depression (PPD). This condition is a more serious imbalance of brain chemicals that can occur any time within the first year after childbirth. PPD should be treated by a psychiatrist, who will advise medication or counseling; ask your ob-gyn for a referral.



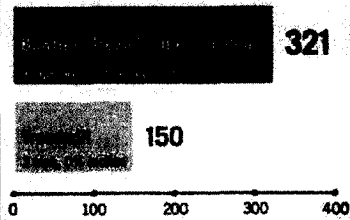
Erika Schwartz, M.D., is a women's health expert practicing in New York City. Her most recent book is *Dr. Erika's Hormone Solution for Your Daughter*.

Send your questions to Shape, Ask the Expert, 1 Park Avenue, 10th floor, New York, NY 10016, or askdrerika@shape.com.

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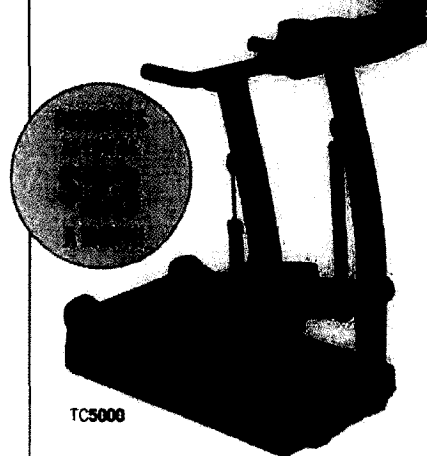
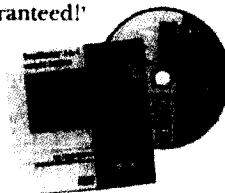
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live healthy news

QUICK FIXES FOR YOUR ACHING BACK

Nearly 30 percent of women say they've suffered back pain in the past three months. "Most don't even know why they're sore," says William Ackerman, M.D., author of *The Gender Factor: Pain Management for Men & Women*. Try these little changes to feel better fast.

1 WALK IN COMFY FLATS High heels put excess pressure on bones in your feet and elevate your arches, pushing hips forward as you walk. This can strain the muscles and joints near the lower spine, so wait until you get to work to slip on those heels.

2 STRETCH AT YOUR DESK When you're anxious, you tighten muscles, which decreases blood flow to your back. "This causes a dull ache that can be relieved by light exercise," Ackerman says. Every few hours, get up and bend forward and side to side to improve blood flow.

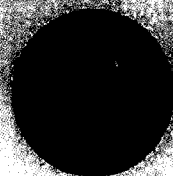


Add inserts
to heels
to safeguard
your spine

3 WEAR THE RIGHT BRA Straps that are too tight squeeze the trapezius, the muscle that connects the neck to the shoulder, triggering poor circulation—and pain—in your upper back. But wearing a properly fitted underwire bra will take as much as 90 percent of your breasts' weight off your shoulders, says Susan Nethero, author of *BraTalk: Myths and Facts*.

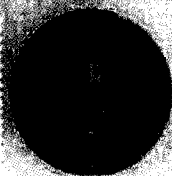
HOLLYWOOD HEALTH DISH

Some may party into the wee hours, but these celebs have inspired us by speaking out about healthier lifestyle choices. —SARAH ROBBINS



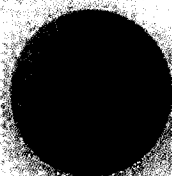
UMA THURMAN
On kicking the habit

"I quit smoking the day I knew I was pregnant. It's like you're just one puff away from your entire family being invaded by an evil addiction."



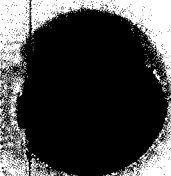
SCARLETT JOHANSSON
On the AIDS epidemic

"I get tested for HIV twice a year. It's so irresponsible [not to be tested]."



PORTIA DE ROSSI
On body confidence

"I don't really regret much in my life, but I will never get back the time I spent worrying what the scale said."



SUSAN SARANDON
On protecting your skin

"I have always slathered my kids with sunblock. I tell my daughter she'll thank me on my deathbed."

TOP: ERICA MCCONNELL; BOTTOM, FROM LEFT: JIM SPELLMAN, LESTER COHEN, DIMITRIOS KAMBOURIS, JIM SPELLMAN/WIREIMAGE.COM



FILL HUNGER TO GET LOVE.

NEW! GRAIN CEREAL.



Sleep
lowers stress
hormones, so
you'll wake
up calm and
collected

1 Keep off those extra pounds

Scientists at the Columbia University Medical Center recently discovered that people who logged five hours of sleep a night were 60 percent more likely to be significantly overweight than those who managed to get seven to nine hours. One reason behind the bulge: Tired people eat more. "Sleep deprivation increases hunger by altering levels of leptin and ghrelin, hormones that regulate appetite," explains study author James E. Gangwisch, Ph.D. Another theory, according to a new article in the journal *Obesity Reviews*, poses that the more hours you're awake, the more

you'll eat. The author suggests that you can cut 6 percent of your daily calorie intake—that's 120 calories from a 2,000-calorie diet—by sleeping eight hours a night instead of seven.

2 Muscle up your memory

"During sleep, your mind processes everything you've learned that day," says Jeffrey Ellenbogen, Ph.D., an associate neurologist at Harvard Medical School. So pulling an all-nighter to nail tomorrow's presentation is not an effective strategy. "You're better off reviewing what you can, then getting enough rest so the details can sink in." Recent stud-

ies show that different stages of sleep may improve various aspects of memory. In new research from the journal *Nature*, German scientists found that late stages of non-REM sleep (the non-dreaming phases that comprise most of our sleep) help us consolidate and recall the facts we've just acquired. And in another recent study, Canadian researchers discovered that an earlier stage of non-REM sleep increased significantly after people learned how-to tasks—like a new knitting stitch or cooking technique—just before going to bed. After noting that the participants completed the activities 20 percent faster the next morning, the researchers concluded that shut-eye helps keep our reflexes sharp.

3 Reduce your risk of diabetes

A study published in the *Archives of Internal Medicine* found that women who slept only five hours a night were two and a half times more likely to have diabetes as those who slept seven to eight hours. A serious condition that occurs when your body can't effectively convert glucose from food into fuel for your cells, diabetes increases your risk of heart disease and nerve and kidney damage. One explanation for the link is that too-little sleep throws key hormones off kilter. "Stress hormones like cortisol and adrenaline—which increase when you're sleep-deprived—reduce the effectiveness of insulin, the hormone that regulates blood glucose," says study co-author Susan Redline, M.D., director of University Hospitals of Cleveland Sleep Center. When you can't use insulin properly, glucose levels rise, which increases your diabetes risk. Another possible reason is that you expend more energy when you're well-rested than when you're wiped out. Picture yourself after a night of refreshing sleep: You're ready to tackle anything, whether it's mastering the plow pose during your morning yoga session or plowing through your overstuffed in-box. "But



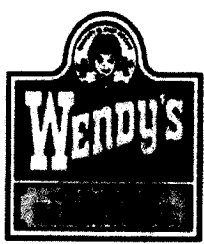
DID YOUR SALAD MAKE THE CUT TODAY?
If it came from Wendy's, it did.

NEW

Cranberry Pecan Chicken

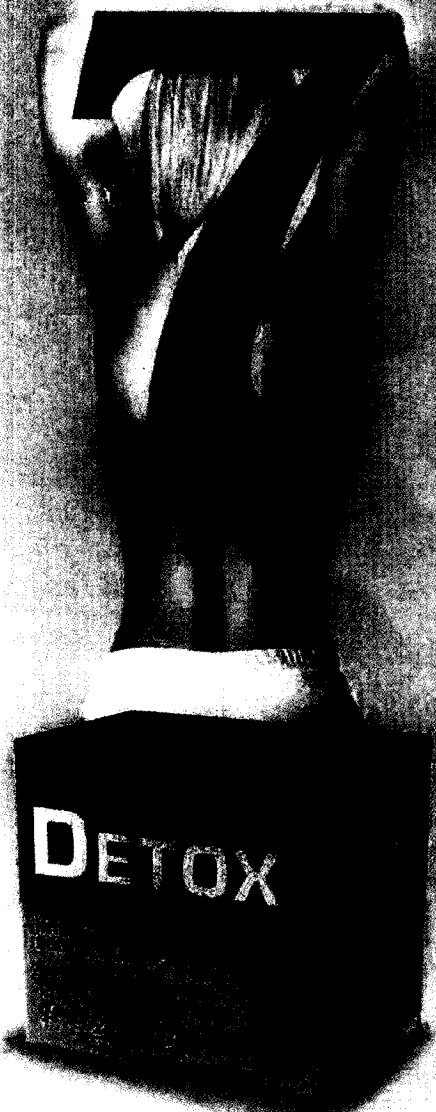
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Our salads are chopped fresh every morning and prepared fresh throughout the day. Try our **NEW Cranberry Pecan Chicken Salad with crunchy, roasted pecans, sweet, tangy cranberries, juicy mandarin oranges, tender diced chicken served with a Berry Balsamic Vinaigrette. Eat like there's no tomorrow and **Do what tastes right.****



DETOX AND REVITALIZE

IN ONLY 7 DAYS!



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live healthy news

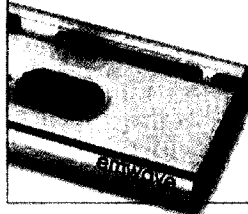
shape investigates

3 stress-busting tools

Sure, you can't beat a tension-easing massage, but that doesn't always fit into an appointment-filled day. When you're really stressed, you need relief now, so we put some office-friendly anxiety reducers to the test.

EmWave Personal Stress Reliever
 (\$199, emwave.com)

This handheld device converts your heart rhythms into a series of lights. Breathing in sync with the pacer calms nervous, cardiovascular, and hormonal systems to lower stress levels, similar to a process called biofeedback. Did it help? Using this discreetly at our desks throughout a harrowing afternoon *did* help us feel calmer.



The Doctor's Chocolate
 (2.57 oz, 30 pieces)
 (the.doctorschocolate.com)

These bite-size dark chocolates contain L-theanine, an amino acid found in green tea that's said to lower stress levels. Eating just two pieces a day eases tension and irritability, claims the manufacturer. Did it help? With 20 calories and one gram of fat per piece, these truffles are a yummy, guilt-free indulgence. But they didn't seem to have any greater soothing effect than our usual sweet treats.



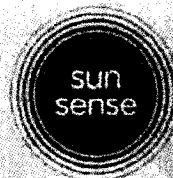
Resperate
 (\$299)
 (resperate.com)

This machine requires you to wear a stomach sensor to detect your breathing pattern, then creates a melody to which you inhale and exhale, helping to slow heart rate, lower blood pressure, and reduce stress.

Did it help? The bulky size made it awkward to use at work, but keeping up the slow breaths (10 per minute) was very relaxing.



CLOCKWISE FROM FAR LEFT: LOUIS ERNESTO SANTANA (3) TODD HUFFMAN



the hidden risk of self-tanners

Women who use bottled bronzers were nearly three times more likely to have been sunburned

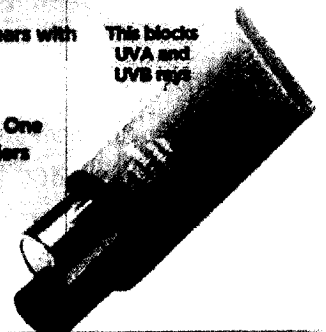
in the past year compared to those who stuck with their skin's natural shade, found Boston University School of Medicine researchers.

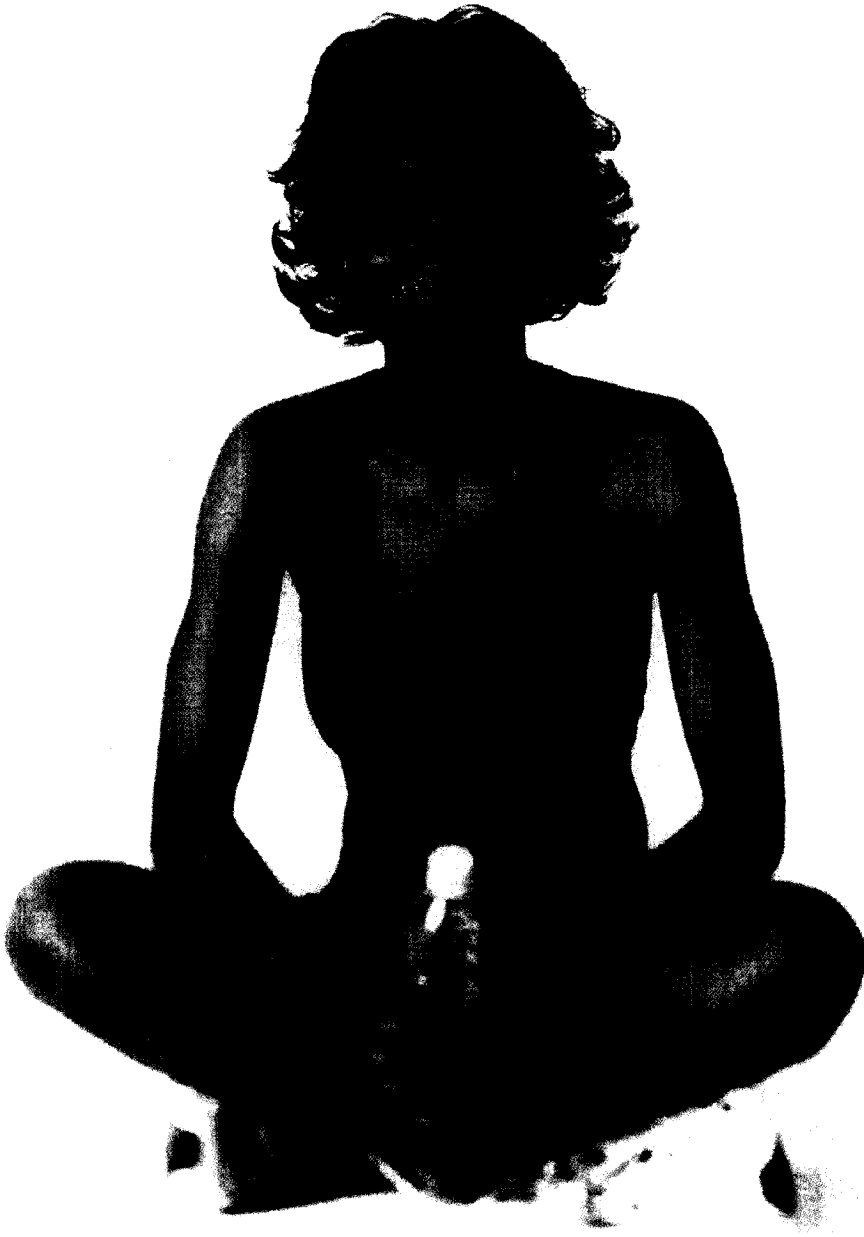
"Some may mistake artificially tanned skin for a protective base tan, leading them to skip sunscreen or stay outside longer," explains study co-author Alan Geller. "But no tan is a substitute for sunscreen. Use an SPF of at least 15 and reapply it every two hours to avoid getting burned."

online bonus: Share your skin-cancer experiences or fears with other readers at shape.com/community.

This blocks UVA and UVB rays

Makeup with SPF can supplement daily sun protection. One good bet is Clinique's Almost Makeup SPF 15; 250 readers can win a bottle by entering at shape.com/sunscreen.






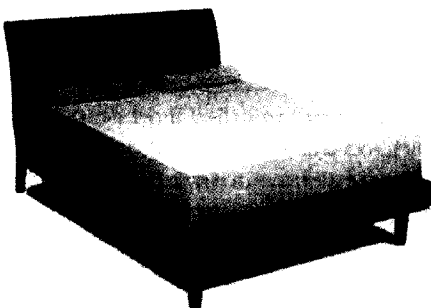
You eat right.
 You exercise.
 But if you are not
 getting enough
 sleep, your health
 could be suffering.



Even the mildest
 sleep deprivation
 can be the root

cause of many medical and psy-
 chological conditions, including
 high blood pressure, heart dis-
 ease, obesity, impaired memory,
 depression and anxiety.

Recommended by over 25,000
 medical professionals
 worldwide, the **Tempur-Pedic
 Swedish Mattress™** delivers the
 ultimate in body support and
 comfort, helping you to sleep
 soundly and awake refreshed
 every morning. See why more
 than 9 out of 10 customers
 recommend it to their friends
 and family. Invest in your health
 by calling for a free  informational kit today.



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health report



Our bodies
require sleep
just as much
as they do food
and water

your new #1 stay-healthy mission: get more sleep

Think you don't have time for eight hours of z's a night? Here are seven reasons—including trimming your waistline and improving your skin—why you need to fit it in. BY LAUREN WIENER

We're a nation of busy women, so while we're whittling down our to-do lists, sleep often gets the pink slip first. Surveys from the National Sleep Foundation in Washington, D.C., show that women snooze nearly 90 minutes less than the eight hours a night most experts consider a healthy standard. "As a 24-7 society we have this notion that sleep is a waste of time," says James Maas, Ph.D., professor of psychol-

ogy at Cornell University and author of *Power Sleep*. In fact, we seem to admire and envy so-called short sleepers like Martha Stewart and Donald Trump, who claim to run their empires on just four hours a night. But when we cheat on sleep, we're actually jeopardizing our health, making us likelier to catch colds—or develop diabetes. Still not convinced you need to hit the hay earlier? Let the evidence speak for itself.

WILLIAM ABRANOWICZ/ART • COMMERCE

health report

if you feel exhausted, you're less likely to completely engage your brain, so it needs less glucose to function," says Kristen Knutson, Ph.D., a research associate at the University of Chicago. The glucose that your brain would normally use instead continues to circulate at higher levels in your blood.

4 Protect your heart

While you slumber, your heart rate slows and blood pressure dips by an average of 10 to 20 percent, says Columbia University's Gangwisch. "When you don't sleep, your body loses this opportunity to slow down. Your heart works harder for a larger portion of the day, which causes blood pressure to increase over time," he explains. In fact, Gangwisch's research team discovered that women who snooze less than six hours each night increase their risk for developing high blood pressure by 70 percent, compared with those who get seven to eight hours. Slacking on sleep also triggers inflammation, which occurs when your stressed-out immune system goes into overdrive, flooding the body with an overabundance of infection-fighting white blood cells that actually damage healthy tissues. Researchers from the University of California, Los Angeles, recently found that after just one night of four hours' sleep, people had increased levels of these blood proteins, which are linked to a greater risk of heart attack and stroke.

5 Take years off your looks

When you're short on sleep, it's written all over your face. "Inadequate shut-eye triggers a chain of physical changes that negatively affect your skin," says David E. Bank, M.D., an associate in clinical dermatology at Columbia University Medical Center. As you begin to feel tired, your body prepares itself for rest by lowering blood pressure and pulse rate. This means less blood flows to your skin, which can take a toll on

radiance. And if you're literally fighting to stay awake, your body kicks up its stress response—secreting hormones that help set off breakouts.

6 Stave off the sniffles

When a nasty cold strikes, all you want to do is sleep, right? No wonder: Your body requires rest to fight off invading

germs. But even one night of fragmented slumber can break down your immune response, according to researchers at the Mount Sinai School of Medicine. They found that women who were least able to snooze through the night had the lowest levels of virus-combating cells in response to a stressful situation. "Sleep deprivation is another stress on the body that makes

What's keeping you from a good night's sleep?

During any given month, 30 percent of women face insomnia, says Joyce Walsleben, Ph.D., director of the Sleep Disorders Center at New York University's School of Medicine. The four key reasons many of us have trouble nodding off:

✓ **STRESS** Even low levels of stress (worries about bills, a looming work deadline) can trigger hormones that increase blood pressure and make your heart beat faster—not exactly optimal conditions for drifting off easily.

Slumber strategy "Write down stressful thoughts in a notebook earlier in the day, then brainstorm solutions," suggests Walsleben. "This trains you to deal with worries at that time instead of when you're lying in bed."

✓ **PMS** Symptoms like tender breasts, bloating, and headaches cause discomfort that keeps many women awake.

Slumber strategy Consuming 1,000 mg of calcium and 400 mg of magnesium daily may help reduce fluid retention, breast tenderness, and bloating, says Walsleben. Ask your doctor about supplements.

Beat a blanket hog: Use separate comforters



DO
NOT
DISTURB!

✓ **YOUR BEDMATE** Austrian researchers found that couples had more disrupted sleep on nights they slept together than when they snoozed solo.

Slumber strategy Noisy sleepers should see a doctor, since snoring can be the result of sleep apnea, a potentially deadly condition that occurs when relaxed throat muscles block air passages and make breathing difficult.

✓ **PREGNANCY** Your growing uterus puts pressure on your bladder, so you'll wake up frequently to use the bathroom, and hormonal changes may increase your risk of experiencing late-night heartburn.

Slumber strategy Try supportive pillows and lying on your side. Cut down on liquids before bed to minimize bathroom breaks, and avoid spicy foods late in the day to prevent heartburn.

health report

you more susceptible to infection," says Jan Born, Ph.D., a professor of neuro-endocrinology at the University of Lübeck in Germany who studies the link between sleep and immunity.

7 Be a safer driver

Sleeplessness slows reaction time as much as alcohol does, which helps explain how 100,000 auto accidents occur each year because of sleep-deprived drivers. It's hardly surprising, considering that when you've been awake for 17 hours, your brain may be as impaired as if you'd had two martinis. Recent research published in the journal *Sleep* revealed that people were more likely to be distracted from a

simple, monotonous task after they got five hours' sleep than those who snagged a full eight hours. And don't count on caffeine to keep you safe. In a recent study at the Walter Reed Army Institute of Research, half of sleep-deprived subjects were given a supplement containing the amount of caffeine in two cups of coffee (the other group received a placebo). Participants then engaged in a gambling exercise so researchers could assess how willingly they took risks.

While the caffeinated subjects reacted quicker than those who didn't receive any stimulant, both groups made the same amount of risky decisions during the task. "In the real world, this means that even though you may feel alert enough to drive home after slugging down a large soda or coffee, you'll still likely make potentially dangerous choices, such as speeding through a yellow light or tailgating another car too closely," says study author William Killgore, Ph.D.

IF YOU
HAVE TO DRINK
CAFFEINE
TO STAY ALERT
BEHIND THE
WHEEL, YOU'RE
NOT AS SAFE
AS YOU THINK.

Your all-day sleep-prep plan

A good night's sleep doesn't just begin when you hit the pillow. The habits you engage in throughout the day can influence how well you snooze. For better rest, take these sleep-smart steps.

6:30 A.M. GET SNOOZE BUTTON-SAVVY

Your sleep-regulating internal clock works best when you wake up at the same time every day. To break your habit of repeatedly hitting the snooze button, move your alarm clock across the room. A new study in the journal *Neuron* found that the physical act of rolling out of bed activates brain cells that prevent you from falling back asleep.

8:15 A.M. SOAK UP THE SUN

A half-hour walk tells your brain to stop making melatonin, a sleep-inducing hormone. But leave your sunglasses behind this time—the rays actually have to hit your retina to send the signal, says Meir Kryger, M.D., author of *A Woman's Guide to Sleep Disorders*. If you can't

hoof it to work, try a pre-breakfast hike.

12:30 P.M. MAKE A DATE

Social people are better sleepers, according to a recent study from the Duke University Medical Center. Having frequent lunches or other get-togethers makes you more likely to stick to a schedule, say study authors, who believe that your body's internal clock runs best when you follow a regular routine.

3:15 P.M. DUMP THE DECAF

University of Florida researchers found that most decaf coffee still contains small amounts of caffeine, which can add up if you drink several cups after lunch. Snack on some fruit instead, says Cynthia Sass, R.D., a Tampa, Florida-based

nutritionist. "The combination of vitamins, fiber, and carbohydrates provides enough energy to get you through the rest of the afternoon," she explains.

5:45 P.M. BREAK A SWEAT

Hitting the gym raises your body temperature, which makes falling asleep more difficult. Give yourself at least three or four hours between working out and lights-out to allow adequate time to cool down.

8:00 P.M. STICK TO ONE GLASS OF WINE

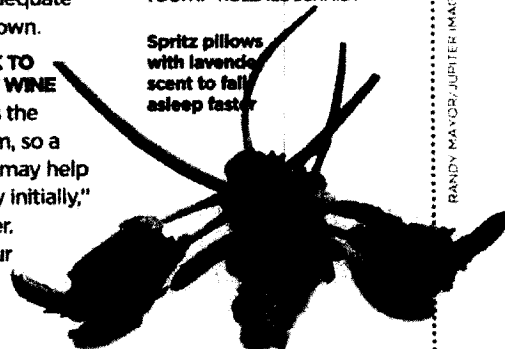
"Alcohol slows the nervous system, so a second round may help you feel sleepy initially," explains Kryger. "But when your blood-alcohol level drops in two to four

hours, you could wake up feeling wired."

10:30 P.M. MAKE YOUR BEDROOM PET-FREE

Nearly 25 percent of the patients in a study at the Mayo Clinic Sleep Disorders Center said they sleep with a cat or dog—and more than half said that it disrupted their z's. If your pet's wriggly body keeps you tossing and turning, give him his own bed, preferably in another room.—HOLLACE SCHMIDT

Spritz pillows with lavender scent to fall asleep faster



RANDY MAYOR/JUPITER IMAGES

YOUR DREAMS MISS YOU

Rozerem.
ramelteon 8-mg tablets

when you can't sleep, you can't dream. But now there's Rozerem, a sleep aid like no other. Rozerem is approved for adults having trouble falling asleep. In fact, it's the first and only prescription sleep aid that in clinical studies shows no potential for abuse or dependence. Take it when you need it, stop when you don't. Your doctor can explain why Rozerem is so different. **Important safety information:** Don't take Rozerem if you're taking Luvox® (fluvoxamine) or have severe liver problems. Avoid taking it with alcohol. Don't drive or operate machinery until you know how you'll react to Rozerem. Rozerem may affect some hormones. Consult your doctor about how this may affect you, or if your insomnia doesn't improve. Take Rozerem right before bed. Side effects may include drowsiness, fatigue and dizziness. Ask your doctor if Rozerem is right for you. Visit rozerem.com or call 877-282-0332 for more information. Your dreams miss you.

Please see reverse side for Brief Summary of Prescribing Information.

Brief Summary of Prescribing Information

ROZEREEM[®]
(ramelteon) Tablets

INDICATIONS AND USAGE
ROZEREEM is indicated for the treatment of insomnia characterized by difficulty with sleep onset.

CONTRAINDICATIONS

ROZEREEM is contraindicated in patients with a hypersensitivity to ramelteon or any components of the ROZEREEM formulation.

WARNINGS

Since sleep disturbances may be the presenting manifestation of a physical and/or psychiatric disorder, symptomatic treatment of insomnia should be initiated only after a careful evaluation of the patient. The failure of insomnia to remit after a reasonable period of treatment may indicate the presence of a primary psychiatric and/or medical illness that should be evaluated. Worsening of insomnia, or the emergence of new cognitive or behavioral abnormalities, may be the result of an unrecognized underlying psychiatric or physical disorder and requires further evaluation of the patient. As with other hypnotics, exacerbation of insomnia and emergence of cognitive and behavioral abnormalities were seen with ROZEREEM during the clinical development program.

ROZEREEM should not be used by patients with severe hepatic impairment.

ROZEREEM should not be used in combination with fluvoxamine (see PRECAUTIONS: Drug Interactions).

A variety of cognitive and behavior changes have been reported to occur in association with the use of hypnotics. In primarily depressed patients, worsening of depression, including suicidal ideation, has been reported in association with the use of hypnotics.

Patients should avoid engaging in hazardous activities that require concentration (such as operating a motor vehicle or heavy machinery) after taking ROZEREEM. After taking ROZEREEM, patients should confine their activities to those necessary to prepare for bed.

PRECAUTIONS

General
ROZEREEM has not been studied in subjects with severe sleep apnea or severe COPD and is not recommended for use in those populations.

Patients should be advised to exercise caution if they consume alcohol in combination with ROZEREEM.

Use in Adolescents and Children

ROZEREEM has been associated with an effect on reproductive hormones in adults, e.g. decreased testosterone levels and increased prolactin levels. It is not known what effect chronic or even chronic intermittent use of ROZEREEM may have on the reproductive axis in developing humans (see Pediatric Use).

Information for Patients

Patients should be advised to take ROZEREEM within 30 minutes prior to going to bed and should confine their activities to those necessary to prepare for bed. Patients should be advised to avoid engaging in hazardous activities (such as operating a motor vehicle or heavy machinery) after taking ROZEREEM.

Patients should be advised that they should not take ROZEREEM with or immediately after a high fat meal.

Patients should be advised to consult their health care provider if they experience worsening of insomnia or any new behavioral signs or symptoms of concern.

Patients should consult their health care provider if they experience one of the following: cessation of menses or galactorrhea in females, decreased libido, or problems with fertility.

Laboratory Tests

No standard monitoring is required.

For patients presenting with unexplained amenorrhea, galactorrhea, decreased libido, or problems with fertility, assessment of prolactin levels and testosterone levels should be considered as appropriate.

Drug Interactions

ROZEREEM has a highly variable inter-subject pharmacokinetic profile (approximately 100% coefficient of variation in C_{max} and AUC). As noted above, CYP1A2 is the major isozyme involved in the metabolism of ROZEREEM; the CYP2C8 and CYP3A4 isozymes are also involved to a minor degree.

Effects of Other Drugs on ROZEREEM Metabolism

Fluvoxamine (strong CYP1A2 inhibitor): When fluvoxamine 100 mg twice daily was administered for 3 days prior to single-dose co-administration of ROZEREEM 16 mg and fluvoxamine, the AUC_{0-12h} for ramelteon increased approximately 150-fold, and the C_{max} increased approximately 70-fold, compared to ROZEREEM administered alone. ROZEREEM should not be used in combination with fluvoxamine (see WARNINGS). Other less potent CYP1A2 inhibitors have not been adequately studied. ROZEREEM should be administered with caution to patients taking less strong CYP1A2 inhibitors.

Atenolol (strong CYP enzyme inducer): Administration of atenolol 600 mg once daily for 11 days resulted in a mean decrease of approximately 80% (40% to 90%) in total exposures to ramelteon and metabolite M-I, (both AUC_{0-12h} and C_{max}) after a single 32 mg dose of ROZEREEM. Efficacy may be reduced when ROZEREEM is used in combination with strong CYP enzyme inducers such as rifampin.

Ketozazole (strong CYP3A4 inhibitor): The AUC_{0-12h} and C_{max} of ramelteon increased by approximately 84% and 36%, respectively, when a single 16 mg dose of ROZEREEM was administered on the fourth day of ketoconazole 200 mg twice daily administration, compared to administration of ROZEREEM alone. Similar increases were seen in M-I pharmacokinetic variables. ROZEREEM should be administered with caution in subjects taking strong CYP3A4 inhibitors such as ketoconazole.

Rifampin (strong CYP2C8 inhibitor): The total and peak systemic exposure (AUC_{0-12h} and C_{max}) of ramelteon after a single 16 mg dose of ROZEREEM was increased by approximately 150% when administered with rifampin. Similar increases were also seen in M-I exposure. ROZEREEM should be administered with caution in subjects taking strong CYP2C8 inhibitors such as rifampin.

Interaction studies of concomitant administration of ROZEREEM with fluoxetine (CYP2D6 inhibitor), omeprazole (CYP1A2 inducer/CYP2C19 inhibitor), theophylline (CYP1A2 substrate), diazepam (p-glycoprotein substrate) did not produce clinically meaningful changes in either peak or total exposures to ramelteon or the M-I metabolite.

Effects of ROZEREEM on Metabolism of Other Drugs

Concomitant administration of ROZEREEM with omeprazole (CYP2C19 substrate), dextromethorphan (CYP2D6 substrate), mizolamol (CYP3A4 substrate), theophylline (CYP1A2 substrate), diazepam (p-glycoprotein substrate), and warfarin (CYP2C8 [S]/CYP1A2 [R] substrate) did not produce clinically meaningful changes in peak and total exposures to these drugs.

Effect of Alcohol on Rozerem

Alcohol: With single-dose, daytime co-administration of ROZEREEM 32 mg and alcohol (0.5 g/kg), there were no clinically meaningful or statistically significant effects on peak or total exposure to ROZEREEM. However, an additive effect was seen on some measures of psychomotor performance (i.e., the Digit Symbol Substitution Test, the Psychomotor Vigilance Task Test, and a Visual Analog Scale of sedation) at some post-dose time points. No

additive effect was seen on the Delayed Word Recognition Test. Because alcohol by itself impairs performance, and the intended effect of ROZEREEM is to promote sleep, patients should be cautioned not to consume alcohol when using ROZEREEM.

Drug/Laboratory Test Interactions

ROZEREEM is not known to interfere with commonly used clinical laboratory tests. In addition, *in vitro* data indicate that ramelteon does not cause false-positive results for benzodiazepines, opiates, barbiturates, cocaine, cannabinoids, or amphetamines in two standard urine drug screening methods *in vitro*.

Carcinogenesis, Mutagenesis, and Impairment of Fertility

Carcinogenesis
In a two-year carcinogenicity study, B6C3F₁ mice were administered ramelteon at doses of 0, 30, 100, 300, or 1000 mg/kg/day by oral gavage. Male mice exhibited a dose-related increase in the incidence of hepatic adenomas at dose levels \geq 100 mg/kg/day including hepatic adenomas, hepatic carcinomas, and hepatoblastomas. Female mice developed a dose-related increase in the incidence of hepatic adenomas at dose levels \geq 300 mg/kg/day and hepatic carcinomas at the 1000 mg/kg/day dose level. The no-effect level for hepatic tumors in male mice was 30 mg/kg/day (100-times and 3-times the therapeutic exposure to ramelteon and the active metabolite M-I, respectively, at the maximum recommended human dose [MRHD] based on an area-under-the-curve [AUC] comparison). The no-effect level for hepatic tumors in female mice was 100 mg/kg/day (827-times and 12-times the therapeutic exposure to ramelteon and M-I, respectively, at the MRHD based on AUC).

In a two-year carcinogenicity study conducted in the Sprague-Dawley rat, male and female rats were administered ramelteon at doses of 0, 15, 60, 250 or 1000 mg/kg/day by oral gavage. Male rats exhibited a dose-related increase in the incidence of hepatic adenomas and benign Leydig cell tumors of the testis at dose levels \geq 250 mg/kg/day and hepatic carcinoma at the 1000 mg/kg/day dose level. Female rats exhibited a dose-related increase in the incidence of hepatic adenomas at dose levels \geq 60 mg/kg/day and hepatic carcinoma at the 1000 mg/kg/day dose level. The no-effect level for hepatic tumors and benign Leydig cell tumors in male rats was 60 mg/kg/day (1,429-times and 12-times the therapeutic exposure to ramelteon and M-I, respectively, at the MRHD based on AUC). The no-effect level for hepatic tumors in female rats was 15 mg/kg/day (472-times and 10-times the therapeutic exposure to ramelteon and M-I, respectively, at the MRHD based on AUC).

The development of hepatic tumors in rodents following chronic treatment with non-steroidal compounds may be secondary to microsomal enzyme induction, a mechanism for tumor generation not thought to occur in humans. Leydig cell tumor development following treatment with non-steroidal compounds in rodents has been linked to alterations in circulating testosterone levels with compensatory increases in luteinizing hormone release, which is a known proliferative stimulus to Leydig cells in the rat testis. Rat Leydig cells are more sensitive to the stimulatory effects of luteinizing hormone than human Leydig cells. In mechanistic studies conducted in the rat, daily ramelteon administration at 250 and 1000 mg/kg/day for 4 weeks was associated with a reduction in plasma testosterone levels. In the same study, luteinizing hormone levels were elevated over a 24 hour period after the last ramelteon treatment; however, the duration of this luteinizing hormone elevation and its support for the proposed mechanistic explanation was not clearly established.

Although the rodent tumors observed following ramelteon treatment occurred at plasma levels of ramelteon and M-I in excess of mean clinical plasma concentrations at the MRHD, the relevance of both rodent hepatic tumors and benign rat Leydig cell tumors to humans is not known.

Mutagenesis

Ramelteon was not genotoxic in the following: *in vitro* bacterial reverse mutation (Ames) assay; *in vitro* mammalian cell gene mutation assay using the mouse lymphoma L5178Y cell line; *in vitro* sister chromatid exchange (SCE) assay in rat hepatocytes; and *in vitro* micronucleus assay conducted in mouse rat. Ramelteon was positive in the chromosomal aberration assay in Chinese hamster lung cells in the presence of S9 metabolic activation. Separate studies indicated that the concentration of the M-I metabolite formed by the rat liver S9 fraction used in the *in vitro* genetic toxicology studies described above, exceeded the concentration of ramelteon; therefore, the genotoxic potential of the M-I metabolite was also assessed in these studies.

Impairment of Fertility

Ramelteon was administered to male and female Sprague-Dawley rats in a litter fertility and early embryonic development study at dose levels of 0, 60, or 600 mg/kg/day. No effects on male or female mating or fertility were observed with a ramelteon dose up to 600 mg/kg/day (736-times higher than the MRHD on a mg/m² basis). Irregular estrus cycles, reduction in the number of implants, and abortions in the number of live embryos were noted with dosing females at \geq 60 mg/kg/day (736 times higher than the MRHD on a mg/m² basis). A reduction in the number of conceptuses occurred at the 600 mg/kg/day dose level. Administration of ramelteon up to 600 mg/kg/day to male rats for 7 weeks had no effect on sperm quality and when the mated male rats were mated with untreated female rats there was no effect on implants or embryos. In a repeat of this study using oral administration of ramelteon at 20, 60 or 200 mg/kg/day for the same study duration, females demonstrated irregular estrus cycles with doses \geq 60 mg/kg/day, but no effects were seen on implantation or embryo viability. The no-effect dose for female subjects was 20 mg/kg/day in females (25-times the MRHD on a mg/m² basis) and 600 mg/kg/day in males (736-times higher than the MRHD on a mg/m² basis) when considering all studies.

Pregnancy: Pregnancy Category C

Ramelteon has been shown to be a developmental teratogen in the rat when given in doses 197 times higher than the maximum recommended human dose (MRHD) on a mg/m² basis. There are no adequate and well-controlled studies in pregnant women. Ramelteon should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

The effects of ramelteon on embryo-fetal development were assessed in both the rat and rabbit. Pregnant rats were administered ramelteon by oral gavage at doses of 0, 10, 40, 150, or 600 mg/kg/day during gestation days 6-17, which is the period of organogenesis in this species. Evidence of maternal toxicity and fetal teratogenicity was observed at doses greater than or equal to 150 mg/kg/day. Maternal toxicity was chiefly characterized by decreased body weight and, at 600 mg/kg/day, ataxia and decreased spontaneous movement. At maternally toxic doses (150 mg/kg/day or greater), the fetuses demonstrated visceral malformations consisting of diaphragmatic hernia and minor anatomical variations of the skeleton (irregularly shaped scapulae). At 600 mg/kg/day, reductions in fetal body weights and malformations including cysts on the external genitalia were additionally observed. The no-effect level for teratogenicity in this study was 40 mg/kg/day (1,862-times and 45-times higher than the therapeutic exposure to ramelteon and the active metabolite M-I, respectively, at the MRHD based on an area-under-the-curve [AUC] comparison). Pregnant rabbits were administered ramelteon by oral gavage at doses of 0, 12, 60, or 300 mg/kg/day during gestation days 6-18, which is the period of organogenesis in this species. Although maternal toxicity was apparent with a ramelteon dose of 300 mg/kg/day, no evidence of fetal effects or teratogenicity was associated with any dose level. The no-effect level for teratogenicity was, therefore, 300 mg/kg/day (1,862-times and 98-times higher than the therapeutic exposure to ramelteon and M-I, respectively, at the MRHD based on AUC).

The effects of ramelteon on pre- and post-natal development in the rat were

studied by administration of ramelteon to the pregnant rat by oral gavage at doses of 0, 30, 100, or 300 mg/kg/day from day 8 of gestation through parturition to postnatal (lactation) day 21, at which time offspring were weaned. Maternal toxicity was noted at doses of 100 mg/kg/day or greater and consisted of reduced body weight gain and increased adrenal gland weight. Reduced body weight during the post-weaning period was also noted in the offspring of the groups given 100 mg/kg/day and higher. Offspring in the 300 mg/kg/day group demonstrated physical and developmental delays including delayed eruption of the lower incisors, a delayed acquisition of the righting reflex, and an alteration of emotional response. These delays are often observed in the presence of reduced offspring body weight but may also be indicative of developmental delay. An apparent decrease in the viability of offspring in the 300 mg/kg/day group was likely due to altered maternal behavior and function observed at the dose level. Offspring of the 300 mg/kg/day group also showed evidence of diaphragmatic hernia, a finding observed in the embryo-fetal development study previously described. There were no effects on the reproductive capacity of offspring and the resulting progeny were not different from those of vehicle-treated offspring. The no-effect level for pre- and postnatal development in this study was 30 mg/kg/day (36-times higher than the MRHD on a mg/m² basis).

Labor and Delivery

The potential effects of ROZEREEM on the duration of labor and/or delivery, for either the mother or the fetus, have not been studied. ROZEREEM has no established use in labor and delivery.

Nursing Mothers

Ramelteon is secreted into the milk of lactating rats. It is not known whether this drug is secreted in human milk. No clinical studies in nursing mothers have been performed. The use of ROZEREEM in nursing mothers is not recommended.

Pediatric Use

Safety and effectiveness of ROZEREEM in pediatric patients have not been established. Further study is needed prior to determining that this product may be used safely in pre-pubescent and pubescent patients.

Geriatric Use

A total of 654 subjects in double-blind, placebo-controlled, efficacy trials who received ROZEREEM were at least 65 years of age; of these, 169 were 75 years of age or older. No overall differences in safety or efficacy were observed between elderly and younger adult subjects.

ADVERSE REACTIONS

Overview

The data described in this section reflect exposure to ROZEREEM in 4251 subjects including 248 exposed for 6 months or longer, and 473 subjects for one year.

Adverse Reactions Resulting in Discontinuation of Treatment
Five percent of the 3294 individual subjects exposed to ROZEREEM in clinical studies discontinued treatment owing to an adverse event, compared with 2% of the 1370 subjects receiving placebo. The most frequent adverse events leading to discontinuation in subjects receiving ROZEREEM were somnolence (0.8%), dizziness (0.5%), nausea (0.3%), fatigue (0.3%), headache (0.3%), and insomnia (0.3%).

ROZEREEM Most Commonly Observed Adverse Events in Phase 1-3 trials
The incidence of adverse events during the Phase 1 through 3 trials (n=1370; 7% ramelteon [8 mg], n=1250) were: headache NOS (7%), somnolence (3%, 5%), fatigue (2%, 4%), dizziness (2%, 5%), nausea (2%, 3%), insomnia exacerbated (2%, 3%), upper respiratory tract infection NOS (2%, 3%), diarrhea NOS (2%, 2%), myalgia (1%, 2%), depression (1%, 2%), dyspepsia (1%, 2%), arthralgia (1%, 2%), influenza (0, 1%), blood cortisol decreased (0, 1%). Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in clinical trials of other drugs, and may not reflect the rates observed in practice. The adverse reaction information from clinical trials does, however, provide a basis for identifying the adverse events that appear to be related to drug use and for approximating rates.

DRUG ABUSE AND DEPENDENCE

ROZEREEM is not a controlled substance.

Human Data: See the CLINICAL TRIALS section, Studies Pertinent to Safety Concerns for Sleep-Promoting Agents, in the Complete Prescribing Information.

Animal Data: Ramelteon did not produce any signals from animal behavioral studies indicating that the drug produces reinforcing effects. Monkeys did not self-administer, and the drug did not induce a conditioned place preference in rats. There was no generalization between ramelteon and mizolamol. Ramelteon did not affect rotarod performance, an indicator of disruption of motor function, and it did not potentiate the ability of diazepam to interfere with rotarod performance.

Discontinuation of ramelteon in animals or in humans after chronic administration did not produce withdrawal signs. Ramelteon does not appear to produce physical dependence.

OVERDOSE

No cases of ROZEREEM overdose have been reported during clinical development. No safety or tolerability concerns were seen.

ROZEREEM was administered in single doses up to 160 mg in an abuse liability trial. No safety or tolerability concerns were seen.

Recommended Treatment

General symptomatic and supportive measures should be used, along with immediate gastric lavage where appropriate. Intravenous fluids should be administered as needed. As in all cases of drug overdoses, respiration, pulse, blood pressure, and other appropriate vital signs should be monitored, and general supportive measures employed.

Hemodialysis does not effectively reduce exposure to ROZEREEM. Therefore, the use of dialysis in the treatment of overdose is not appropriate.

Patient Counseling

As with the management of all overdoses, the possibility of multiple drug ingestion should be considered. The physician may contact a poison control center for current information on the management of overdose.

Use only

Manufactured by:
Takeda Pharmaceutical Company Limited
540-8645 Osaka, JAPAN

Manufactured in:
Takeda Ireland Ltd.
Kilrush, County Wicklow,
Republic of Ireland

Marketed by:
Takeda Pharmaceuticals America, Inc.
475 Hall Day Road
Lincolnshire, IL 60069

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Revised: Nov. 2005

Introducing the first in-ear headphones from Bose.

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Because we were the first to introduce active noise canceling headphones and high-quality passive TriPort® headphones, you might have expected us to have introduced in-ear headphones long ago. But it took our research team until now to develop the in-ear technology to our standards.

Instead of telling you HOW we did it, we would like you to tell us your reaction to WHAT we did. We would like all of our engineers on the team to have the opportunity to read your comments.* Although we have done extensive testing with many people during development, there is no greater motivating factor for our engineers than the enthusiasm of owners.

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*To purchase, learn more or submit feedback, visit:
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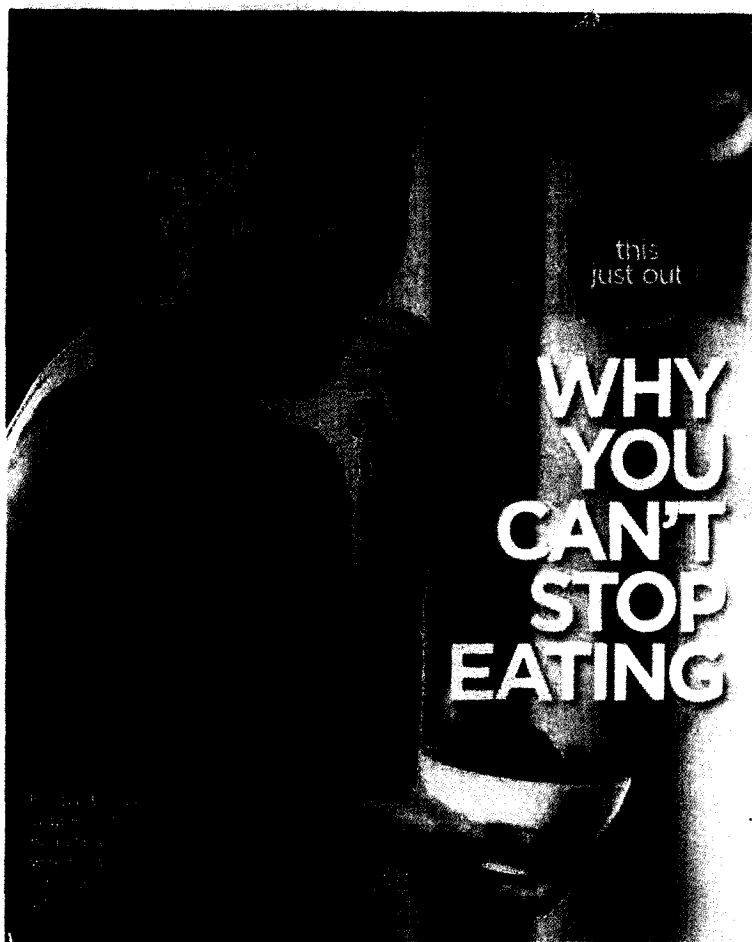
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weight-loss workbook

THIS MONTH'S TOPIC

beat stress-eating

Yes, you binge when you're frazzled—but here's how to get a handle on it for good. BY SHARON LIAO



A huge fight with your mom or a killer work deadline can send you straight for the cookies—that's no surprise. But now new research shows that even small annoyances, like misplacing your keys, can derail healthy eating habits. When researchers from Britain's University of Leeds tracked the habits of 422 employees, they found that women who experienced these little stressors tended to eat fewer vegetables and snack on more fattening foods throughout the day. The reason: Your body produces the hormone cortisol under pressure, which triggers cravings for high-calorie foods, explains study author Daryl O'Connor, Ph.D. Our advice? Next time you want to nibble, choose a healthy treat—like carrots and hummus—that'll provide the energy you need while keeping your weight in check.

3 SURPRISING BINGE TRIGGERS

Despite your best intentions to blow off steam in a healthy way—whether it's at the gym or with a moment of deep breathing—you still may not have complete control over your willpower. Here are some reasons you may be overeating:

1 You're surrounded by noise.

When researchers at Pennsylvania State University had 34 women take a test in a loud room, those who weren't able to shut off the noise consumed twice as many calories later than those who could.

TAME THE TENSION Bring a pair of earplugs or an iPod. It will muffle the noise and help you take charge—so you'll feel less frustrated.

2 You're on a diet.

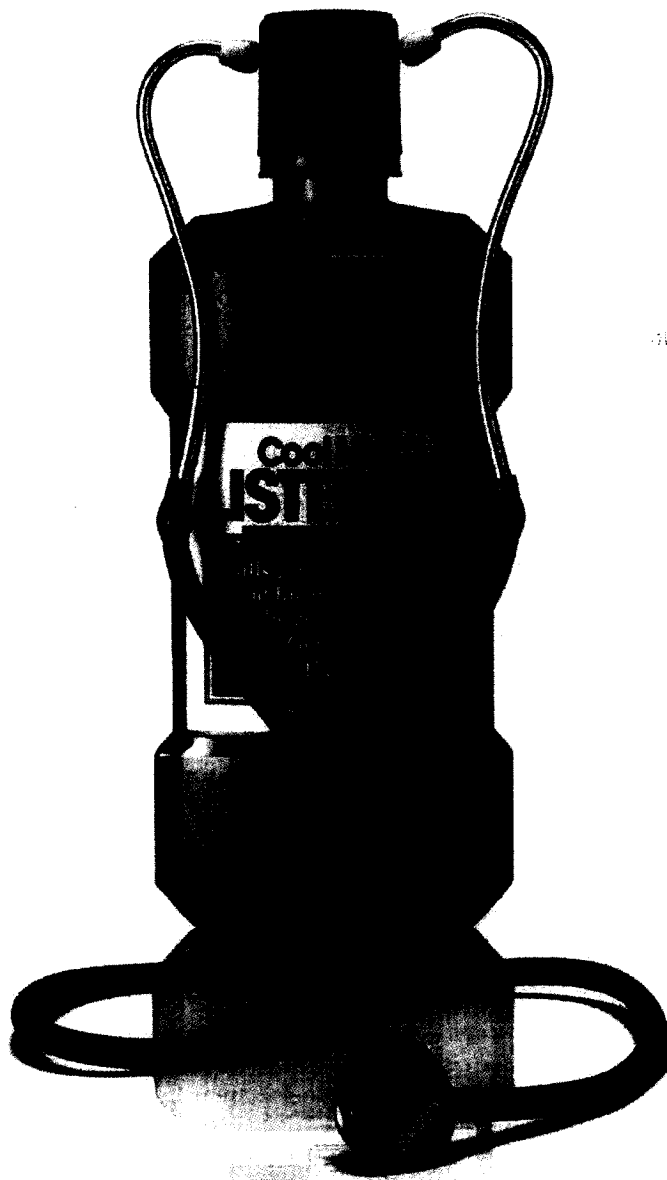
Many women who are trying to slim down keep a close watch on what they can and can't eat. The outcome: They seek comfort in forbidden foods when they're under pressure.

TAME THE TENSION Don't deem any food off-limits. Experts suggest getting 10 percent of your calories from "fun foods," so indulge yourself every day (just watch your portions).

3 You're expecting.

Pregnant women can become tired more easily, and a study published in the *Journal of the American Dietetic Association* found fatigued and worried mothers-to-be tended to eat more carbs and fats than their more relaxed counterparts.

TAME THE TENSION Snack on fruits and vegetables. The anxious women ate less produce and had lower levels of important nutrients, like vitamin C and folate.



If you think it's just for your mouth, think bigger.

Big news about oral care may change the way you think about rinsing with Listerine® Antiseptic. Emerging science suggests that there may be a link between the health of your mouth and the health of your whole body. Physicians and dentists don't yet know the exact connection between the health of your mouth and the health of your body, but several theories exist. One thing everyone agrees on is that a

healthy mouth can only lead to good things. That's why there's Listerine. It's proven to help keep your mouth healthier by killing the germs that cause plaque and gingivitis. In fact, rinsing twice a day with Listerine gives you 24-hour protection against the germs that cause plaque and gingivitis.* To learn more, visit www.listerine.com, or ask your dentist, dental hygienist or physician about the mouth-body connection.

Learn more about the mouth-body connection at www.listerine.com

DO IT FOR YOUR MOUTH. DO IT FOR LIFE.




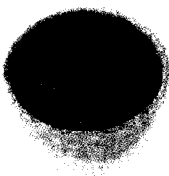




*If brushing and flossing aren't enough, use as directed as part of your regular oral care routine to help prevent and reduce plaque and gingivitis. †The ADA Council on Scientific Affairs' Acceptance of Listerine is based on its finding that the product is effective in helping to prevent or reduce gingivitis and plaque above the gumline, when used as directed.

weight-loss workbook

REALITY CHECK: YOUR BODY NEEDS SOME SUGAR

The sweetest news you'll hear all day A little sugar does help your body cope with stress. According to research from the University of Cincinnati, it may decrease the production of glucocorticoid, a stress hormone linked to storing more fat in the belly. Getting a small amount may calm you down, says study author Yvonne Ulrich-Lai, Ph.D. Experts recommend choosing a snack that also contains protein, which ensures the sugar is released slowly into the body, giving you sustained energy. Our picks...

					
	1 cup lowfat chocolate milk	1/2 cup mixed raisins and unsalted peanuts		2 squares graham crackers with peanut butter	1 container (6 ounces) nonfat fruit yogurt
95 calories 5 g fat	158 calories 2.5 g fat	161 calories 9 g fat	148 calories 2 g fat	153 calories 9 g fat	60 calories 0 g fat

ask the expert

4 truths about emotional eating

Not only can your emotions cause you to overeat, they can also influence what you decide to snack on, says Cynthia Power, a psychotherapist in Wheaton, Illinois, who's studied the connection between feelings and foods. Here she answers all of our questions about why we munch—and what we can do about it.

✓ WHY DO PEOPLE EAT WHEN THEY'RE STRESSED?

It's self-medication. Food alters our brain chemistry; carbs, for example, can temporarily boost production of the feel-good brain chemical serotonin. Also, on a very basic level, most of us associate food with comfort—ever since mom soothed us with warm milk when we were babies or with a bowl of chicken soup when we were sick.

✓ WHY DO SOME PEOPLE BINGE ON CHIPS AND FRENCH FRIES, WHILE OTHERS CRAVE COOKIES AND CAKE?

In my research I've found that when you're angry or frustrated, you're more likely to reach for crunchy foods like chips and crackers because chewing is a physical release for the emotion. A lonely

mood, on the other hand, can make you crave foods that fill you up: the pound cake, popcorn, and even pasta—and can momentarily take away that empty feeling. Sweet, creamy foods like chocolate and ice cream are what most people turn to when they're sad, because the sugar can ramp up your energy level and lift your mood.

✓ HOW CAN I TELL IF MY CRAVINGS ARE FUELED BY HUNGER OR EMOTIONS?

In many cases it's easy to mistake the reason behind your urge to eat. Try setting a kitchen timer for six minutes; if you still really want that snack after the alarm's gone off, have it and savor each bite. I've found that's an adequate amount of time for you to pinpoint how you're really feeling.

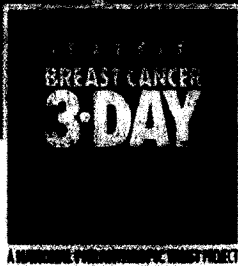
✓ HOW CAN IDENTIFYING MY FEELINGS HELP ME AVOID OVEREATING?


If you can recognize what's bothering you, then you can address the issue at hand without resorting to food. I recommend my patients try to find at least one activity that works as a stress outlet. When you're feeling lonely, for example, get on the computer and send an e-mail to reach out to an old friend. Or if you're angry, tear up a piece of paper to get that physical release you need. Taking a walk is a good option if you're sad,

because it increases oxygen in the body, which is a natural mood booster.

Cynthia Power is a psychotherapist and co-owner of Life Enrichment Services Inc.

From making dinner to
making a difference.



 REGISTER TODAY
800.996.3DAY
www.The3Day.org

It's amazing what can happen in only 3 days. You get to walk—60 miles lined with cheering, hugs, food and drinks. You get to connect and tell stories—with old friends, new friends, loved ones. To discover a bold new world of kindness, where thousands of caring women and men challenge their hearts to feats of heroism. And to feel what it's like to pave the way, with every footstep, to the long and healthy life that everyone deserves.

MAKE THE COMMITMENT TODAY. Register for the Breast Cancer 3-Day, benefiting Susan G. Komen for the Cure®. Visit www.The3Day.org or call us at 800.996.3DAY and we'll send you everything you need to start your journey. Mention code SHAPE3 to receive your free inspirational DVD.

The Breast Cancer 3-Day. Because Everyone Deserves a Lifetime.

Aug 3

Aug 7-9

Aug 11-13

Aug 14-16

Aug 17-19

Aug 20-22

9:00 a.m. - 5:00 p.m.

9:00 a.m. - 5:00 p.m.

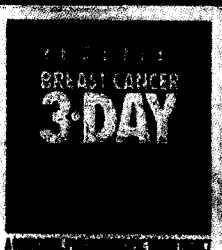
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FITNESS & friends



Find a fitness friend and you'll realize exercising is not only easier, it's more fun. Recent studies show that people who work out with others are more likely to stick to their fitness routine than those who exercise alone.

Walking is a popular buddy activity and it provides far more benefits than walking by yourself:

- **Motivation.** Sharing the experience gives you something to look forward to.
- **Camaraderie.** You have time to talk, share stories and laugh.
- **Accountability.** It's hard to quit when someone is counting on you.
- **Personal Trainer.** A buddy can help you set and track personal fitness goals.
- **Safety.** In addition to personal security, a buddy can remind you to hydrate, stretch and take breaks if needed.

If one walking buddy provides this much support, imagine what a whole team could do. The Breast Cancer 3-Day is an example of a program specifically designed for group walking. You can create new friendships by joining an existing team, or strengthen relationships by creating a team with friends, family, neighbors or coworkers. Team members support you in many ways: as companions on training walks, helping hands for your fundraising efforts, tent-mates on the event, and more. The friendships forged over 60 miles and three days last a lifetime, and so do the health benefits.

Additionally, the challenge of training toward an empowering event, raising funds and walking in the name of an important cause adds plenty of motivation to keep you and your team walking.

"Walking as a team in the Breast Cancer 3-Day enhances what is already an incredibly meaningful experience,"

according to Sue Wagner, Breast Cancer 3-Day Project Manager with the National Philanthropic Trust. "A team multiplies the fun, laughter and tears you share along the way, and multiplies your impact on the breast cancer movement."

"A recent Nurses' Health Study showed women who engage in regular physical activity have approximately a 20% lower risk of developing breast cancer than women who aren't regularly active," said Hala Modellmog, Susan G. Komen for the Cure President and CEO. "Enlisting in an exercise program ensures you're taking precautionary steps to lower your chances of developing breast cancer."

THE BREAST CANCER 3-DAY

FIND NEW MEANING... IN A BIG WAY

Lace up your shoes and leave your limits at the door—the Breast Cancer 3-Day is a bold state of mind that unfolds before you like a 60-mile-long pink carpet of hope. A world where thousands of caring women and men challenge their hearts to feats of heroism. It's more than a life-changing journey... it's lifetime-changing.

NO ONE WALKS ALONE ON THE 3-DAY

The 3-Day is designed with your success in mind. It may look monumental on paper (no breast cancer walk is longer) but the route is lined with cheering, hugs, food and drinks. And you'll get to connect with old friends, new friends and loved ones, sharing stories, laughter and tears along the way. The 3-Day is not just counted out in days and miles, but also in moments big and small.



WE GET YOU UP TO SPEED—FAST!

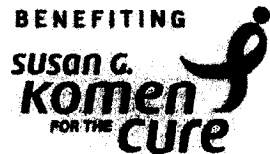
Once you register, a coach is assigned to your care. This Master of Preparation and Motivation will be there at every stage of your adventure, committed to your fundraising and training success. You'll also have access to extensive online resources, including your support handbook, a personalized fundraising web page and a network of volunteer leaders.

journey

EVERYONE DESERVES A LIFETIME

Too many lives are cut short by breast cancer—40,000 in the U.S. each year. Without a cure, 1 in 8 women will continue to be diagnosed in her lifetime.

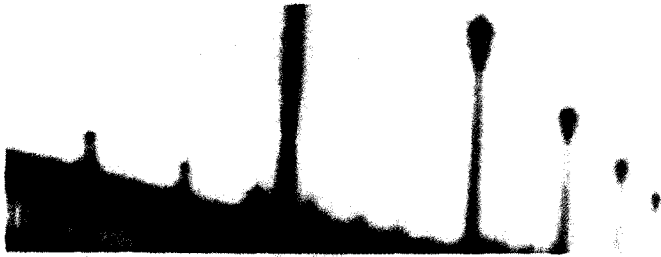
Join us, and feel what it's like to pave the way, with every footstep, to the long and healthy life that everyone deserves.



2007 BREAST CANCER 3-DAY SERIES CALENDAR

Boston	Aug 3-5
Chicago	Aug 10-12
Cleveland.....	Aug 17-19
Twin Cities	Aug 24-26
Seattle	Sep 7-9
Michigan.....	Sep 28-30
Philadelphia	Oct 5-7
Atlanta	Oct 12-14
Tampa Bay	Oct 19-21
Dallas/Ft. Worth	Oct 26-28
Arizona	Nov 2-4
San Diego	Nov 9-11





GET THE BLOOD PUMPING 6 DAYS A WEEK

JOIN RUNNING CLUB

MEET THE GIRLS AT ANDRÉ'S, SKIP THE CHEESECAKE

FLAT ABS BY BIKINI SEASON

My goalkeeper: Forerunner.



Never thought I could run more than a mile or two. Now I'm pacing myself with Forerunner and I'm up to 6. I can even set pace alerts and see my distance, time and calories burned as I go. Sweet motivation.

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FIND YOUR INNER ATHLETE 124 / STAND TALLER 136 / GET BIKINI-READY BEFORE SUMMER 150



SHANNON GREER

3 ways to beat a side cramp fast

Start out slow and you'll be less likely to cramp.

By *Christina Cavallaro*
 Illustration by *Stephan Lipp*

Prevent

Cramps are most likely to occur during the first 10 minutes of your workout.

Rehydrate

Dehydration is a common cause of cramps. Drink plenty of water before and during your workout.

Stretch

Stretching your muscles before and after your workout can help prevent cramps.

ask the trainer

Q Should I skip my workout if I have a cold?

A It depends. "If your symptoms are mostly above the neck (runny, or stuffy nose, sore throat, or sneezing), it's okay to exercise," says Michael Seril, a personal trainer in Whittier, California. "Just do a less intense workout than usual." For example, walk instead of run, shorten the length of your usual cardio routine, and decrease the sets or reps of your strength-training exercises. "If your body is aching, you're severely congested, coughing, or have a fever, skip your workout," Seril says. When you're feeling better, gradually build up to your old routine.



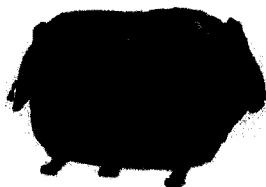
Personal trainer Michael Seril is the owner of Michael Seril Fitness, a private personal-training facility in Whittier, California.

Do you have a question for "Ask the Trainer"? Send it to askthetrainer@shape.com.



FOUND! THE BEST GYM BAGS

We had yet to find the be-all, end-all tote that holds everything without being too bulky. That's why we tested more than 20 of the newest bags to unearth these four top performers. —SB



Best for yoga
 No mere mat tote, the **Flora Major messenger bag** (\$70; sherpanipacks.com) is big enough for shoes and has a pocket to hold clothes.



A must for the gym
 The **Adiliora duffel** (\$60; adidas.com) got raves from our resident gym rats because it's roomy yet still slides into narrow lockers.



Perfect for tennis
 Doubles play is easier with **Wilson's Perfect Pac** (\$60; wilson.com for stores), a compact backpack that comfortably holds two rackets.



Ideal for team sports
 Risers on the bottom of the **Sydney Mid duffel** (\$50; asicsamerica.com for stores) keep it off the ground so it stays dry on soggy fields.

CLOCKWISE FROM TOP LEFT: NICK HORNE; MARK PLATT; STYLING: ANITA SALEPNO; R. J. BENNETT

Electricity never works itself.

TEAM
F44



...of light, ...
...excellent source of ...

get fit news

THESE BOOTS WERE MADE FOR HIKING

You won't see a clunky clodhopper in this bunch. The five hikers here offer plenty of stability, support, and cushioning without a lot of weight. —SARAH BOWEN SHEA



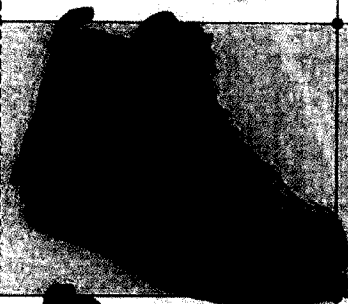
FOR UNEVEN TERRAIN

Timberland Viper Low (\$100; timberland.com) One wrong step can halt a trek, so this shoe has an ankle-hugging strap that connects to the heel to keep your foot secure. Stability comes courtesy of a plastic plate in the midsole that runs the length of the shoe.



FOR SPEED HIKERS

Montrail Namche (\$100; montrail.com for stores) When you're covering a lot of mileage in minimal time, the flexibility of the Namche's trail running shoe-inspired sole will keep you moving. This boot also offers plenty of ankle support, thanks to its mid-cut upper.



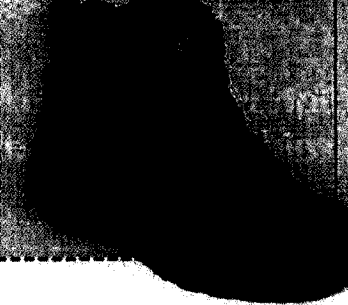
FOR TENDER FEET

Kamik Everest (\$80; kamik.com for stores) Soft nubuck leather updates the hiking boot look. A few details—like a tongue that stays put thanks to elastic gusseting, a moisture-wicking lining, and an antibacterial footbed—keep feet comfy, dry, and odor-free.



FOR THE EARTH CONSCIOUS

Patagonia Huckleberry (\$110; patagonia.com) This shoe's outsole is made of 30 percent recycled rubber, and its footbed contains 70 percent recycled foam. Best of all, the Huckleberry's super-tacky outsole grips everything from pebbles to boulders.



FOR EXTRA CUSHION

Vespa Air GTX (\$100; vespa.com for stores) A Gore-Tex liner makes this mesh-and-leather boot waterproof. At just over 2 pounds, it's the heaviest of the bunch, but you'll appreciate its spaciousness on overlanders and when you're carrying more than a water bottle.



get the fit for you

Whatever your idea of a hike is, the right shoe will make your commune with nature a lot more comfortable. Here's what you need to know before you tie one on. —sas

🕒 **Sneakers won't cut it.** Even if you only go on two-mile forays, opt for a low-cut hiking shoe over a runner. It's more durable than a sneaker and has a denser midsole, so you won't feel every rock and stick. Plus, hikers provide better side-to-side stability.

🧗 **Go higher for lengthy treks.** To prevent wobbly ankles on daylong hikes or when you're carrying a heavy pack, lace up a boot that has ankle support.

👉 **Lighten up.** Skip the heavy-duty stompers. Lightweight shoes have lugged soles and rugged exteriors—without the heft that can slow you down.

👣 **First impressions do count.** Today's hiking shoes are more flexible than old-school boots, so there's no break-in period. Try them on and walk around for a few minutes in the store. If they pinch, rub, or bind, keep looking.

ERICA W. CONNELL SHOES; MARK PLATT PROP; STYLING: ANITA SALERNO/R.J. BENNETT

28

28

A little lift with every change



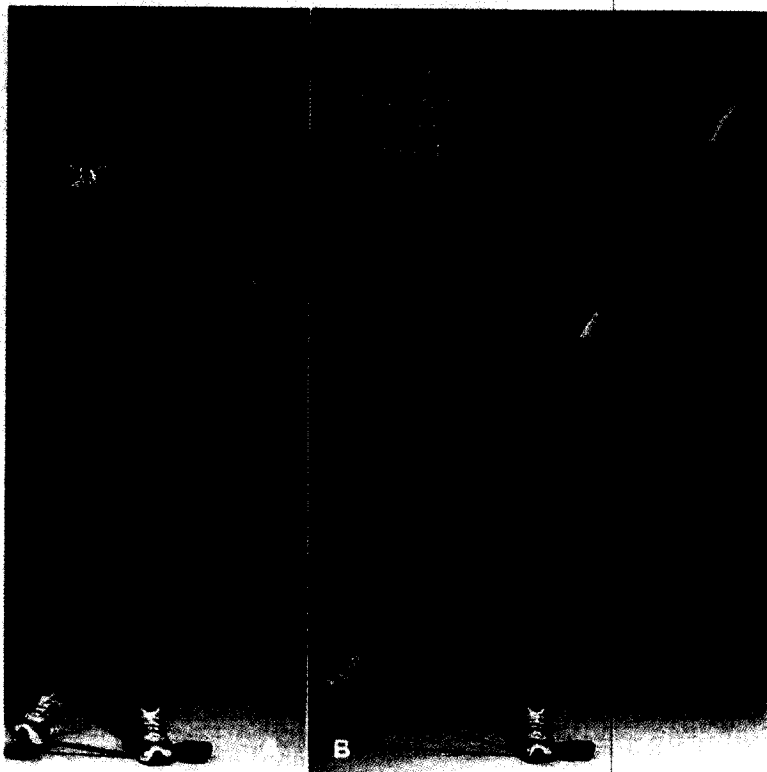
*always
clean*

When you feel clean, you feel good. That's why Always Clean™ is the first and only line of pads to come attached with individual lift-up pads. So you can get a little pick-me-up when you need it.

Have a happy period. *always
clean*

get fit news

GET HEAD-TO-TOE SEXY



standing opposition raise

Strengthens butt, legs, and shoulders

"Lifting your opposite arm and leg at the same time forces your core, back, legs—you name it—to contract to help you stay balanced," says trainer Greg Sims, who created this exercise for his Cardio Stack, Core Attack class at Peak Fitness gym in Raleigh, North Carolina. To help maintain your form, keep your chest raised and contract your glutes before you lift your leg.

⊙ **HOLD ONE HANDLE** of a resistance tube in left hand, arm at your side and palm facing behind you.
 ⊙ **STAND WITH FEET** hip-width apart on the tube, left foot closest to the handle and right hand on hip. Inhale and keep your right leg straight as you raise it out to the side so foot is a few inches

off the floor and pressing against tube [A].

⊙ **EXHALE AND RAISE** your left arm overhead and slightly to the left as you lift right leg out to the side [B].

⊙ **LOWER YOUR ARM** and leg to starting position (keep right foot slightly raised) and repeat; switch sides to complete set.

you'll need

Resistance tube
 Resistance band
 Tube
 Tube

workout details

10-15 reps
 1-2 sets
 1-2 sets
 1-2 sets

make it harder

Use a heavier resistance tube
 Use a heavier resistance band
 Use a heavier tube
 Use a heavier tube

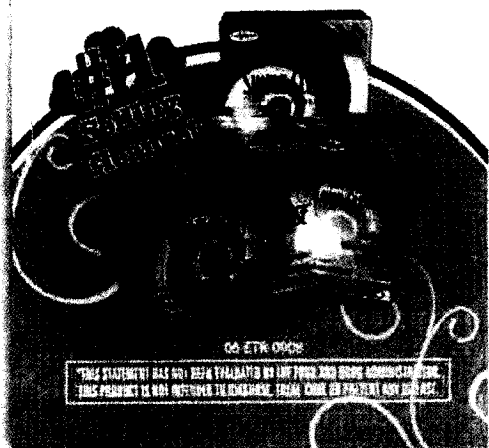
Eliminate
 Toxins

and get a
**Fresh
 New Start!**
 with
 Whole Body Cleanse*

According to the EPA, we're exposed to thousands of chemicals and contaminants every day—too many for our bodies to handle alone. As these toxins build up they can seriously affect our body's natural balance and bog down our New Year's diet resolutions.

Get that diet off to a good start, remove toxins and achieve inner balance with effective, gentle, natural cleansing.* With the Enzymatic Therapy family of cleanses, you can start your New Year refreshed and reinvigorated!

www.shape.wholecleanse.com



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CHRIS FANNING: AODIAS BRA; ELISABETTA: ROSIANI SHORTS; AVIA: SNEAKERS



Watch your
digits, to
firm butt.

LOSE WEIGHT, NOT MUSCLE

IT'S A CATCH-22:
Shed pounds and you almost always lose muscle as well, which can slow your metabolism. But exercising more instead of just

eating less may prevent that drop, found researchers at Washington University School of Medicine in Missouri. In their recent study, overweight people either cut 300 calories a day from their diet or burned the same amount by doing cardio. One year later, all the participants had shed an average of 18 pounds. But the dieters lost nearly 7 percent of their thigh muscle mass, while the exercisers' leg muscles actually increased slightly. (The researchers didn't study the effects of strength training, but doing moves with added resistance is key to holding on to your muscle.) To lose weight and keep your metabolism stoked, don't just watch what you eat; do 30 to 60 minutes of continuous or intermittent (10-minute bouts) cardio six days a week. —ss

THE TEST THAT COULD MAKE YOU CHANGE YOUR LIFESTYLE

Taking a cue from the popularity of online body-age questionnaires, health clubs have gotten in on the trend. "Real" age tests take into account your birth date, bone mass, muscle, and diet to figure out how old your body truly is. Here's how they work:

➤ **AT BALLY TOTAL FITNESS**, the free-to-members test takes 30 minutes and includes a survey about your lifestyle, a flexibility test, body-fat measurement, a treadmill run, and a tally of how many biceps curls you can do.

GRACE HUANG

➤ **LAUNDRY'S VERSION** sets members back \$195, takes about 90 minutes, and is performed on the Polar BodyAge System, a computer connected to a treadmill and scale. It takes several measurements of flexibility, endurance, and strength.

Both gyms compare your results with standards for your chronological age to determine your body's "real" age. Score a bit older than expected and you'll likely get a referral to a nutritionist or trainer to help you turn back the clock.

Are these tests worth it? "Yes, if the results motivate you to improve your lifestyle," says Kerry Stewart, M.D., director of clinical and research exercise physiology at Johns Hopkins School of Medicine. "But a full exam with a physician is probably a better investment because it assesses markers of your overall health, such as risk for diseases."

*And a little lift
every day.*

*Always Thin Posture
Have a happy postural*

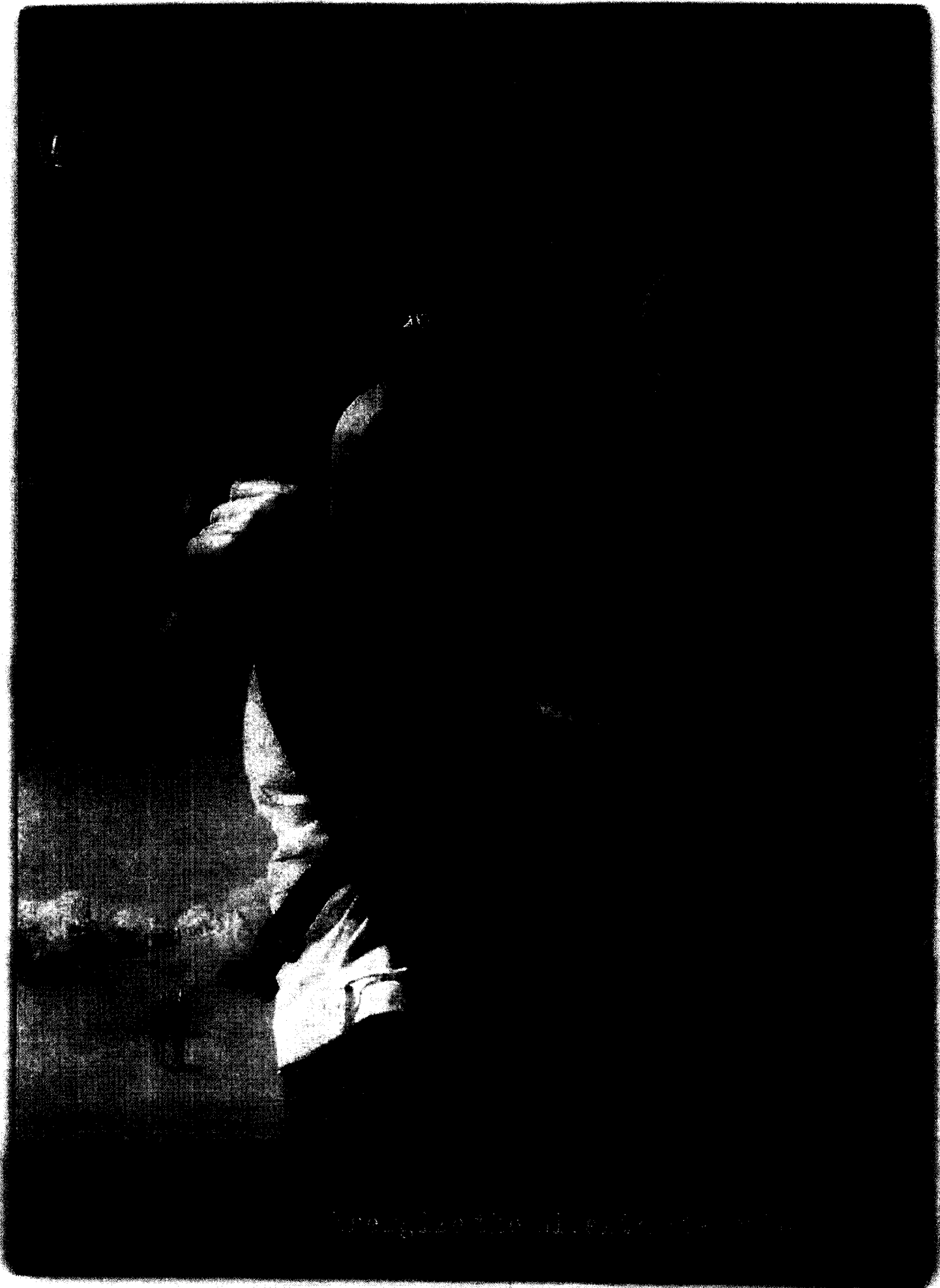
always

My first LifeAthlete event was a
headlong dash through business
school. Now I'm a brand manager,
big sister, selective dater, ski junky,
and pug rescuer.

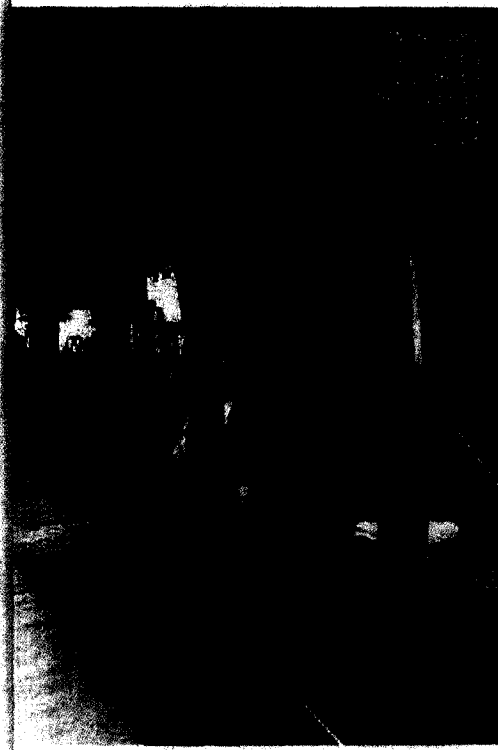
Today, I'm only wearing one hat.

I am a
LifeAthlete





get fit news



5 FUN REASONS TO GET BACK

We scoped out the hottest classes from coast to coast—

LOS ANGELES

THE CLASS Rocket Workout

WHERE Crunch (crunch.com)

WHAT IT IS A routine using a soon-to-be-everywhere machine called the Orbital 360. You'll spend 30 minutes sculpting your body with variable resistance poles that are anchored to a circular platform. The Rocket Workout includes strength-training exercises as well as stretches and Pilates moves, all using the poles for support.

BOSTON

THE CLASS Burn

WHERE Healthworks

(healthworksfitness.com)

WHAT IT IS A group class that alternates between seven minutes of walking and running on a treadmill and

three minutes of continuous strength-training moves for up to 50 minutes.

MIAMI

THE CLASS Barton Biking

WHERE David Barton Gym

(davidbartongym.com)

WHAT IT IS A one-hour session, during which you'll power through a biking interval and grab a pair of dumbbells to do a few sets of arm or shoulder exercises; then repeat until you've strengthened your entire body and burned more than 500 calories.

CHICAGO

THE CLASS Chaos

WHERE Equinox (equinoxfitness.com)

WHAT IT IS A boredom-busting hour and a half of cardio drills and strength-training exercises. The class also in-

TO GET TO HAWAII, THEY MOVE LIKE A SCHOOL OF FISH.

TO THE GYM results guaranteed!

voices make-believe, such as coming across the "street" (aka the studio) when you hear a "horn" (music) to avoid a car. (Slightly off!) You'll work your body and mind in a variety of ways—most of the you do in real life—and reap a multitude of benefits.

How to do it:

Find a class. Check out

Wellesley New York Health & Racquet Club (nyc.hc.com)

When it is 45 minutes you'll meditate and do breathing exercises, then perform a series of tai chi and qigong movements and isometrics, such as holding a deep squat. You'll get a low-impact cardio workout, but the focus is more on relaxation and increasing energy than on burning fat.



SUK HENI PARK/GETTY IMAGES

the right sports bra for your workout

It happens to all of us: A sports bra fits well in the dressing room, but during your run it feels too tight. You're not imagining things, say researchers at the University of Wollongong in Australia. In a recent study, they found that chest circumference expands significantly as your breathing gets heavier—the way it does during cardio—so your bra will feel tighter. Follow their advice the next time you're in the dressing room: Take a deep breath and hold it while you're trying on the bra.

YOU MOVE LIKE A MOUSE.

Enter to win at
fordroadtokona.com.

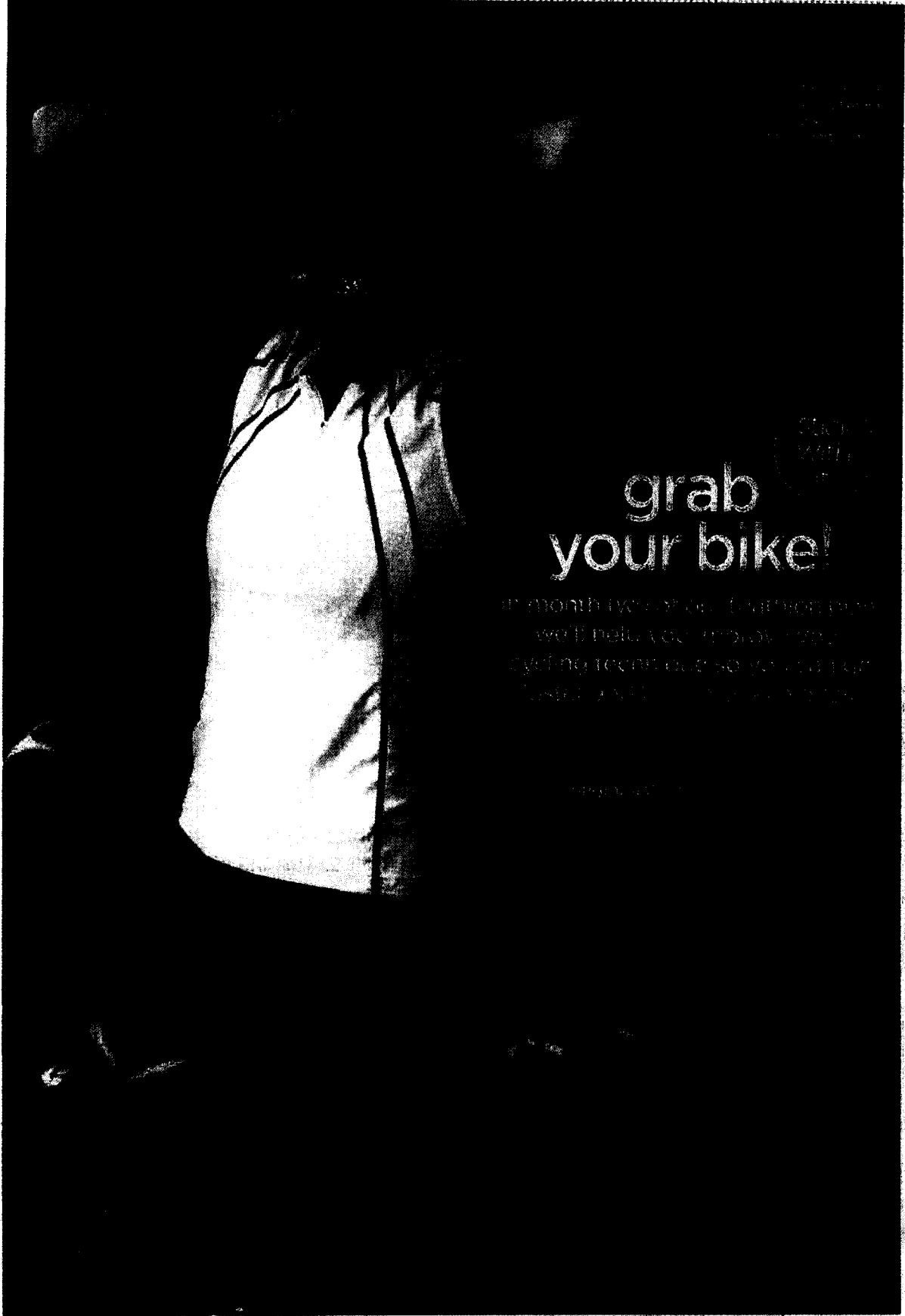


Take the easier way to get to the Ford Ironman World Championship in Hawaii. Just log on to fordroadtokona.com for your chance to win a personalized Hawaiian adventure, plus the Edge, the all-new crossover from Ford.

BOLDMOVES
ALL-NEW FORD EDGE



get fit news bonus



grab your bike!

in month two of our 12-week plan, we'll help you improve your cycling technique so you can get the most out of your ride.

step 1

LOSE WEIGHT. TONE UP. BOOST ENERGY.

FAST.

**FREE
FITNESS
PROGRAM**

Triathletes are some of the best conditioned athletes in the world. However, **you don't have to be a triathlete to get the benefits of triathlete training.**

SIGN UP TODAY for a **FREE, CUSTOMIZED, NEW** "triathlon-based" training program created especially for you. **GetAnEdge.com** has running, biking and swimming exercises to help you **LOSE WEIGHT, TONE UP, and BOOST ENERGY**—and you don't even need a bike or pool.

Visit **GetAnEdge.com** to sign up for a **FREE 12-week training program** and get into shape fast! You'll get the benefits of a custom, triathlete training program even if you don't plan on competing in a triathlon.



- Personalized, triathlete-style training program
- Customized, triathlete-style and nutrition programs
- Nutritional tips and recipes for athletic and daily life
- Personalized triathlete-style workouts who will help you reach your goals

GetAnEdge is brought to you by Shape, Men's Fitness and Muscle & Fitness. This program is **FREE** thanks to the support of Edge, the all-new crossover from Ford. The Edge is never dull.

IT'S FREE! JOIN TODAY!

get fit news bonus

TUNE UP YOUR TECHNIQUE

There's more to cycling than merely turning the pedals. If you concentrate on these three points, you'll be able to enjoy the scenery as you're sprinting down the road.

✓ **Stay loose.** Don't hunch your shoulders toward your ears or tense your upper back—it uses up the energy you need to ride.

✓ **Smooth and steady is the key.** With each pedal stroke you should hear a whirring sound, not multiple chops. Keep your cadence even and you'll ride more efficiently.

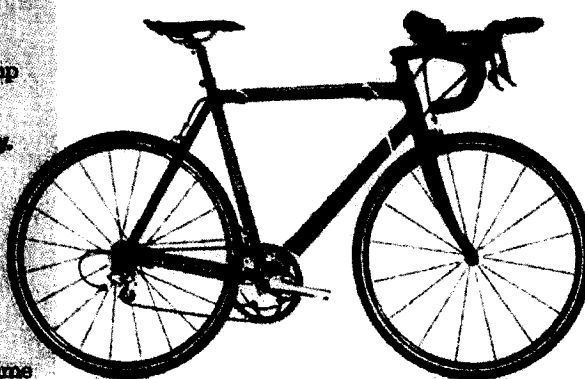
✓ **Practice makes perfect.** During every outing, set aside time to run through the skills you'll need on race day—clipping in and out of your pedals, switching gears, and grabbing your water bottle.

COMING NEXT MONTH: RUN LIKE A PRO

cycling must-haves

Biking can take its toll on your shoulders, back, butt—even your feet. This gear will help eliminate your gripes on the road.

⊕ A hollow middle helps the Specialized Ariel SL saddle (\$100; specialized.com) eliminate pressure on sensitive areas and prevent post-ride numbness. It comes in two widths to better fit your seat.



⊕ Invest in a race-ready ride like the Cannondale Sprint CAAD9 Optimo 4 (\$1,400; cannondale.com for stores). It's available with aerobars (they put you into a low, more aerodynamic position) and drag-reducing wheels. Customize it with your own pedals.

⊕ The soles of these Pearl Izumi "Vagabond" shoes (\$85; pearlizumi.com) are stiff, so you have more power and less foot pain as you pedal. The Velcro straps open easily, which makes for faster transitions.



month 2: the beginner's tri-training calendar

Follow this plan, designed by Lindsay Hyman, a Level 1 USA triathlon coach with Carmichael Training Systems in Colorado Springs, Colorado. Go to shape.com/tri to get detailed workouts for each day.

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	Bike 30 min. Strength 30 min.	Swim 1,200 yards	Bike 60 min.	Run 30 min. Stretch 10 min.	Swim 1,000 yards Bike 60 min.	Run 30 min. Core work 10 min.	
2	REST	Run 35 min. Pilates or yoga 30 min.	Swim 1,100 yards Bike 45 min.	Bike 60 min.	Run 20 min. Stretch 10 min.	Bike 60 min. Run 10 min. Core work 10 min.	Run 40 min. Swim 1,200 yards	
3	REST	Run 35 min. Pilates or yoga 30 min.	Swim 1,200 yards Bike 45 min.	Bike 60 min.	Run 30 min. Stretch 10 min.	Bike 60 min. Run 10 min. Core work 10 min.	Run 40 min. Swim 1,200 yards	
4	REST	Bike 60 min. Pilates or yoga 30 min.	Swim 1,300 yards Run 30 min.	Run 30 min. Stretch 10 min.	REST	Bike 60 min. Run 10 min.	Run 40 min. Core work 10 min.	

online bonus:

Go to shape.com/tri for your complete workout plan, tips, and more. Not preparing for a race? You can still benefit from training like a triathlete. Go to getanedge.com to check out a free triathlon-based program that will help you lose weight and firm up.

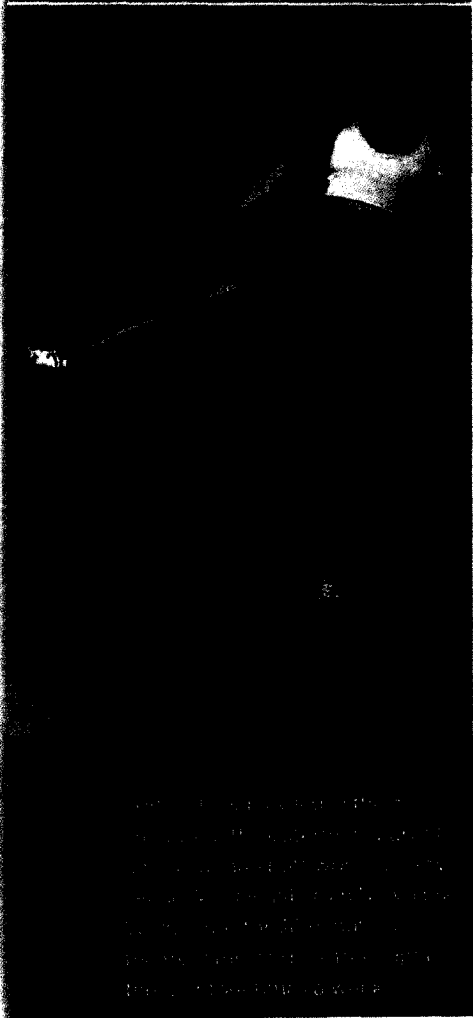
No longer afraid of being hurt,
NOSE opened up to **LOTION**

until he had no more tears.

Kleenex

Softly Gently Effectively

do it right



a better way to slim your hips

This super-sculptor leaves no part of your lower body—including cellulite—behind. BY JEANINE DETZ

The payoff

The lateral step-up will help you get rid of those derriere dimples and create a firmer rear view. "Not only are you using your legs and butt to squat, you're working the glutes of your balancing leg as well as the glutes and hip of the leg you're lifting," says Boaz Saar, a trainer at Equinox Fitness in New York. So there's no way you won't get toned. And this move slips in some waistline whittling as well. Pair this exercise with regular cardio and you'll be saying so long to cellulite before spring.

For best results

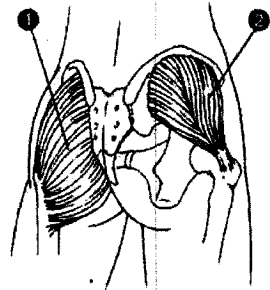
- › Do 2 or 3 sets of 10 reps per leg twice a week.
- › Challenge yourself by doing it with ankle weights or on a padded weight bench.

How to do it

- › Place a foot-high step in front of a mirror (so you can check your form) and stand to the right of the step with feet parallel and slightly wider than shoulders, left foot on top of the step. Position hands, in fists, in front of shoulders so elbows point down. Bend your knees and lower into a squat [A].
- › Shift weight to your left leg as you rise up and lift your right leg and arm out to the right, foot flexed and toes pointing forward [B]. Keep your torso tall, and focus on contracting your right obliques, as if you were trying to reach your rib cage toward your right leg.
- › Keep your right leg raised for five seconds. Slowly return to the start position and repeat; switch sides to complete set.

› **Tip** Don't just drop your foot to the floor; softly place it on the same spot each time you lower it.

YOU'LL FEEL IT in your butt, outer hips, and thighs.



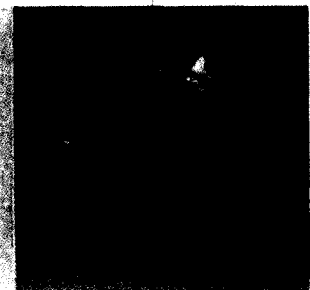
PRIMARY MUSCLES WORKED

butt and hips

1. gluteus maximus
2. gluteus medius

Mistakes to avoid

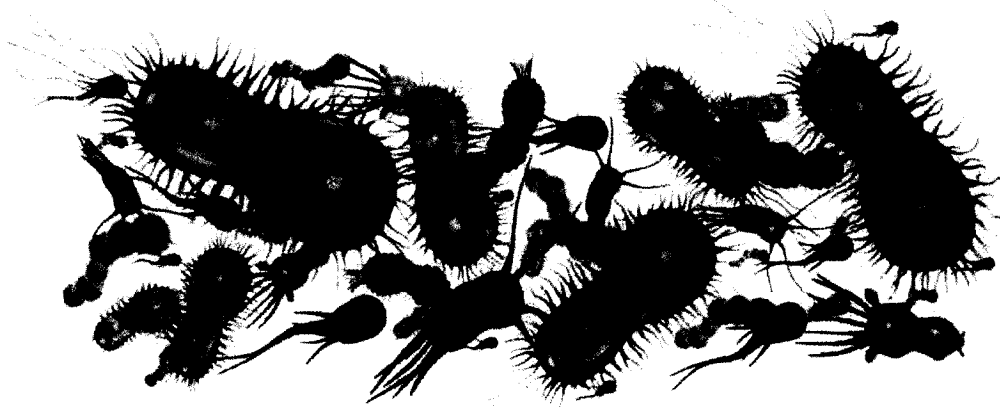
- › DON'T let your knees drift past your toes when you squat; this mistake can stress your knees and the surrounding ligaments.
- › DON'T swing your leg up; tighten your glutes and abs to raise it.
- › DON'T lean away from your raised leg; it reduces the workload on your lower body.



CHRIS FANNING, HAIR: DARIA WRIGHT/ARTISTSBYTIMOTHYPRIANO.COM, MAKEUP: MICHELE YURAS/ARTISTSBYTIMOTHYPRIANO.COM, ILLUSTRATION: KARENKUCHAR, CHAMPION SPORTS BRA, EVERLAST SHORTS, ASICS SNEAKERS



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Vitality Precision Clean vs. regular manual brush. **Suggested retail price. © 2005 P&G

success stories

eat more, weigh less

This reader ditched the gimmicks, upped her protein intake, and lost 40 pounds in the process. BY SARAH ROBBINS

Tamara Holder

Before

Tamara's challenge

Though Tamara grew up eating small portion sizes and avoiding junk food, her habits changed when she got to college. "It was all beer and late-night burritos," she says. "I tried skipping meals and hitting the gym, but I still gained 40 pounds by graduation."

My turning point

Desperate to drop pounds, Tamara tried the cabbage-soup diet and other fad plans. Though she did shed some weight, she'd eventually revert to old habits and gain it all back. "I knew the diets were unhealthy, but I was desperate," she says. Finally, she saw a nutritionist to relearn how to eat. "She suggested I have several small meals throughout the day that were a combination of protein, carbs, and fat,"

My motivation secrets

- > **Forget about fat-free** "At my heaviest, I ate fat-free everything! I'm more satisfied by real salad dressing."
- > **Keep track** "If I want a cookie, I'll eat it. But then later I'll skip the hash browns, the bread, or the rice."
- > **Bring your workout home** "These days my schedule is limited, so I bought an elliptical for my house. When I can't get to the gym, I fit in 45 minutes before work."

My workout schedule

- > **Cardio** 40-60 minutes/4-5 times a week
- > **Weight training** 60 minutes/3 times a week
- > **Yoga or Pilates** 60 minutes/2 times a week

To submit your own Success Story, go to shape.com/model.

Tamara says. "Initially, I worried that I would eat too much and gain weight, but I was willing to try anything."

My weight-loss and exercise plan

Tamara stopped drinking alcohol and included more protein like egg whites in her meals. As a result she was better able to tune in to her body cues. "For years I'd seen hunger as a sign of weakness," Tamara says. "Once I started eating regularly, hunger simply became a sign that it was time to eat again."

Tamara lost about 10 pounds in four months, but when she moved to Chicago for law school, her progress slowed. "I was disappointed I wasn't fitting into smaller sizes right away," she says, "but I knew I needed to be patient while I adjusted." To make the most of her workouts, she began wearing a heart-rate monitor to the gym. She added strength training, Pilates, and yoga to her regimen, and she started losing weight again.

Making success happen

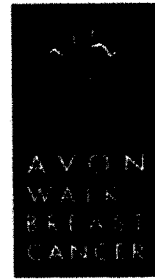
Grab-and-go meals and snacks like protein bars kept Tamara energized during her classes and workouts; when her schedule freed up on the weekends, she hit the gym for an extra-long training session. "I still lost weight slowly, but I was also building muscle," she says. "The result: My entire shape began to change!" When she graduated from law school two and a half years later, she was 128 pounds—a weight she's maintained for more than three years. Now Tamara relies on her cardio sessions to relieve workday stress, and her healthy snack habit keeps her focused during long days in court. "I used to live my entire life in terms of all or nothing," Tamara says. "Now I know that balance is key."



CARRIE PROPHETT

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2007	May 5-6	May 19-20	June 2-3	June 23-24	July 7-8	Sept 15-16	Oct 6-7	Oct 20-21
Weekends*	Washington, DC	Boston	Chicago	Denver	San Francisco	Los Angeles	New York	Charlotte

*Dates subject to change

Unfulfilling

10g

Adelphi's Special

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the difference is



Protein rich foods consumed throughout the day have been shown to help you feel fuller longer

great taste on the go



Life may be more hectic than ever, but you can still maintain control of your weight management goals with **NEW Special K® Protein Meal Bars** in three delicious flavors.

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what's for lunch?

Take your pick of one of three meal replacement bars to help stay on track, in shape, and in calorie-counting control.

3 great-tasting flavors!

Special K® Protein Meal Bars come in three mouthwatering flavors, proving that great choices can be their own reward.

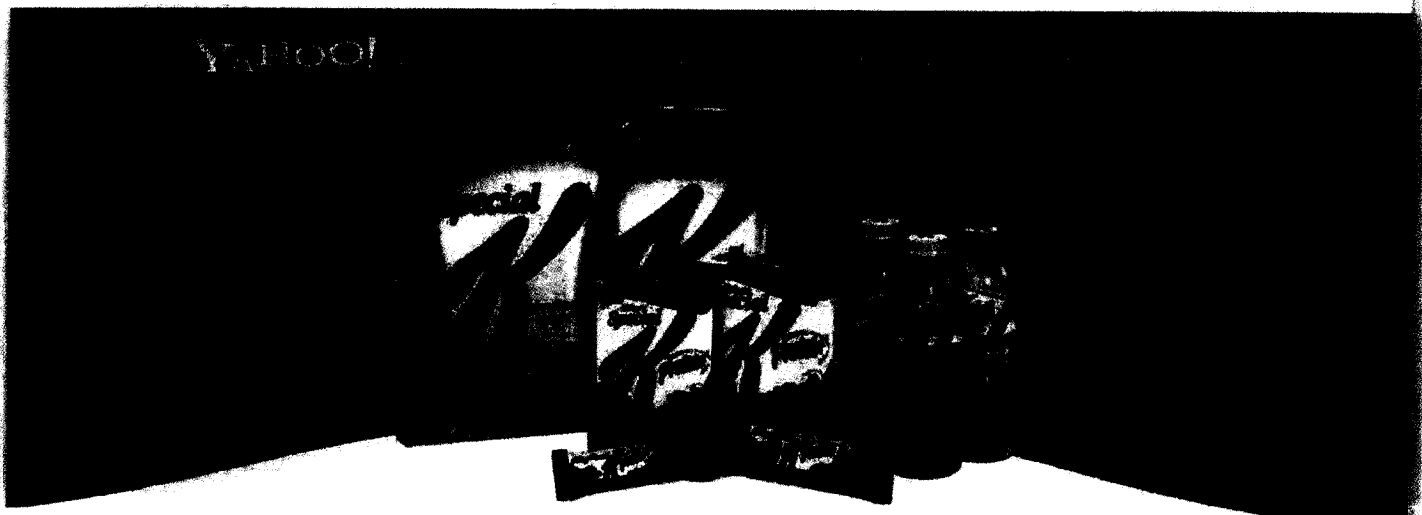
- Chocolate Peanut Butter
- Double Chocolate
- Strawberry

delicious - and nutritious!

That's not all: **Special K® Protein Meal Bars** pack a punch when it comes to nutrition. With 10 grams of protein, 13 vitamins and minerals and 190 calories per serving, **Special K® Protein Meal Bars** are a nutritious choice that won't sacrifice on taste.

- Look for the **NEW Special K®** protein products in the diet and nutrition aisle.

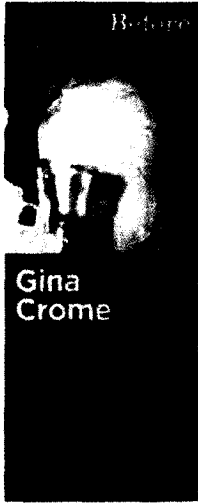
grab one to go!



success stories

"I lost 175 pounds!"

A food journal helped this reader turn her attitude—and her life—around. BY SARAH ROBBINS



Gina Crome

Gina's challenge

Overweight since childhood, Gina realized her social life revolved around eating. "Family gatherings were all about food," she says. "Plus, my husband loves to cook, so our dinners were often big French-style meals." By the time she was 34, she weighed 312 pounds.

My turning point

During a trip to an amusement park, Gina waited an hour in line for a roller coaster only to learn she was too heavy to ride it. "I was humiliated," she says. "It never occurred to me before how much my size was holding me back." Though Gina had tried dieting in the past, she'd felt deprived and eventually abandoned her efforts. "This time I decided to simply keep track of my eating habits in a food journal," she says. One of the first

things she noticed: how oversized her portions were. "I didn't change what I ate, I just tried to eat a little less," she says. "In three weeks I lost 10 pounds."

My weight-loss and exercise plan

Encouraged, Gina gave her notes a closer look. "I noticed that I felt fuller longer when I ate high-fiber foods like fruit or whole grains, so I incorporated more of those into my diet," she says. She also began walking 30 minutes a day. "Since my husband was trying to lose weight too, it became something we did together," she says. Six months later she'd dropped 50 pounds.

But Gina knew she had to lose more to reach a healthy weight. She had an exercise-physiologist friend design a strength-training circuit for her and began hitting the gym a few days a week. "Soon my arms had definition—something I'd never seen before in my life," says Gina. After a year she was down 100 pounds.

Making success happen

Gina and her husband continued their tradition of home-cooked gourmet dinners, but they traded heavy sauces and meats for fish and stir-fried vegetables. "My husband's discipline helped me stay motivated," Gina says, "especially when I hit a plateau." Her weight loss slowed as she neared 160 pounds, but switching up her workouts helped her shed an additional 20. "When I felt frustrated, exercise gave me focus and a sense of accomplishment," she says. Today Gina and her husband plan vacations around their active lifestyle instead of around food. "Now I can ride roller coasters and Jet Skis, and I'm even taking flying lessons!" she says. "I've come full circle—and am living the life I've always dreamed of."

My motivation secrets

- **Turn errands into exercise** "If I have a few things to pick up at the grocery store, I'll walk instead of drive."
- **Make a list—and check it** "Before I even started changing my habits, I wrote out 10 reasons why I wanted a healthier life. When my motivation flags, I pull out the list."
- **Feed your cravings** "When I'm dying for rocky-road ice cream, I blend sugar-free hot chocolate, ice, and mini-marshmallows. It's my low-calorie chocolate malt!"

My workout schedule

- **Elliptical, treadmill, or bike** 35–40 minutes/6 times a week
- **Strength training** 60 minutes/3 times a week

To submit your own Success Story, go to shape.com/model.



After
"Exercise is now part of my life."

TIM DOLAN

target training

get a stronger, sexier back

Three moves to help you look better in anything strapless this spring. BY JEANINE DETZ

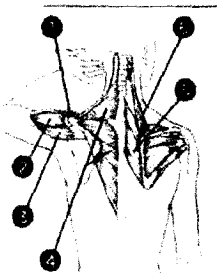
THIS MONTH'S GOAL

Learn the secret to getting a dancer's posture. (Hint: It has nothing to do with balancing books on your head.)

Why these moves work

Many of the activities you do every day—from sitting in your car to logging hours at a computer—pull your upper body forward, which can make you appear more hunchback than ballerina. These exercises strengthen your upper back and shoulders to counteract that chronic slouch. Better posture and a toned upper

body will not only balance a pear-shaped figure, they'll also give you a more confident appearance. Do these moves and in a few weeks the difference will be noticeable. Just be prepared when people start asking if you've lost weight!



MUSCLES TARGETED shoulders and upper back:

1. anterior deltoid
2. medial deltoid
3. posterior deltoid
4. trapezius
5. rhomboids
6. levator scapulae

Anatomy lesson

Your deltoid is comprised of three parts: The **anterior** helps you lift your arm forward and rotate it in; the **medial** raises your arm to the side and assists other shoulder muscles; and the **posterior** moves your arm back and rotates it out. The **trapezius** and **rhomboids** pull your shoulders down and back; the trapezius also helps in overhead pushing. The **levator scapulae** helps shrug your shoulders.

Details

In the gym you'll need a T-bar row, a BOSU Balance Trainer, a 5- to 8-pound dumbbell, and a Freemotion cable cross-

over machine. Warm up with five minutes of easy cardio, then do 1 to 3 sets of 12 to 15 reps of each exercise, resting 30 seconds between sets. Do this workout three times a week.



over machine. Warm up with five minutes of easy cardio, then do 1 to 3 sets of 12 to 15 reps of each exercise, resting 30 seconds between sets. Do this workout three times a week.

TRAINER'S STRATEGY The benefits of these exercises extend beyond appearance. "You use these muscle groups when you open a heavy door, shove a bag into a plane's overhead compartment, or pick up a child," says Sandy Shafer, a trainer at the Sports Club/LA in West Los Angeles, who designed this workout. **>The bottom line** By reinforcing a potentially weak link, this routine strengthens your entire body, makes daily activities easier, and may even decrease your risk of back strain.

COLETTE DIBARROS: HAIR AND MAKEUP; ANDRIENNE HERBERT: STYLING; KECIA CLARK/CELESTINE AGENCY: ILLUSTRATION; KAREN KUCHAR: NEW BALANCE; TOP: EVERLAST; SHORTS: REEBOK; SNEAKERS

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target training



t-bar row

Works rhomboids, middle trapezius, posterior deltoids, and biceps

➤ Load 10 to 15 pounds of weight onto a T-bar row machine and stand on the foot plates with knees slightly bent. Lean forward at your waist and rest your hips and torso against the pad.

➤ Extend your arms down and grasp the angled handles (the lower of the two pairs) so hands are aligned with shoulders and palms face body [A].

➤ Bend your elbows and pull the bar toward you while squeezing your shoulder blades together [B]. Slowly straighten your arms to return to the start position; repeat.

➤ Trainer's tip

To keep the focus on your back, think about pulling the handles with your elbows instead of with your hands.



kneeling single-arm press

Works anterior and middle deltoid, triceps

➤ Hold a 5- to 8-pound dumbbell in your right hand and kneel on a BOSU Balance Trainer, knees aligned with hips and shoulders. Place left hand on hip or let it rest at side.

➤ Raise right arm so elbow is just below shoulder height, forearm perpendicular to floor and palm facing forward [A].

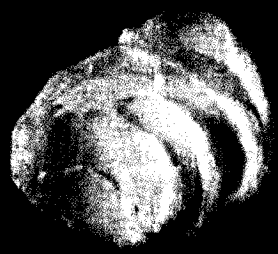
➤ Tighten abs and extend arm overhead, maintaining a slight bend in the elbow [B].

➤ Lower weight to the starting position and repeat. Switch sides to complete set.

➤ Trainer's tip As you extend your arm up, focus on pulling your shoulder blade down your back.

The Laughing Cow

Indulgence
has
a
lighter
side.



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target training



high-to-low reverse fly

Works rhomboids, trapezius, posterior deltoids, and triceps

► Set the resistance of a Freemotion cable crossover machine at 10 to 15 pounds and lock the levers at their highest position. Stand facing the machine, about two feet away from it, and hold the left handle in your right hand and the right handle in your left.

► Raise your arms in front of you at a 45-degree angle, elbows slightly bent and cables crossed. Pull in your abs and draw shoulder blades together and down [A].

► Pull the handles away from each other and down to each side, stopping when your elbows are even with your torso. Focus on using your back and shoulders to draw your arms out [B].

► Return to starting position and repeat.

► **Trainer's tip** Imagine you're opening a huge book; reach out far to each side, don't merely pull your arms straight back.

DO THESE AT HOME, TOO

You'll need a pair of 5- to 10-pound dumbbells, a handled tube, and a pillow.

► **T-bar row** Hold a dumbbell in each hand and stand with feet hip-width apart, knees slightly bent. Bend over at your hips and extend arms down, palms facing

behind you. Pull weights toward rib cage.

► **Kneeling single-arm press** Do the exercise while kneeling on a pillow.

► **High-to-low reverse fly** Instead of using a cable, do the move with a handled tube that's anchored to the top of a doorjamb.

take it up a notch

Advanced exercisers should adjust the sets, reps, and/or resistance as noted and follow the special instructions.

advanced program

what to do	t-bar row	kneeling single-arm press	high-to-low reverse fly
sets	3 or 4	3 or 4	3 or 4
reps	8-12	8-12	8-12
weight range	15-25 pounds	8-12 pounds	5-10 pounds
special instructions	none	Close your eyes to increase the stability challenge.	Do the exercise with one arm at a time; place opposite hand on hip.

28

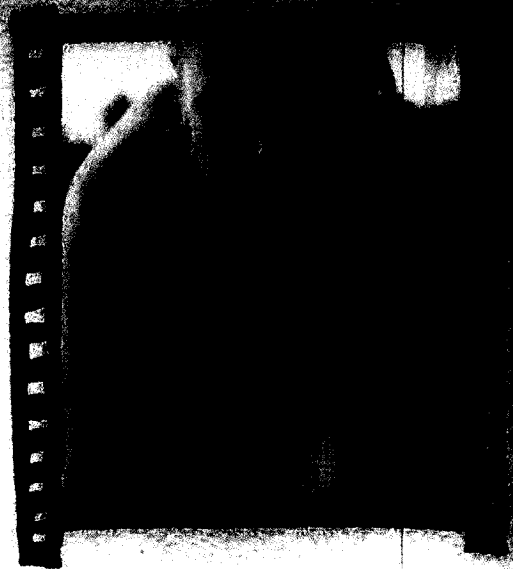
New Flavor

2





Check out the following pages for the latest in footwear available at **Lady Foot Locker**. Exactly what you need to keep you on your feet and training like the stars!



Train Like the Stars



Because every woman has her moments in the spotlight!



To keep your momentum going, turn to the last page of this section for fitness tips from celebrity trainer, Jeanette Jenkins. Plus, find out how you could win a private training session with her during a Los Angeles getaway. Finally, you'll learn how you can finally get a personal trainer through a limited-time only Podfitness.com™ gift-with-purchase offer!



Lady Foot Locker.



GT-2120 (W)



My friends tell me they see
their minds and feel the
face, but for me, it's just
in my legs.

weight-loss diary

avoiding food fights

3

Blending my new eating habits with my family's preferences can be trying, but I'm up for the challenge. BY DARA CHADWICK

Earlier this month I was feeling alone in my weight-loss journey. I've been trying hard to prepare nutritious meals, but my family made it clear that they're not happy with my menu choices. They've turned up their noses at the cauliflower I steam, and I won't even discuss their reaction to my baked sweet potatoes. Cooking became frustrating, but I wasn't ready to give up.

Breaking with tradition

In the hopes of making my vegetables more palatable, I enlisted the help of Walter Potenza, owner of

Spezia Foodsmiths Market Caffè, an organic gourmet market in Providence's Federal Hill neighborhood. An Italian chef, he cooks by what he calls the "clock of nature"—essentially, using fresh, locally grown ingredients as the basis for his meals. The two of us spent 90 minutes together chopping, steaming, and sautéing vegetables like broccoli and cauliflower, plus a few I'd never tried before, such as fennel and escarole.

That night I prepared some escarole just as Chef Walter showed me. The result? My son wouldn't even try it—"Smells like seaweed," he said. I had to agree; it *did* smell like seaweed. As we giggled, I remembered the words of my nutritionist, Melissa Kirdzik, R.D.: "You can't win every battle."

Now Melissa and I are working on making over the dishes that my family loves. I've been experimenting with substituting healthier ingredients, like using ground turkey instead of beef in shepherd's pie, and grilled chicken and veggies on pizza rather than our usual pepperoni and sausage. And just the other night, my husband ate meat and mashed potatoes with gravy and declared it delicious. (If he's reading this, he's just now learning that it was ground turkey and fat-free gravy.)

All in good time

I've decided my best tactic is to relax and make the switch to healthy family meals gradually. I don't want our dinner table to become a war zone. It's hard to make lifestyle changes alone, but I've realized the only choices I can truly control are mine. I'm trying to lead by example and show my family that healthy eating doesn't mean forcing yourself to have foods you don't like. Instead, it's about making better choices that add up to big results.

I've decided my best tactic is to relax and make the switch to healthy family meals gradually.

WEIGHING IN

Month 1

Height 5'0"
Weight 147 lbs.
Body fat 34%
VO₂ max* 33.4 ml/kg/min.
Aerobic fitness average
Resting blood pressure
122/84 (normal)
Cholesterol 215
(borderline high)

Month 2

Weight 144 lbs.
Pounds lost 3
Body fat 33%
Body fat lost 1%

Next month's diary
to be published
in the March
issue of
SHAPE

* VO₂ max testing performed at the University of Rhode Island Department of Kinesiology. For more information, go to uri.edu/hss/physical_education.

SONJA PACHO HAIR/MAKEUP COCO GRACE/JENNISINC.COM

LOG ON TO shape.com/weightlossdiary to check out Dara's latest blog entry.



I never set my goals based on a scale.
Nope, just miles on the machine.
Minutes on the treadmill.
And loving every second of it.



workout express



the 600-calorie workout

No more auto-pilot gym sessions. Jump on the elliptical and hit every muscle in your body. BY JANET LEE

Your mission

Instead of programming the elliptical for your usual workout, do your body a favor and take advantage of the machine's versatility. You'll blast fat and calories, work your entire body, and maximize your exercise time without having to use more than one piece of equipment. The magic of an elliptical trainer is that at different stride (or incline) settings, it acts like a different cardio machine. At a low incline (a horizontal motion) the action is more like a NordicTrack cross-country skier; at medium settings it's similar to a bike (the typical elliptical movement); and at a high, more vertical incline it approximates a stair-climber. (Choose a model with arm levers for total-body toning.) Get comfortable with adjusting the incline *and* level and you'll rediscover why the elliptical continues to be one of the most popular workouts in any gym.

How it works

After a brief warm-up, adjust the incline and level every few minutes. You'll be done

*See page 234 for RPE chart.

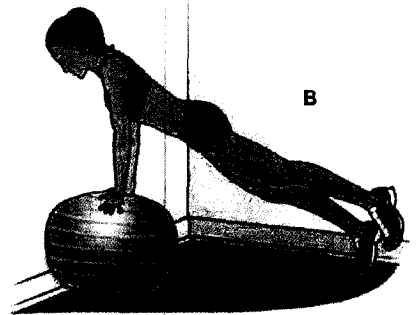
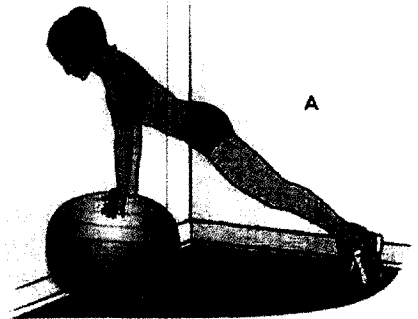
in half an hour, but if you're craving more action, repeat it for a hard-to-beat calorie-blasting workout. Adjust the level as necessary to meet the recommended rate of perceived exertion (RPE*). Finish your routine by doing the Must-Do Move.

your workout plan			
time (minutes)	incline	level	RPE* (1-10)
0-5	3	4	3
5-10	1	6	5
10-15	7	7	6
15-20	10	8	6-7
20-25	15	7	7
25-27	20	10	9
27-30	3	4	4

workout intensity moderate to hard
 machine needed elliptical
 total time 30 minutes
 calories burned 300**

**Calorie burn is based on a 145-pound woman

When you use your upper and lower body at the same time—like you do on an elliptical with arm levers—your core has to work hard to coordinate the motions. To boost your core strength, try this **Must-Do Move**.



Plank with leg raise

- Place your hands shoulder-width apart on top of a stability ball that's resting against a wall. Extend your legs to balance on toes and hands, and tighten your abs so your body is aligned from head to heels [A].
- Lift left foot a few inches off floor. Hold for up to 5 counts, lower it, and lift right foot. Repeat, alternating feet, until you've done 5 lifts per side [B]. Work up to 10, then try doing it with the ball moved away from the wall.

ILLUSTRATION NATASHA TIBBOTT



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Shape's 30-minute playlist

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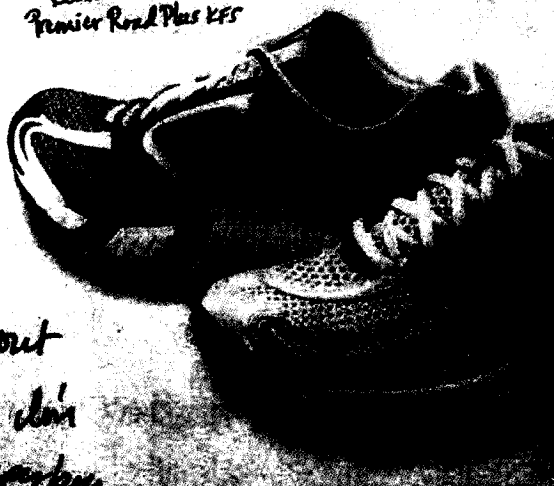
Wanted Dead or Alive
Bon Jovi (5:07)
The Dolphin's Cry
Live (5:08)
Family Affair
Mary J. Blige (4:25)
The Refugee
U2 (3:40)

December
Collective Soul (4:45)
All These Things
That I've Done
The Killers (5:01)
Principles of Lust
Enigma (3:08)
Total time: 31:14

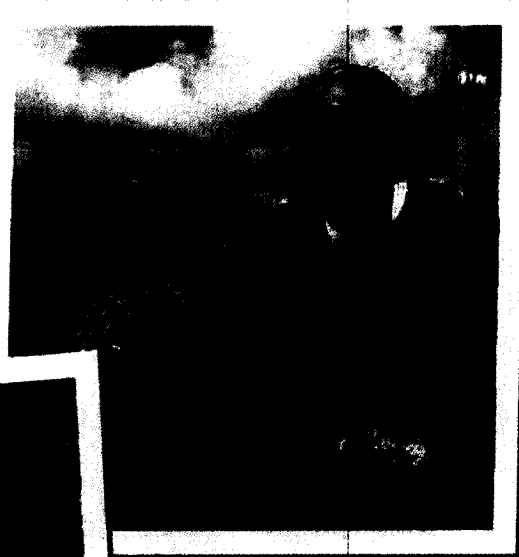
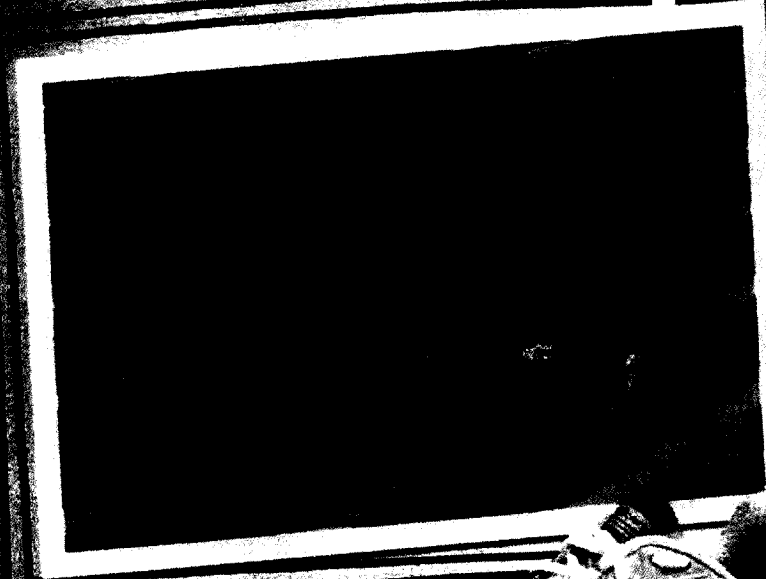
Go to shape.com/playlists to download this mix and others.



Rebel
Premier Road Plus 255



...ing better than
...ing trip through the
... is planning out
... I think don't
... the paperwork.

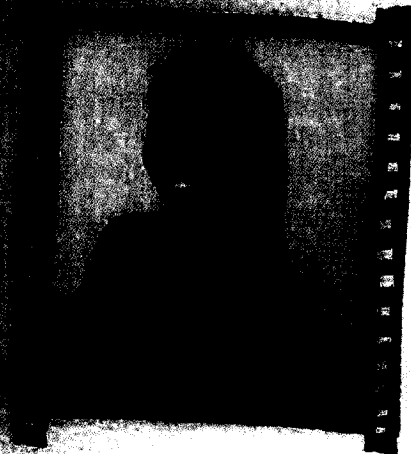


Sealong
Pro Grid Hurricane?

My daily run isn't just about how good
I look in the mirror, it's also about having fun
and kicking some butt. Usually my own.

Lady Foot Locker

...and, Girl... And train like the stars!



Jeanette Jenkins, Celebrity Trainer, President of the Hollywood Trainer™, Podfitness.com Premiere Trainer

Do you want to know how the stars get their bodies in shape? Check out these fitness tips from expert trainer, **Jeanette Jenkins**.

1. Make a weekly schedule that includes 3-4 days of cardio, 2-3 days of sculpting or strength training and 1 day of flexibility. Fit your workout times into your weekly schedule and don't miss your workouts.
2. Eat mindfully and think before you eat. Is this meal or snack healthy that will help make your skin glow, boost your energy level, burn fat to achieve your goals? If the answer is no, then choose something else.
3. For an additional calorie blast add 1-3 minute cardio intervals in between your weight training exercises. Try lateral side shuffles, jumping jacks, front and back repeater knees, jogging on the spot, skipping or step ups.

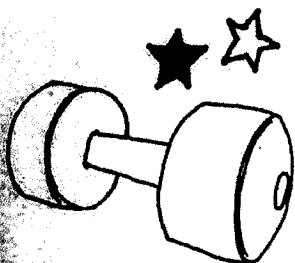
For more tips from Jeanette Jenkins, visit www.shape.com/ladyfootlocker

And finally get your own personal trainer!

Podfitness.com is the newest revolution in personal fitness that gives you access to the fitness experts that get celebrities in shape and looking great. Podfitness.com allows you to put a customized workout led by an elite personal trainer, like Jeanette Jenkins, right onto your iPod® or MP3 player—mixed with your own music. Each custom assembled workout targets your goals and changes with your feedback for maximum results.

Special Gift-with-Purchase Offer: The first 300 readers who send in a Lady Foot Locker receipt of a purchase on one of the brands featured in this section will receive a free one-month membership to Podfitness.com—a \$19.95 value!

Please send receipts to: Shape Magazine, c/o Lady Foot Locker GWP Offer, P.O. Box 1919—Murray Hill Station, New York, NY 10056



And live like the stars with a Hollywood style sweepstakes!

Enter for your chance to win a getaway to Los Angeles, complete with a private session with Jeanette Jenkins at her L.A. studio, red carpet treatment in and out of the gym and a one-year Podfitness.com membership. To enter and for complete prize package details, visit www.shape.com/ladyfootlocker

Sweepstakes open to legal residents of the continental U.S. who are 21 years or older. Sweepstakes subject to Official Rules. For complete prize package details, see page 234. No purchase necessary. Sweepstakes ends March 6, 2007.

Lady Foot Locker.
ladyfootlocker.com

bikini body countdown

MONTH

3

make over your body

You're almost halfway through *Shape's* most comprehensive workout plan ever. BY JANET LEE

→ It's time to take stock of your progress over the first half of the shape-up program, and there's some good news and bad. The good: We bet your abs, legs, and butt are firmer, your upper body is stronger and more sculpted, and you're leaner all over. The bad: You may have to shuck out some cash for a new wardrobe! Hold off on the shopping spree, though, because there are more confidence-boosting body changes on the horizon. This month's plan will get you that much closer to an angst-free bikini debut; it will even help you late starters who still have a little shape-shifting to do before summer. So get moving, build some momentum, and you'll slip into your favorite slims of time to spare.

Find your best body—and win—at shape.com!

bikinibodycountdown.

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- ✓ See video clips of each exercise.
- ✓ Download a calendar to help you stay on track.

CHRIS FANNING: HAIR AND MAKEUP; ANGELA HUFF/MARK EDWARD INC; COSABELLA: BIKINI

NUTRITION RICH INDULGENCE

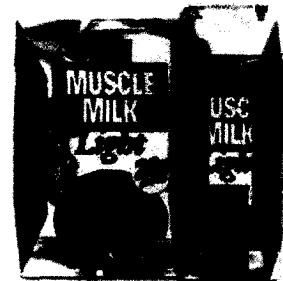
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bikini body countdown

How it works Do this strength plan, designed by trainer and *Shape* contributing editor Lisa Wheeler, two or three times a week. You'll need a stability ball and a

set of 5- to 8-pound weights. Warm up with at least five minutes of easy cardio, then do two or three sets of each move, resting up to 30 seconds in between.



1 "L" chest flye

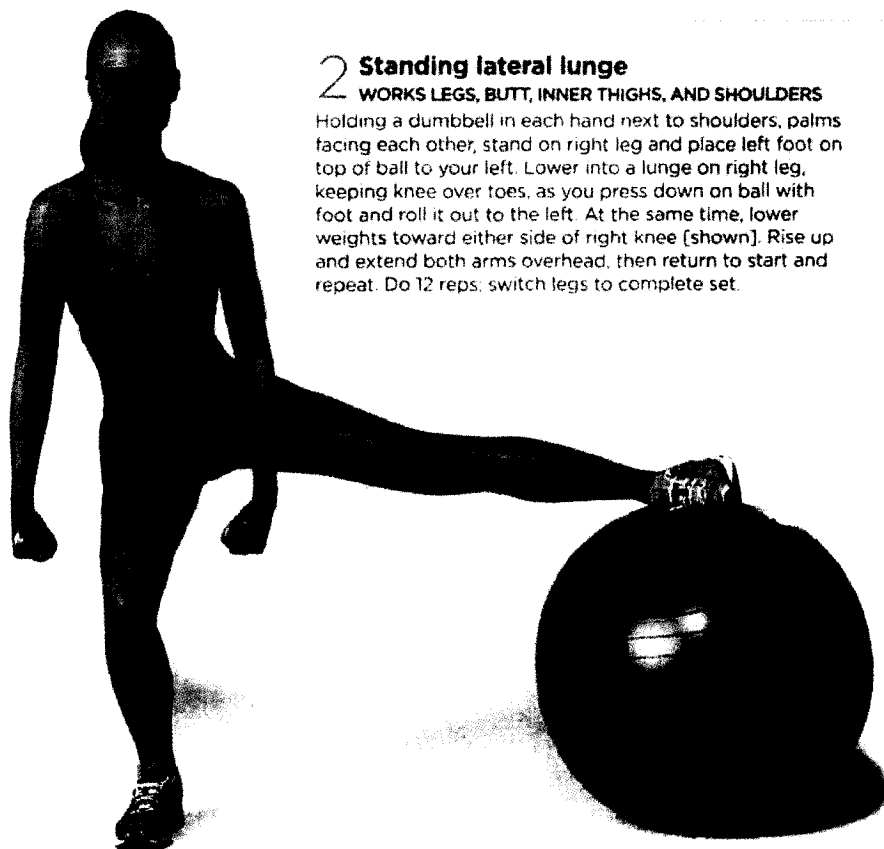
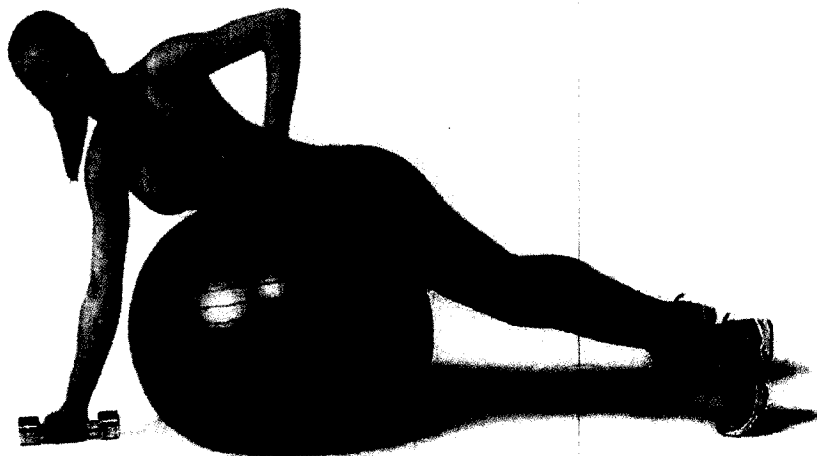
WORKS CHEST AND CORE

Holding a dumbbell in each hand, lie on a stability ball so your upper back and head are centered on it and feet are hip-width apart. Lift hips so your body is aligned from head to knees. Extend both arms toward ceiling, elbows slightly bent and palms facing each other, then lower left arm out to shoulder height, palm facing up [shown]. Raise left arm over chest while you lower right arm out to shoulder height; switch again to complete 1 rep. Do 12 reps.

3 Anchored row

WORKS BACK AND SHOULDERS

Holding a dumbbell in each hand, position yourself facedown over the ball so it's centered under your belly button and hands and feet are on the ground. Bend elbow and draw left hand toward rib cage as you rotate your torso and head to left [shown]. Lower to start position; switch sides to complete 1 rep. Do 12 reps.



2 Standing lateral lunge

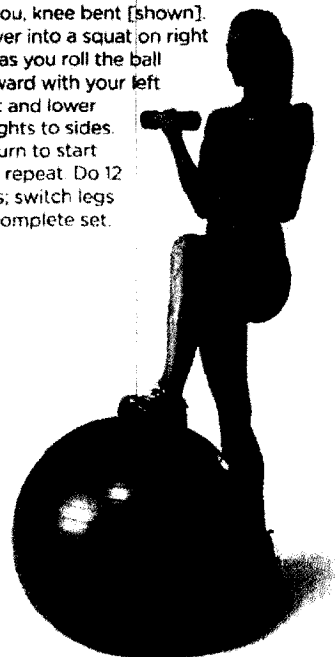
WORKS LEGS, BUTT, INNER THIGHS, AND SHOULDERS

Holding a dumbbell in each hand next to shoulders, palms facing each other, stand on right leg and place left foot on top of ball to your left. Lower into a lunge on right leg, keeping knee over toes, as you press down on ball with foot and roll it out to the left. At the same time, lower weights toward either side of right knee [shown]. Rise up and extend both arms overhead, then return to start and repeat. Do 12 reps; switch legs to complete set.

4 Single-leg squat with biceps curl

WORKS LEGS, BUTT, AND BICEPS

Holding a dumbbell in each hand in front of shoulders, palms facing in, stand on right leg and place left foot on top of ball in front of you, knee bent [shown]. Lower into a squat on right leg as you roll the ball forward with your left foot and lower weights to sides. Return to start and repeat. Do 12 reps; switch legs to complete set.





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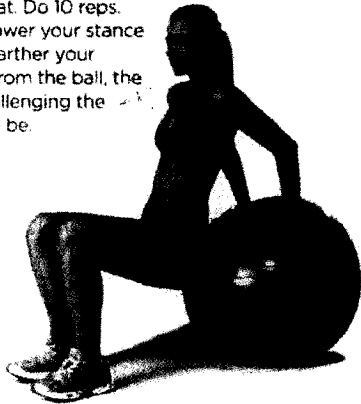


5 Dip on a ball

WORKS TRICEPS AND CORE

Sit on ball with hands resting next to hips, feet about shoulder-width apart (place ball against a wall to make it easier). Straighten arms to lift hips, then bend elbows and lower hips toward floor, keeping chest high and shoulders down [shown]. Straighten arms and repeat. Do 10 reps.

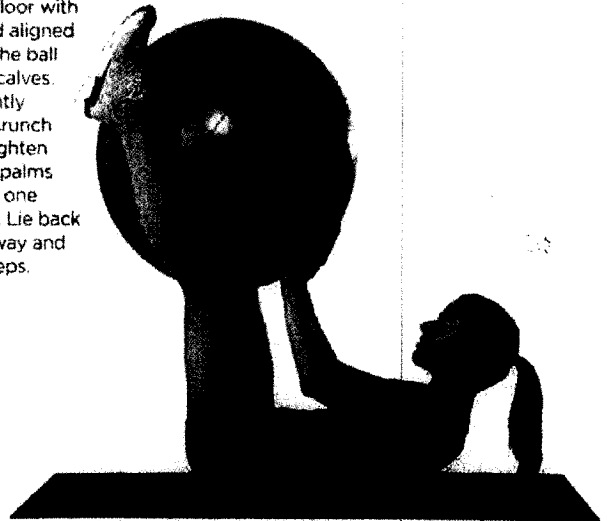
The narrower your stance and the farther your feet are from the ball, the more challenging the move will be.



7 Push and squeeze

WORKS ABS AND INNER THIGHS

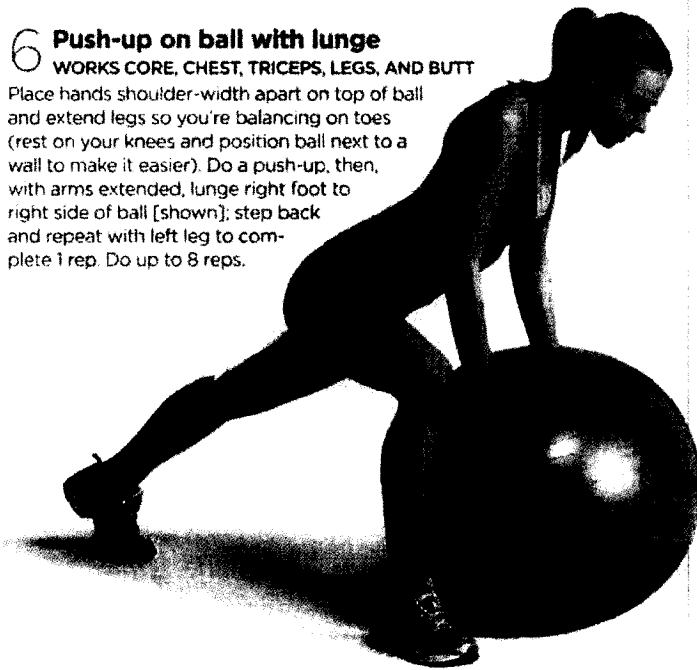
Lie faceup on floor with knees bent and aligned over hips and the ball between your calves. Rest hands lightly behind head. Crunch up as you straighten legs and press palms against ball for one count [shown]. Lie back almost all the way and repeat. Do 15 reps.



6 Push-up on ball with lunge

WORKS CORE, CHEST, TRICEPS, LEGS, AND BUTT

Place hands shoulder-width apart on top of ball and extend legs so you're balancing on toes (rest on your knees and position ball next to a wall to make it easier). Do a push-up, then, with arms extended, lunge right foot to right side of ball [shown]; step back and repeat with left leg to complete 1 rep. Do up to 8 reps.



8 Frog on ball

WORKS BUTT AND HAMSTRINGS

Position yourself facedown over the ball so it's centered under your hips and hands and feet are on the ground. Keeping hips locked onto ball and with heels together, toes turned out and knees bent, raise legs until thighs are parallel to floor [shown]. Keeping legs lifted, extend them so knees come together. Pull heels back again and lower legs to start position; repeat. Do 12 reps.

THIS MONTH'S BIKINI CARDIO PLAN

How It works Five or six times a week, do one of these routines (go to shape.com/bikinibodycountdown for more options). Choose any activity you like. Take one day off each week to recover.

ENDURANCE BUILDER

Spend at least 45 minutes at moderate intensity (you should be able to maintain a conversation).

INTERVAL CALORIE BURNER

0-10 Warm up for five minutes. Spend the next three minutes at moderate intensity, then finish up the last two minutes at somewhat hard intensity (you're breathing heavily).

10-10:30 Increase to a hard intensity.

10:30-12 Return to a moderate level.

12-12:45 Go hard again.

12:45-14 Return to a moderate intensity to recover.

14-15 Go hard again.

15-16 Return to a moderate intensity to recover.

16-26 Repeat minutes 14-16 five times.

26-30 Cool down at an easy intensity.

1870

100%
ooey-gooey.
33%
less fat.

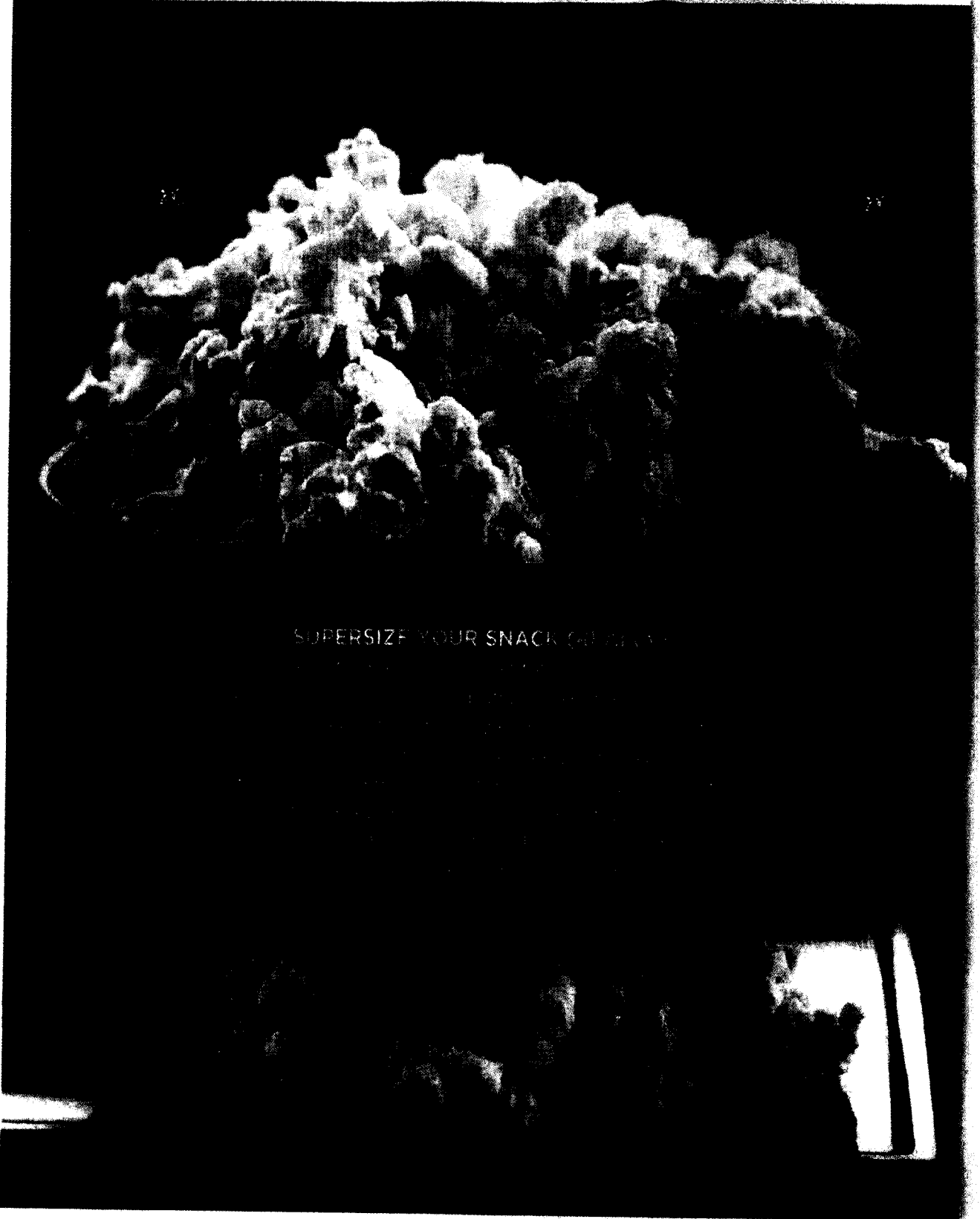


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SUPERSIZE YOUR SNACK (OR ANYTHING ELSE YOU WANT TO EAT)

TINA RUPP

eat right news

Soak your tongue with this special coffee. It's not from Starbucks.



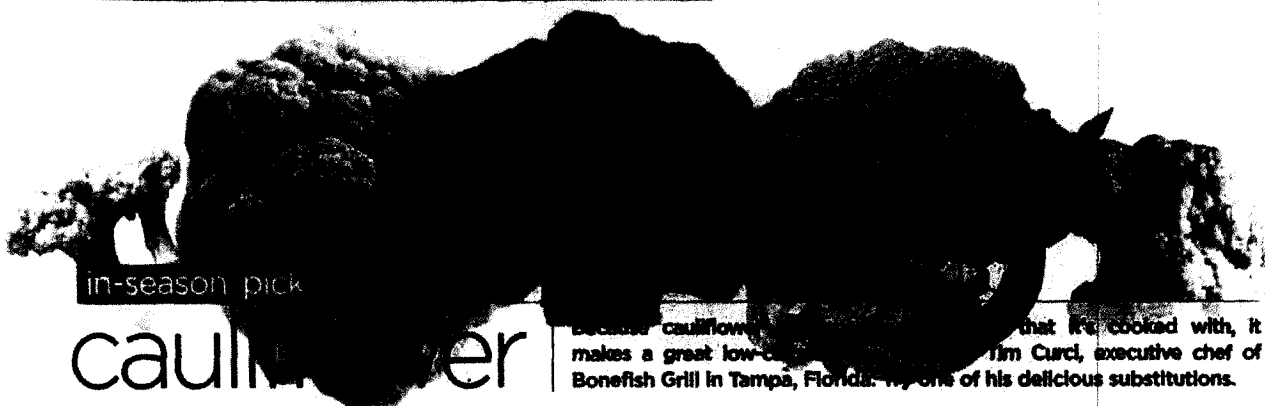
our newest starbucks obsession

A few weeks ago I decided to try Starbucks' Cinnamon Dolce Latte with sugar-free syrup on a whim. Now I'm hooked! This frothy coffee drink contains just 90 calories and 0 grams of fat—30 calories less than my usual plain skim latte. Best of all, because the cinnamon-caramel flavor is so decadent, I'm not craving a biscotti on the side.

—A.J. HANLEY, SHAPE'S DEPUTY EDITOR

STILL CAN'T STOMACH COLLARD GREENS?

The reason may not be your fault: Experts say that up to 25 percent of Americans have a gene that causes them to taste bitter and sweet tastes more intensely. So, what do you do if you're a "supertaster"? Changing the way you cook vegetables may help you appreciate them more, says Kenneth Arnone, a chef and consultant for the Culinary Institute of America. **To lessen the sharpness of dark leafy greens, blanch them in boiling water for two minutes, then plunge into cold water before sautéing.** Or offset them with a sweet flavor (pair brussels sprouts or arugula, for example, with caramelized onions, fruit, or balsamic vinegar). —SARAH ROBBINS



in-season pick

cauliflower

Because cauliflower is so versatile, that it's cooked with, it makes a great low-carb substitute for potatoes. —Tim Curci, executive chef of Bonefish Grill in Tampa, Florida. Try one of his delicious substitutions.

> **Instead of potatoes...**Boil 2 cups chopped cauliflower for 6 minutes. Drain, then purée with 1 tablespoon lowfat cream cheese and 2 tablespoons each of butter and grated Parmesan.

> **Instead of couscous...**Toss 2 cups cauliflower florets with 1½ tablespoons olive oil, ¼ teaspoon salt, and ¼ teaspoon each of coriander, cumin, and nutmeg. Bake at 450°F for 25 minutes.

> **Instead of rice...**Sauté 1 sliced leek (white part only) with 1 tablespoon olive oil. Add 1 cup cauliflower florets (sliced lengthwise) and 2 tablespoons water. Cover and cook for 2 minutes.

IN ONE CUP OF COOKED CAULIFLOWER: 119 CALORIES, 3 G FIBER, 55 MG VITAMIN C

FROM TOP LEFT: GAZIMA/GETTY IMAGES; RENEE COMET PHOTOGRAPHY/GETTY IMAGES; DAVID LOFFTUS/STOCKFOOD.COM; LEW ROBERTSON/STOCKFOOD.COM

california almonds

**How to
improve
your body
by lifting
an ounce
a day.**

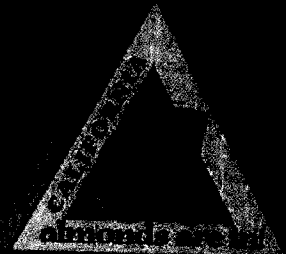
Step 1: Take your tasty California Almonds to the gym.

Step 2: Snack on a handful before or after you work out.

Step 3: Get pumped up, knowing that studies show that eating an ounce of almonds a day (about 23) can help you maintain a healthy cholesterol level.

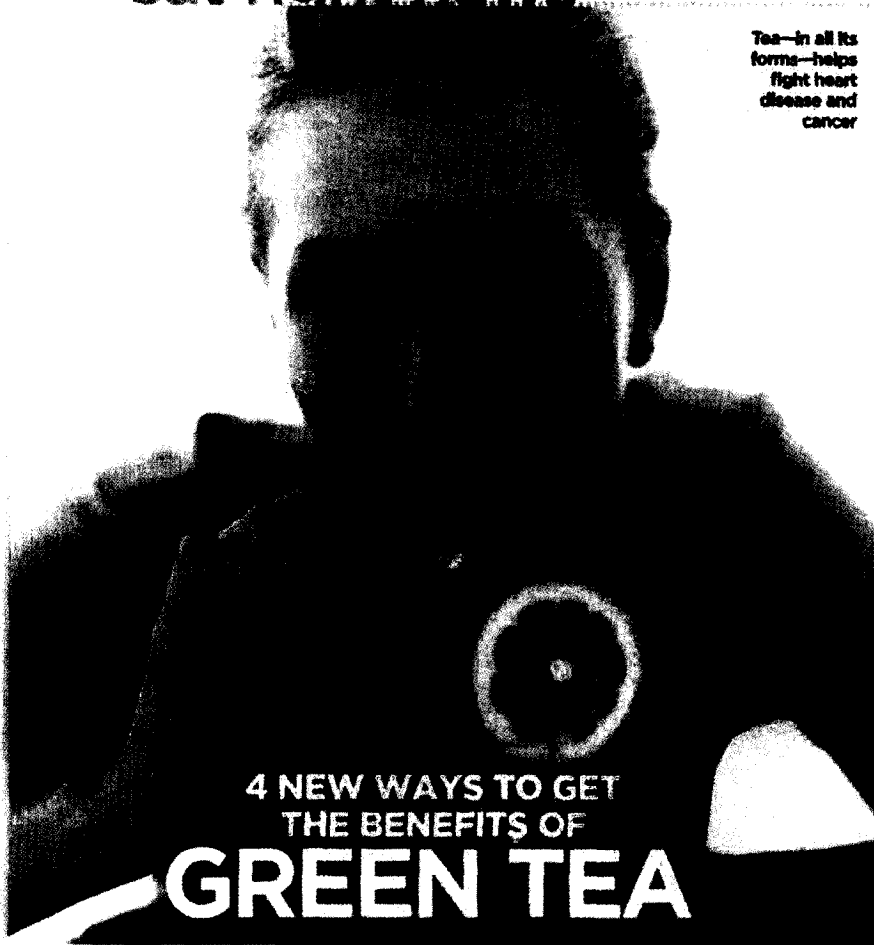
Step 4: Repeat steps 1-3.

Remember: Snacking on almonds always gives you a powerful lift. They have protein, fiber and vitamin E, and every crunch is cholesterol free.



www.AlmondsAreIn.com

Tea—in all its forms—helps fight heart disease and cancer



4 NEW WAYS TO GET THE BENEFITS OF GREEN TEA



Sipping a hot cup of tea is a tried-and-true health move, but what if you're not in the mood for a mug? A few new products help you get your daily dose of antioxidants without brewing or steeping. Here are four of our new favorite ways to reap all of tea's goodness.

			
snapple green tea	luna tea cakes	crystal light green tea	onviga
120 calories 0 g fat	130 calories 1.5 g fat	5 calories 0 g fat	5 calories 0 g fat
This product isn't as high in calories or sugar as other sweetened iced teas, and it contains 55 milligrams of EGCG, a cancer-fighting antioxidant. Plus, we love the subtle sweet taste.	A cross between a cookie and an energy bar, these treats are baked with tea. The berry-pomegranate cake has about 80 milligrams of EGCG, as well as 3 grams each of fiber and protein.	Pour one of these on-the-go packs into your water bottle for a fruity flavor and 55 milligrams of catechins (a type of antioxidant)—that's about 70 percent of what's in a cup of brewed green tea.	This green-tea-infused soft drink is fizzy, sweet, and packs in 90 milligrams of EGCG. Since a can contains 100 milligrams of caffeine, swap it for your regular cup of joe.

you asked...

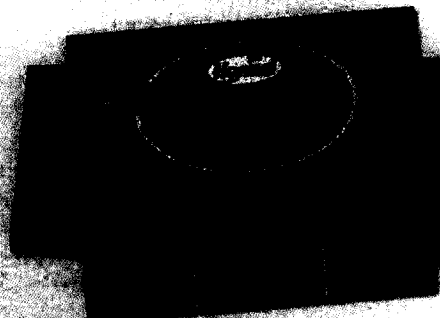
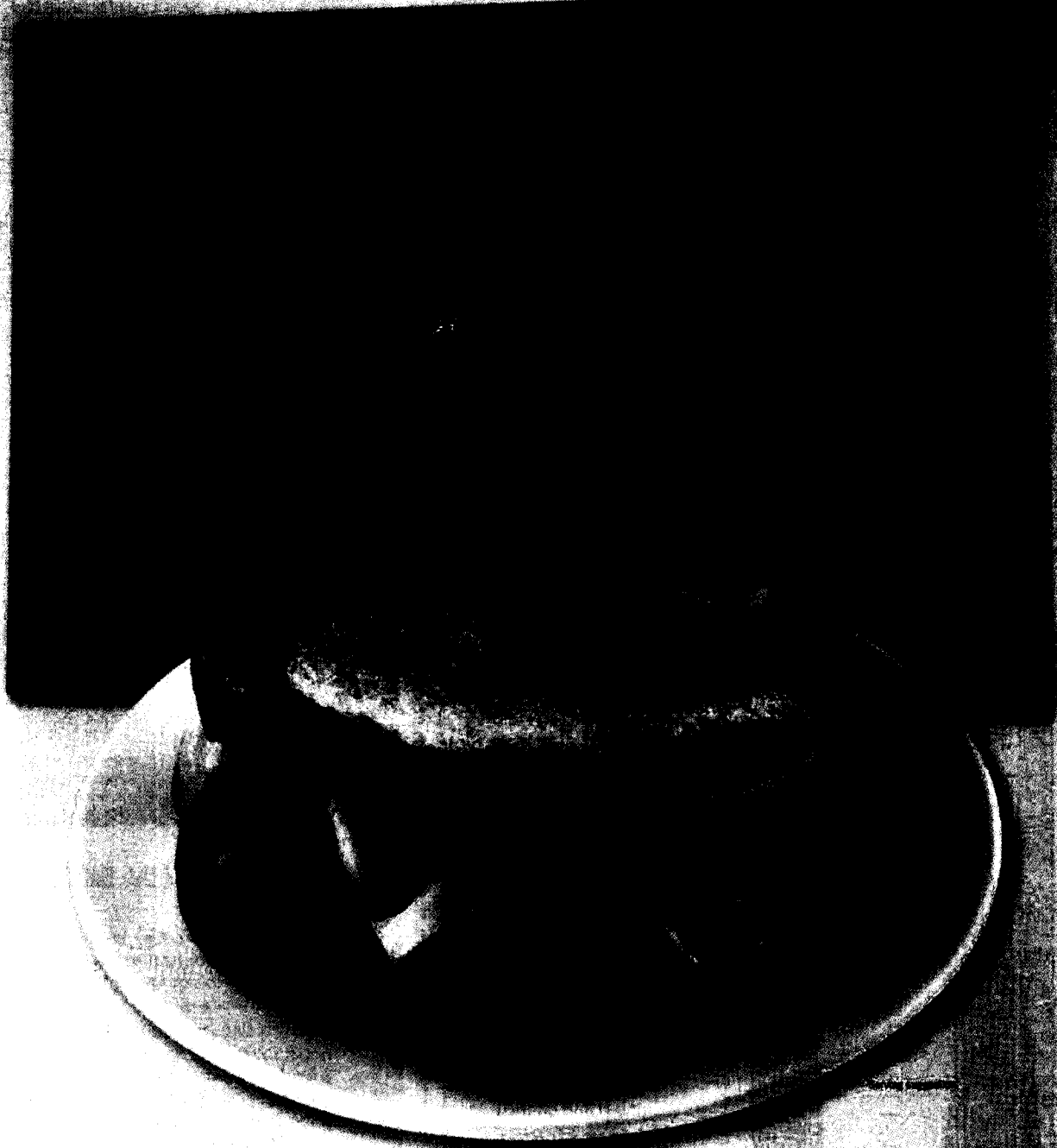
Q I know probiotics are good for you, but I don't like yogurt. Can I get them from any other food?

A Regularly eating foods with probiotics—bacteria found naturally in your digestive tract—has been shown to help soothe stomach woes and boost your immune system. But besides yogurt, only a few other fermented foods, like sauerkraut, kimchi (a Korean pickled cabbage), miso (a soy paste), and kefir (a slightly sour cultured milk) have them, says Ashley Koff, R.D., a nutritionist and author of *Recipes for IBS*.

Not a fan of these foods' pungent flavors? "Consider a supplement that contains the lactobacillus and bifidus probiotic strains," says Koff. But choose one that needs to be refrigerated. Probiotics are living cultures and are only active at cool temperatures, so those found in vitamins, energy bars, and cereals usually aren't helpful. (One study of 13 brands found that just 70 percent were effective; for a few that passed the test, go to consumerlab.com.) You also may want to give yogurt another try: Greek yogurt has a creamier consistency and tangier taste than the traditional variety.

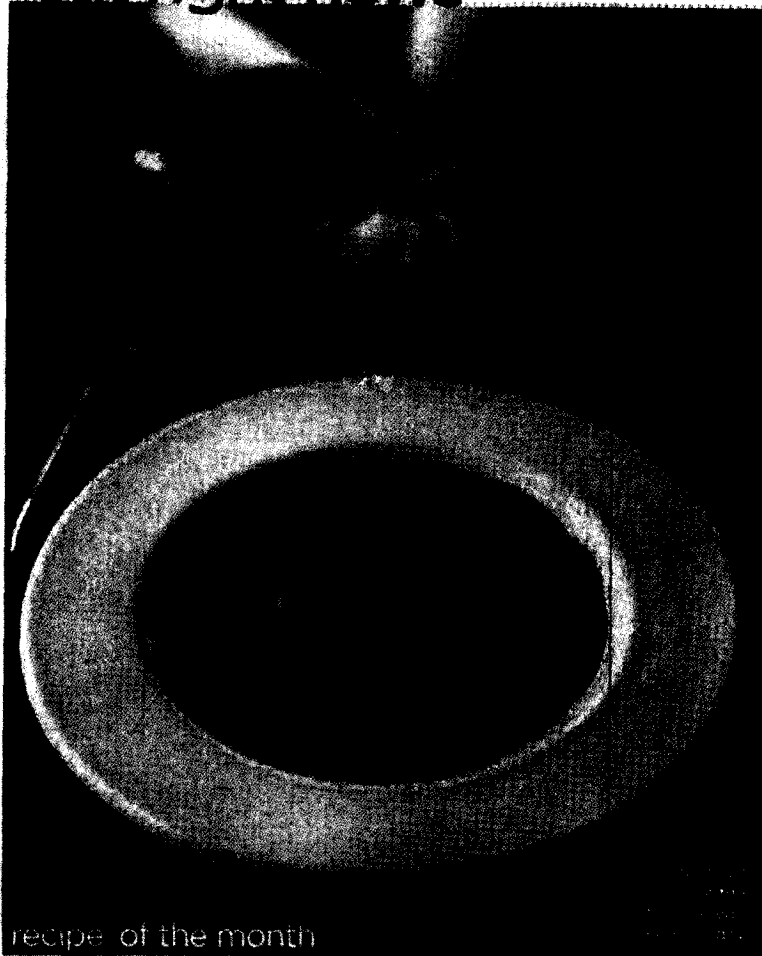


CLOCKWISE FROM TOP: GEORGE DOYLE/GETTY IMAGES; PORNCHAI MITTONGTARE/JUPITER IMAGES



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eat right news



recipe of the month

carrot, chickpea, and barley soup

Serves 4

Prep time: 10 minutes

Cook time: 45 minutes

- 3 cups reduced-sodium chicken broth
- 1 cup carrot juice
- 1/4 cup barley, rinsed and drained
- 1 cup canned chickpeas, rinsed and drained
- 2 cups diced carrots
- 1 teaspoon balsamic vinegar
- 1/4 teaspoon freshly ground pepper
- 3 tablespoons chopped parsley
- 2 tablespoons grated Parmesan
- 4 small whole-grain rolls (optional)

➤ In a medium saucepan combine broth, carrot juice, barley, and chickpeas. Bring to a boil over high heat. Reduce heat to low, cover, and simmer 30 minutes.

➤ Add carrots and return to a boil over high heat. Reduce heat to low, cover, and continue to simmer for 15 minutes. Remove from heat.



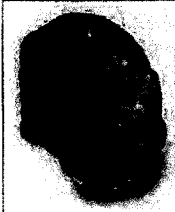

➤ Using a slotted spoon, remove about 1 1/2 cups of solids and place in a medium bowl. Mash with a fork. (Or use a hand-immersion blender and pulse 3 seconds.) Return mashed vegetables to saucepan. Stir in vinegar, pepper, and parsley. Divide the soup among 4 bowls. Top with grated Parmesan, and serve with warm whole-grain rolls if desired.

Nutrition score per serving (1 cup): 141 calories, 2 g fat (9% of calories), <1 g saturated fat, 28 g carbs, 8 g protein, 7 g fiber, 76 mg calcium, 2 mg iron, 633 mg sodium
—GRACE YOUNG

➤ **TIP** To make this soup a hearty meal, add 1/2 cup warm cooked pasta to each bowl before serving.

MEET THE NEW SUPERFRUITS

Goji. Açaí. Noni. No, they're not the latest celebrity baby names. They're fruits that are turning up in juices, cereals, and other new products on store shelves. But what makes them so special? Here's how they measure up.

	<p>MANGOSTEEN a small, purple Asian fruit that tastes like a mix between a pear, a strawberry, and an orange</p>	<p>What's in it? Rich in vitamin C, mangosteen also contains antioxidants called xanthones. Find it in Juice blends, like XanGo juice (\$38 for 25 ounces; xango.com) and Garden of Eatin' XanthoSplash (\$20 for 30 ounces; gnc.com).</p>
	<p>GOJI a red Tibetan berry with a cranberry-cherry taste</p>	<p>What's in it? Goji has more than 18 amino acids, more iron than spinach, and more beta-carotene than carrots. Find it in Dried trail mixes, like those offered at Trader Joe's, or Clif Nectar's Lemon, Vanilla & Cashew bar (\$16 for 9 bars; clifbar.com).</p>
	<p>NONI a bumpy, pinecone-shaped fruit native to the South Pacific</p>	<p>What's in it? This fruit is a great source of potassium, vitamin C, and vitamin A. Noni also contains the chemical xeronin, which is important for proper cell function. Find it in Tahitian Noni juice (\$42 for 33 ounces; tahitianoni.com).</p>
	<p>AÇAÍ a Brazilian palm-tree berry with a chocolate-raspberry flavor</p>	<p>What's in it? This berry is high in anthocyanins, the antioxidants found in blueberries, and linoleic acid, the beneficial fatty acid contained in walnuts. Find it in Fruit juices and purées, like those from Sambazon (\$59 for 28 4-ounce packs; sambazon.com). —SR</p>

The dessert you *should* be eating

Try some dark chocolate and red wine, and for about 200 calories (1/2 ounce of chocolate and 5 ounces of wine), you get a double dose of cancer-fighting, heart-healthy antioxidants—flavonols from the chocolate and resveratrol from the wine. The best pair: chocolate with at least 70 percent cocoa and a pinot noir or syrah.

"These complement each other because they owe their flavors to slightly bitter compounds called tannins," says Jim Bernau, president of Willamette Valley Vineyards. "Plus, the acids in the wine cleanse your palate, so after you take a sip, your next bite of chocolate will be more intense."

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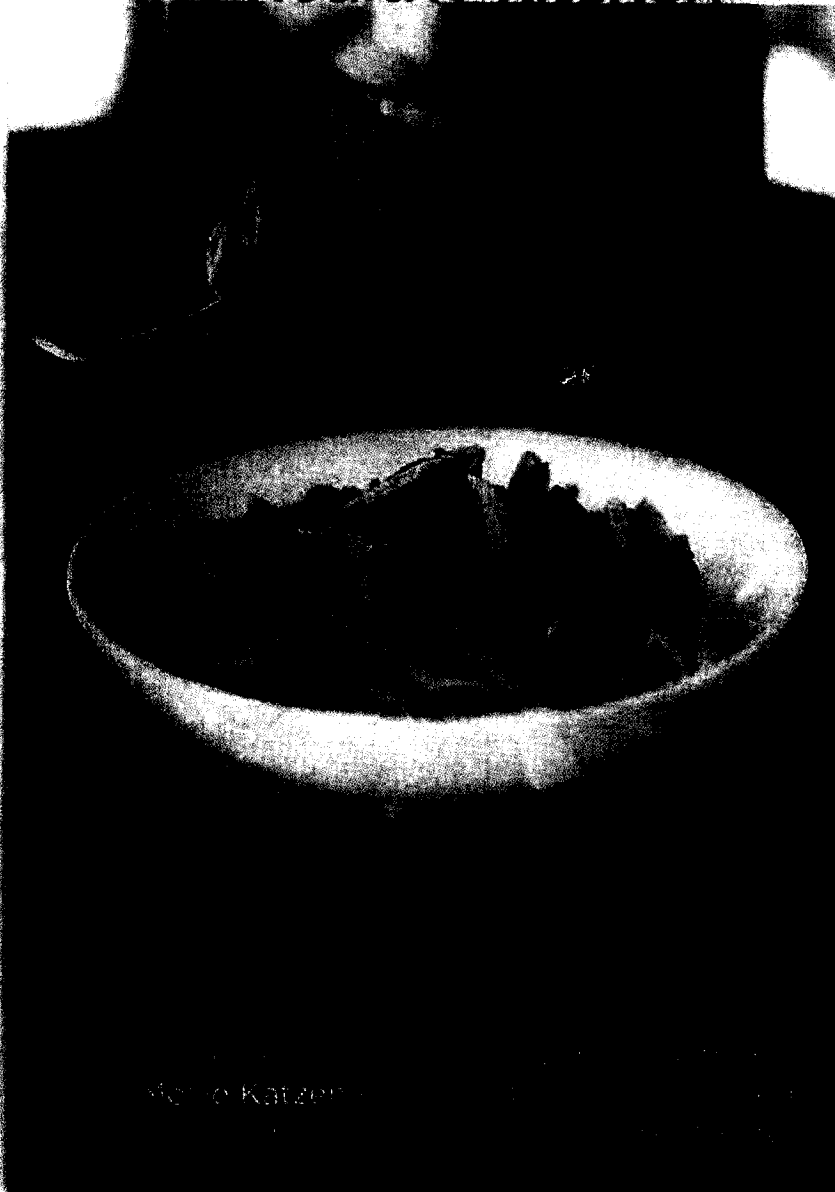
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the healthy kitchen



MOLLE KATZEN

Even though the low-carb diet craze is (mostly) over, many women continue to shy away from pasta. But a plateful of noodles can be just as waistline-friendly as a grilled-chicken salad, and it's often far more satisfying. Made from a high-protein wheat flour called durum semolina, pasta is digested slowly—so you stay full longer—and all varieties contain a mere 200 calories and 1 gram of fat per cooked cup. Yet regular pasta is still a refined carb, so to make your dish as healthy as possible, choose a whole-grain variety. These have a slightly higher protein content (8 to 10 grams

versus 7 grams) and pack up to three times the fiber of regular pasta. Use these tips to create delicious pasta combinations in your kitchen and you'll have the makings of a nutritionally deluxe dinner at your fingertips. Call it a meal plan. And eat it without a trace of guilt.

✓ **Pick the right shape** For the best texture, opt for long shapes like spaghetti or linguine rather than stouter versions like shells. Two of my favorites are DeCecco Whole Wheat and Barilla Plus. Both have a nutty flavor, and neither has the gritty, coarse texture whole-wheat pastas are known for.

✓ **Cook it a little longer** With whole-grain pasta, you want to go just beyond *al dente*; otherwise, it will be too chewy. Keep it boiling about two minutes longer than you would regular pasta (about 10 minutes total).

✓ **Heap on the vegetables** To keep calories in check and add nutrients to your dish, mix 1 cup of pasta and 1 cup of vegetables. Good choices are chopped broccoli, roasted asparagus, caramelized onions, and dried or fresh mushrooms. (Try my recipe for Confetti Spaghetti; find it at shape.com/healthykitchen.)

✓ **Avoid cream sauces** Chunky tomato sauce goes better with whole-grain pasta, and it's far lower in fat and calories. Another option: Drizzle lightly with extra-virgin olive oil to boost flavor and heart-healthy fats. Use about 1 teaspoon and you'll add just 40 calories and 5 grams of fat.

✓ **Skip the salt** For extra punch, put in a snippet or two of a potent green such as basil, arugula, or any other herb you like.

✓ **Top with a sprinkling of cheese** You don't need much if you pick one that's flavorful, like freshly grated Parmesan or pecorino; a tablespoon has just 25 calories and 2 grams of fat. In place of mozzarella, try crumbled feta or the creamy Crescenza-Stracchino cheese below.



One ounce has just 30 calories and 6 grams of fat

WHAT I'M COOKING WITH THIS MONTH

I am now officially addicted to BelGioioso's newest cheese. This Wisconsin company is making exquisite Crescenza-Stracchino,

a creamy, dreamy cheese I'd tasted before only in Italy. Serve on top of a salad or melted in your pasta. It's available in grocery stores or at Artisan Pantry (\$16 for 24 ounces; artisanpantry.com).

Have a question for Mollie? Email her at mollie@shape.com


Mollie Katzen's latest book is *Eat, Drink & Weigh Less*.



Spicy Thai
Shrimp on Chips



Texas Caviar




Classic Spinach
Artichoke Dip



Cheesecake Chip Dip

ADVERTISEMENT



Texas Caviar

INGREDIENTS

1/2 onion, chopped	1 (8 oz) bottle zesty fat-free Italian dressing
1 green bell pepper, chopped	1 (15 oz) can black beans, drained
1 bunch green onions, chopped	1 (15 oz) can black-eyed peas, drained
2 jalapeno peppers, chopped	1/2 teaspoon ground coriander
1 tablespoon minced garlic	1 bunch chopped fresh cilantro
1 pint cherry tomatoes, quartered	


DIRECTIONS

In a large bowl, mix together onion, green bell pepper, green onions, garlic, jalapeno peppers, cherry tomatoes, zesty fat-free Italian dressing, black beans, black-eyed peas and coriander. Cover and chill in refrigerator approximately 2 hours. Toss with desired amount of fresh cilantro, serve with **Stacy's® Pita Chips (Pesto & Sundried Tomato, Parmesan Garlic & Herb, Texarkana Hot, Simply Naked™, or Multigrain).**

Serves 6-10 people

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Spicy Thai Shrimp on Chips

INGREDIENTS

1 large tomato, diced	Optional:
4 green onions, diced	1/4 cup chopped peanuts
2 pounds cooked shrimp, peeled and deveined	1/4 cup chopped radish and/or
1 1/2 cups prepared Thai peanut sauce	1/4 cup chopped cucumber
hot sauce to taste	

DIRECTIONS

In a medium bowl, toss together tomato, green onions, shrimp, and peanut sauce. Cover and chill in the refrigerator 8 hours or overnight. Divide into 6 portions and place each portion over **Stacy's® Texarkana Hot (spicy) or Simply Naked™ (not-so-spicy) Pita Chips.**

Serves 6 people

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Cheesecake Chip Dip

INGREDIENTS

3 oz Neufchatel cheese	2 cups frozen fat free whipped topping, thawed
2 tablespoons white sugar	1 teaspoon vanilla extract
3 tablespoons low-fat milk	

DIRECTIONS

In a mixing bowl, combine the Neufchatel cheese, sugar, and milk. Mix thoroughly until well blended and smooth. Gently combine the frozen fat free whipped topping and vanilla with the mixture. Serve chilled with **Stacy's® Cinnamon Sugar Pita Chips** to scoop.

Serves 6-8 people



For another yummy treat, sprinkle my Cinnamon Sugar Pita Chips over ice cream.

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Classic Spinach Artichoke Dip

INGREDIENTS

1 (14 oz) can artichoke hearts, drained and chopped	1/4 cup reduced fat mayonnaise
1/2 (10 oz) package frozen chopped spinach, thawed	1/4 cup reduced fat cream cheese
1/2 cup reduced fat sour cream	1/4 cup grated Romano cheese
	1/4 teaspoon minced garlic

DIRECTIONS

Preheat oven to 375° F. In a small baking dish, mix together artichoke hearts, spinach, reduced fat sour cream, reduced fat mayonnaise, reduced fat cream cheese, Romano cheese, and garlic. Cover dish. Bake until heated through and bubbly, about 25 minutes. Serve hot, warm or cool with **Stacy's® Pita Chips (Pesto & Sundried Tomato, Parmesan Garlic & Herb, Simply Naked™ or Multigrain).**

Serves 10-12 people

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Some people call me
the Pita Chip Lady.
but you can call me Stacy.

Baked. At.

quick & healthy

the new
hot lunch

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quick & healthy



OPEN-FACED SANDWICH WITH ITALIAN TUNA, FENNEL, AND PICKLED RED ONIONS

Italian canned tuna is more expensive than the standard supermarket brand, but its flavor is worth the price.

Serves 1

 Prep time: 10 minutes
Cook time: 2 minutes (to toast)

- 1/2 medium fennel bulb
- 4 ounces canned Italian or Spanish tuna packed in olive oil
- Drizzle of olive oil
- 2 slices multigrain Pullman bread or Arnold Brick Oven White Bread (available in supermarkets)
- 3 rings of Pickled Red Onions (see recipe in box at right) or jarred pickled onions
- Salt and pepper to taste

Remove the tough outer layer of the fennel bulb and slice in half through the stem end, then remove the core. With the flat side facedown on a cutting board, thinly slice bulb.

Flake the tuna in a medium bowl with a fork. Add the fennel slices and a drizzle of olive oil. Combine.


Toast the bread. Spread the tuna-fennel mixture over each slice and top with the pickled onion rings. Sprinkle with salt and pepper. Serve immediately.

Nutrition score per serving
373 calories, 11 g fat (25% of calories), <1 g saturated fat, 37 g carbs, 38 g protein, 12 g fiber, 263 mg calcium, 4 mg iron, 873 mg sodium

PANINI WITH TURKEY, SPICY RELISH, AND PARMESAN

This tasty sandwich supplies nearly half your daily calcium needs.

Serves 1

 Prep time: 5 minutes
Cook time: 3 minutes

- 3 ounces roasted turkey breast, sliced thinly, or 3 ounces low-sodium deli turkey
- 1 whole-wheat English muffin

make your own condiments

These flavorful combinations are used in the recipes here, but you can also try them on your own sandwich creations. Covered, each condiment will keep in the refrigerator for five to seven days.

● Pickled Red Onions Slice 2 red onions into 1/4-inch rings. Combine with 1 cup red wine vinegar and 1 cup water in a large jar with a lid. Let sit for at least 12 hours. Before using, squeeze the excess liquid from the onions.

● Sweet Onions Sauté one medium red onion, sliced, in 2 tablespoons olive oil until soft and translucent, about 7 minutes. Add 1 tablespoon balsamic vinegar and continue sautéing for 7 to 9 minutes. If the onions begin to stick, add water, one teaspoon at a time. Remove onions from heat and sprinkle with 1/4 teaspoon freshly ground black pepper.

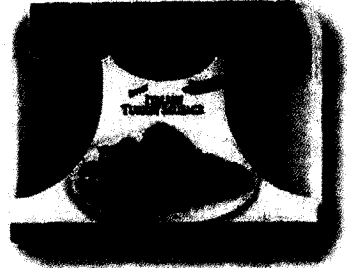
● Spicy Relish In a blender, combine 3 hot cherry peppers, 3 tablespoons Sweet Onions (recipe above), 3 tablespoons olive oil, 1/2 teaspoon salt, and 1/2 teaspoon red chili flakes. Pulse to form a chunky relish.

chef's tip

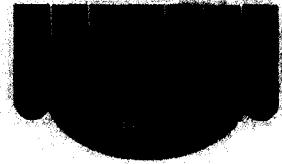
You'll get the most precise grilling from a panini press. VillaWare UNO Pro-Press Contact & Panini Grill (\$90; charcoalgrill.com) is nearly restaurant quality, but priced for the home cook.

Click to get your *Shape* shopping list. You can print out a list of all the ingredients you need to make these delicious recipes at shape.com/quickandhealthy.

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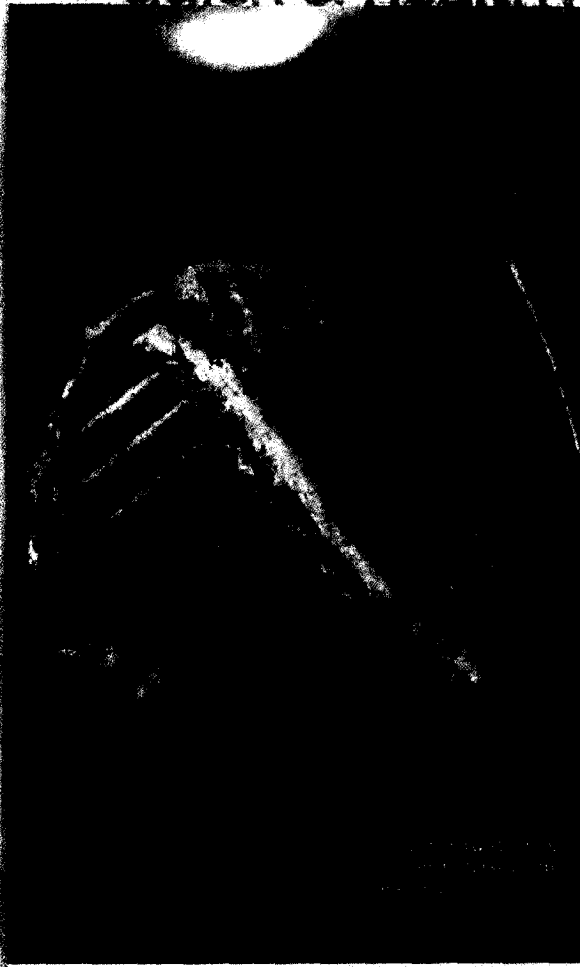


LOOK AT TURKEY NOW.



Recipe suggestion

quick & healthy



- 1 ounce Parmigiano-Reggiano cheese, thinly sliced
- 1-2 tablespoons Spicy Relish (see recipe on previous page) or a store-bought red-cherry-pepper relish

Preheat a panini grill. (If you don't have a panini grill, use an outdoor grill or frying pan. Then wrap a brick in foil and use it as a weight for pressing the sandwiches.)

Place the turkey on the bottom half of the English muffin, then cover with the sliced cheese. Spread the top half of the muffin with the spicy relish.

Grill until the English muffin is golden brown and sandwich is heated through, 2 to 3 minutes, and serve.

Nutrition score per serving
434 calories, 18 g fat (37% of calories), 8 g saturated fat, 28 g carbs, 40 g protein, 5 g fiber, 492 mg calcium, 3 mg iron, 857 mg sodium

PORTOBELLO PANINI WITH HERBED GOAT CHEESE

Slicing the top off the ciabatta roll helps the ingredients meld better when they're heated.

Serves 1



Prep time: 15 minutes

Cook time: 3 minutes

- 1 medium ciabatta roll (an oval-shaped, dome-topped roll) or whole-wheat English muffin
- 2 tablespoons mild-flavored fresh goat cheese
- 2 tablespoons nonfat milk
- 2 tablespoons finely chopped mixed fresh herbs, such as basil, fennel fronds, and oregano
- Salt and pepper to taste
- Freshly squeezed juice of 1/2 lemon
- 1 handful arugula (about 2 ounces)

- 1 medium portobello mushroom cap, cleaned and sliced into 1/4-inch pieces
- 2 teaspoons olive oil

Preheat a panini grill. (If you don't have a panini grill, use an outdoor grill, toaster oven, or frying pan. Then wrap a brick in foil and use it as a weight for pressing the sandwiches.)

Using a serrated knife, remove the domed top of the ciabatta roll. The roll should now be about 1 1/2 inches thick. Slice the roll horizontally. (If using an English muffin, skip this step.)

Combine the goat cheese, nonfat milk, and herbs in a small bowl. Sprinkle with salt and freshly ground pepper to taste. Use a fork to blend thoroughly. Pour the lemon juice over the arugula and use your hands to toss.

Season mushroom slices with the same herbs you used to flavor the goat cheese, and sauté in olive oil for about 5 minutes. Lay the mushroom slices across the bottom half of the roll, and cover with arugula. Thinly spread the goat cheese on the top half of the roll.

Grill the sandwich until the bread is golden brown and the cheese begins to melt, 2 to 3 minutes, and serve.

Nutrition score per serving
341 calories, 15 g fat (39% of calories), 4 g saturated fat, 40 g carbs, 13 g protein, 3 g fiber, 168 mg calcium, 3 mg iron, 480 mg sodium

JASON DENTON owns 'nd, a New York City panini bar, with his wife, Jennifer. He is also co-owner of the restaurants Lupa and Otto in New York City.

how to turn a sandwich from mediocre to *mmm...*

It's easy to create your own recipes for panini or other warm sandwiches as long as you're willing to experiment with different ingredients, says New York chef Jason Denton, who developed these recipes. To get creative:

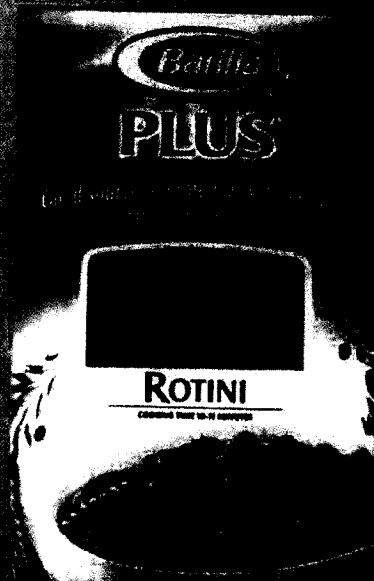
🕒 **Play with tastes and textures.** The best sandwich contains a mild-flavored base ingredient, like roasted meat or fresh veggies, a strong condiment (see below), and Parmesan, fontina, or another cheese that melts without getting stringy or gooey to help blend all the flavors.

🕒 **Upgrade your condiments.** To really give your sandwich some zing, trade the traditional mayo and mustard for

something more exotic—like basil pesto, a puree of roasted red peppers or sundried tomatoes, or one of the homemade condiments on the previous page.

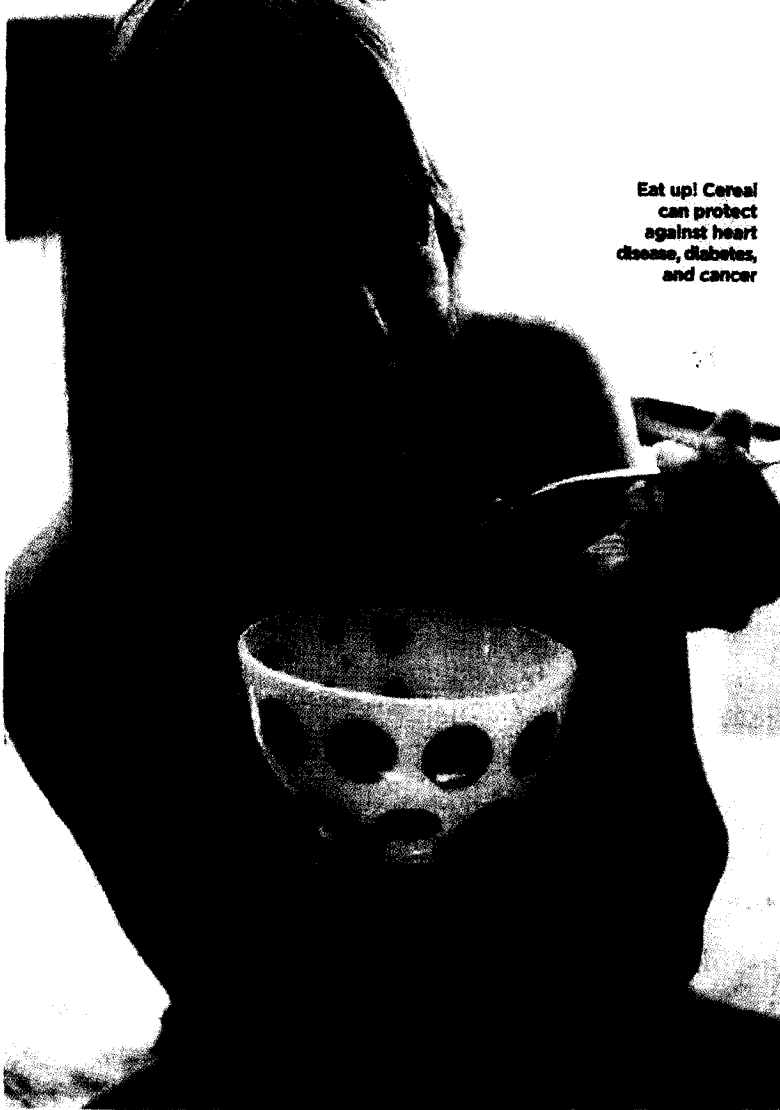
🕒 **Turn a salad into a sandwich.** Place your favorite greens, salad fixings (veggies, cheese, meats), and dressing between two slices of bread, and grill. The combination makes for a satisfying and nutritious lunch.

Savory Herbs



Great pasta plus so much more.

smart eating 101



Eat up! Cereal can protect against heart disease, diabetes, and cancer

women for 10 years and discovered that those who got the most cereal fiber (about 8 grams a day) reduced their risk of heart disease by about one-third compared to those who had the least cereal fiber (about 2 grams a day). And other research finds that scooping up those high-fiber mouthfuls regularly can protect against breast and colon cancer.

The ideal meal

Still need more convincing to pour yourself a bowl? Cereal can help trim your figure, too. A new study published in the *British Journal of Nutrition* found that women who increased their intake of cereal as part of a weight-loss program shed nearly two more pounds over six weeks than those who upped their vegetable consumption instead. And opting for cereal helps you avoid one of the biggest drawbacks of dieting: not getting your full daily dose of vitamins and minerals. "Cereal's a good choice because it's high in nutrients, while still being low in calories," Slavin says. In fact, dieters who munched on whole-grain cereal got more fiber, magnesium, and vitamin B₆ than those who didn't eat cereal, according to a University of Rhode Island study.

"Most cereals have at least 25 percent of everything a multivitamin gives you," explains Slavin. That's because in addition to the vitamins and minerals found naturally in the grain, many cereals are either fortified (vitamins and minerals are added) or enriched (vitamins lost during processing are replaced). Factor in milk, which provides calcium and protein, and you've got the perfect meal.

Of course, not every flake, nugget, and cluster deserves such a puffed-up reputation. Sure, a bowl of Sugar Bombs is better than no breakfast at all, but to reap the health and weight-loss benefits, a cereal has to hit high marks in certain areas. To find out if your brand measures up, look past the healthy-sounding claims on the front ("25 vitamins and minerals!"), and check out the nutrition panel and ingredients. What a smart bowl should dish out:

the new wonder food for women

The latest research shows that cereal can help you drop pounds and improve your health. Here's how to get the most from your bowl. BY TULA KARRAS

Mother Nature does a darn good job of packing nutrients into her products. But there's one processed food that rivals even the healthiest au naturel creations: cold cereal. "Nutritionists never recommend that you live on one dish alone, but if you had to pick one, whole-grain cereal and milk

would be it," says Joanne Slavin, Ph.D., a professor of nutrition at the University of Minnesota in St. Paul. "It's loaded with fiber, nutrients, and protein."

In fact, a decade's worth of research supports cereal's status as a super-food. In one report from the Nurses' Health Study, Harvard scientists followed 68,000

REGGIE CASAGRANDE

ALUMINUM



Orange Ballet

LIFEWAY

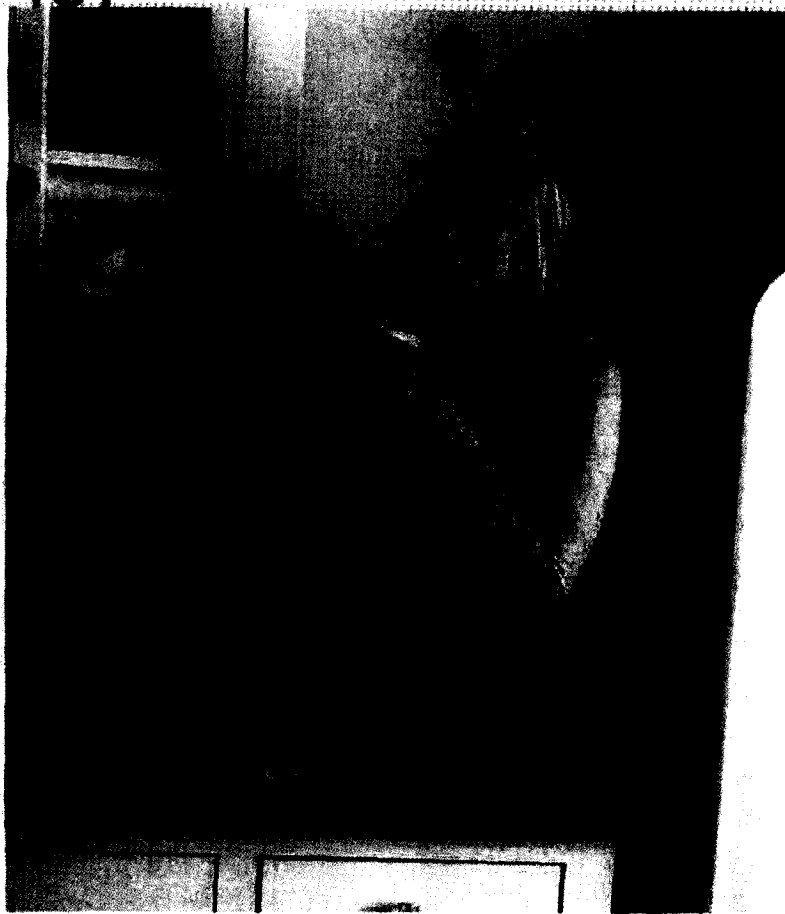


smart eating 101

● **Look for at least 3 grams of fiber per serving** Although most brands contain a range of nutrients, the rough stuff is the standout star. "Fiber can lower cholesterol, and because it's broken down slowly by the body, it helps keep blood sugar levels stable," explains Walter Willett, M.D., chairman of the nutrition department at Harvard School of Public Health. Frequent spikes and dips in your blood sugar can cause your body to become resistant to insulin, a hormone that helps process blood sugar; over time, this condition can lead to diabetes. Plus, since it takes a while for cereal to digest, you stay fuller longer: That may be one reason why studies find that people who consume the most fiber are also the least likely to be overweight.

Women need at least 25 grams of fiber daily, but most of us don't get nearly that much. Cereal is one of the best sources for the nutrient, Slavin says, because it usually packs in more grams calorie for calorie than other fiber-rich foods, like bread. (You may, however, need to *gradually* increase the amount you eat to avoid gas and bloating.)

● **Make sure the first listed ingredient includes the word "whole"** That means that the grains haven't been stripped of the kernel's good-for-you bran and germ layers, a



“High-fiber cereal takes a while to digest, so you stay fuller longer.”

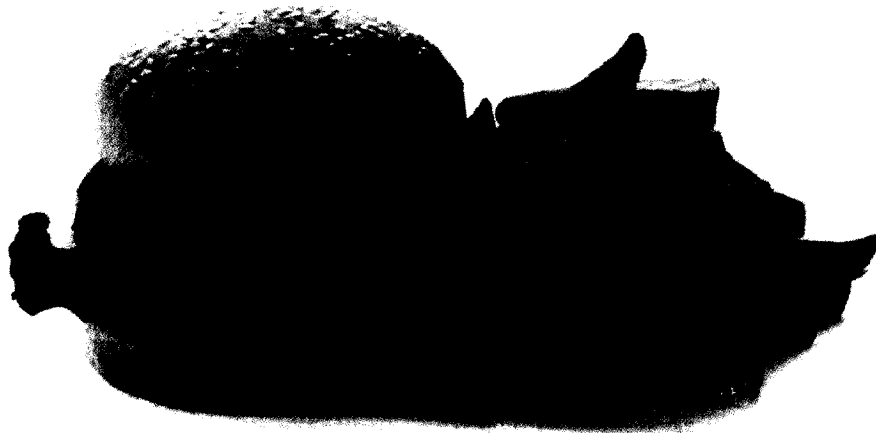
process which also removes more than half of the nutrients, including fiber. If you want to go one step further, look for cereals that have gone through the least amount of processing. "You can't

tell this necessarily from looking at the label, but you can see it when you look at the cereal itself," says Willett. Spotting the unprocessed varieties is simple: The cereal will resemble the grain, like the whole oats in granola or puffed wheat. "Unprocessed whole grains are absorbed into your blood stream even more gradually than cereals made from whole grains manufactured into flakes or other shapes," explains Willett. But know that you don't need to give up your favorite O's, flakes, and squares, just mix them with a less-processed variety for a delicious healthy treat.

Beyond the Morning Bowl

Cereal is a great way to start your day, but don't stop there: It also makes a nutritious snack or recipe ingredient. In fact, one study from Wayne State University in Detroit found that women who had cereal and lowfat milk as a bedtime snack lost more weight than those who had their usual pre-snooze pick. For an easy take-anywhere treat, make your own trail mix from whole-grain cereal, nuts or seeds, and dried fruit. You can also use cereal as a healthy substitute in your favorite recipes, says Alexandra Borgia, an instructor at the Natural Gourmet Institute for Health and Culinary Arts in New York City. She suggests using flakes as a coating for "fried" chicken or mixing them into your favorite cookie batter. For Borgia's cereal-friendly recipes, go to shape.com/cereals.

● **Skip cereals with more than 10 grams of sugar per serving** "The sugar grams you see listed on a cereal box are mostly added sugar," says Andrea Chernus, R.D., a dietitian in private practice in New York. "Those



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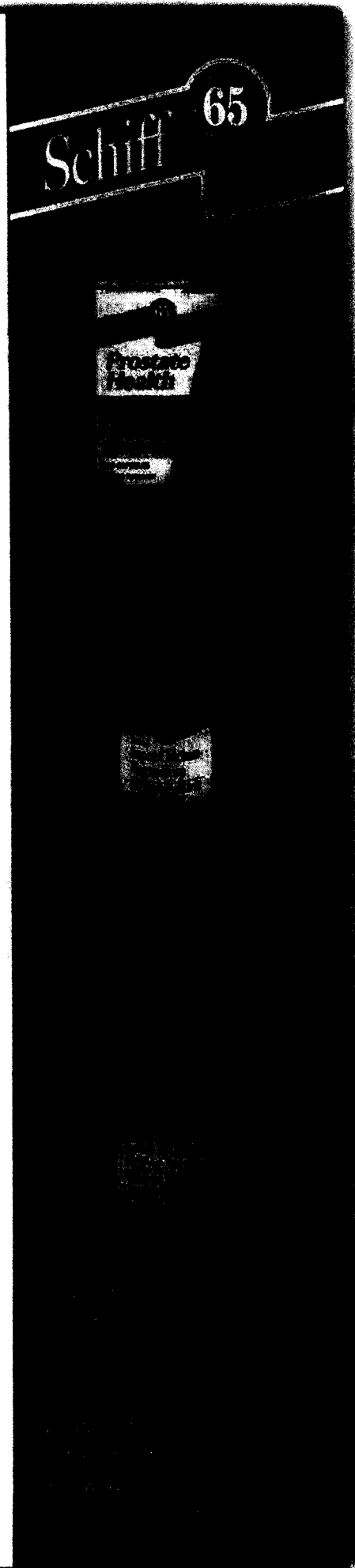


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smart eating 101

are just extra calories that aren't doing anything nutritionally." The sweet stuff, especially in the form of high-fructose corn syrup, can also raise blood sugar levels so fast that you crash and feel hungry again in about an hour, Slavin says.

But what if your favorite cereal has more than 10 grams of sugar? Don't toss it out if it's high in fiber or protein. Instead, combine it with a low-sugar variety to get the same great flavor.












❶ **Don't obsess over fat grams, but do consider calories** Most of the fat in cereal is the heart-healthy monounsaturated kind found in nuts or soy. Still, you need to check the labels for the presence of trans fats. Even if the label says 0 grams trans fat, check the ingredients list. If you see partially hydrogenated oil, the product contains these fats. Under FDA guidelines, manufacturers can say that their product has 0 grams trans fat as long as it contains less than half a gram per serving. While consuming 0.4 grams of trans fats doesn't sound like much, research shows even a few grams a day can harm your heart.

Other numbers you should pay attention to are the cereal's calorie content and portion size. Many of us are eating much more than we think: A study published in the *Journal of Consumer Affairs* found that people poured themselves twice the amount of the serving size that was listed on the box. So transfer your cereal to a measuring cup to see how much you're really getting. "I recommend keeping the total calories from cereal and milk around 400 or less," Chernes says.

❷ **Let your taste buds weigh in** Is that good-for-you cereal not satisfying your sweet tooth? Before you break out your sugar bowl, try doctoring it with nutrient-rich toppings. "Think of your cereal as a healthy base and add to it from there," suggests Willett. Some of our favorites: fresh fruit, raisins or other dried fruit, or a lowfat yogurt.

THE HEALTHIEST PICKS

These cereals get the green light for their whole-grain, high-fiber, low-sugar content. (The Honorable Mentions may fall a little short of our expert criteria, but they're still some of our favorites.) Many are also high in protein (important when you're on a low-calorie diet, since your protein needs don't decrease). Ready, set, munch!

	<p>BARBARA'S SHREDDED SPOONFULS Serving size: 1/4 cup Calories: 120 Fat: 1.5 g Protein: 4 g Fiber: 4 g Sugar: 5 g</p>	<p>POST GRAPE-NUTS Serving size: 1/2 cup Calories: 200 Fat: 1 g Protein: 7 g Fiber: 6 g Sugar: 5 g</p>	
	<p>CHEERIOS Serving size: 1 cup Calories: 110 Fat: 2 g Protein: 3 g Fiber: 3 g Sugar: 1 g</p>	<p>POST SPOON SIZE SHREDDED WHEAT Serving size: 1 cup Calories: 170 Fat: 1 g Protein: 6 g Fiber: 6 g Sugar: 0 g</p>	
	<p>KASHI GO LEAN Serving size: 1 cup Calories: 140 Fat: 1 g Protein: 13 g Fiber: 10 g Sugar: 6 g</p>	<p>QUAKER OATMEAL SQUARES Serving size: 1 cup Calories: 210 Fat: 2.5 g Protein: 6 g Fiber: 4 g Sugar: 9 g</p>	
	<p>KELLOGG'S COMPLETE OAT BRAN FLAKES Serving size: 1/4 cup Calories: 110 Fat: 1 g Protein: 3 g Fiber: 4 g Sugar: 6 g</p>	<p>WHEAT CHEX Serving size: 1/4 cup Calories: 160 Fat: 1 g Protein: 5 g Fiber: 5 g Sugar: 5 g</p>	
HONORABLE MENTIONS			
<p>CASCADIAN FARM HONEY NUT O'S</p>  <p>Serving size: 1 cup Calories: 120 Fat: 1.5 g Protein: 3 g Fiber: 2 g Sugar: 8 g</p>	<p>LIFE</p>  <p>Serving size: 1/4 cup Calories: 120 Fat: 1.5 g Protein: 3 g Fiber: 2 g Sugar: 6 g</p>	<p>SPECIAL K</p>  <p>Serving size: 1 cup Calories: 110 Fat: 0 g Protein: 7 g Fiber: <1 g Sugar: 4 g</p>	

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weight-loss q&a

Make sure
you're meeting
your calorie
needs—not his



why he sheds pounds faster

What you need to know when you diet with your significant other—and more of your questions answered here. BY SUZANNE SCHLOSBERG

Q My husband and I have been dieting diligently together, but he's lost 8 pounds more than me. Why?

A Guys tend to drop pounds at a faster rate than women because they have greater muscle mass, which burns more calories (even at rest) than fat does, says Stella Volpe, Ph.D., R.D., an associate professor of nutrition at the University of Pennsylvania. Another possibility is that you may be unknowingly matching him

calorie for calorie. When couples start a weight-loss plan together, it's not uncommon for them to eat similar-size portions. "But because men have more muscle, they need more calories, even if the two of you are the same size and do the same workout," says Volpe. So if you're eating the equal amount of food he is, you're probably taking in more than you need. (To figure out your calorie requirements, log on to shape.com/calorienneeds.) Focusing on yourself instead of comparing numbers is key for reaching your goal. "Measuring your progress against someone else's will only make you feel discouraged and unmotivated," she says, "even if you're doing well."

Q I've heard that you burn more calories running and cycling outside than you do indoors. Is this true?

A That all depends on how hard you're working. All things being equal, running outdoors may burn 7 to 10 percent more calories than working out on a treadmill because of air resistance and the fact that you don't have the machine's belt helping to propel you, says Cedric X. Bryant, Ph.D., of the American Council on Exercise. In addition, running on uneven terrain like sand or a sloped sidewalk requires more energy than running on a flat surface—but the difference may add up to just 20 to 30 calories during a 30-minute workout. "If you kick up the treadmill incline, you can burn the same number of calories as running outdoors, maybe even more," says Bryant. The same goes for cycling indoors—a high-intensity Spinning class will blast more calories than a leisurely cruise outside. Conversely, when you're biking on a trail, fighting a headwind, or working to keep your body balanced while heading uphill, you'll definitely sweat more than when you're pedaling on a stationary bike. One big advantage of outdoor workouts: If you spend the winter months at the gym, a change of pace could be just what you need to shake up your routine and push a little harder!

SUZANNE SCHLOSBERG is the co-author of *The Fat-Free Truth: Real Answers to the Fitness and Weight-Loss Questions You Wonder About Most*.

GOT A WEIGHT-LOSS QUESTION? Write Shape, Weight-Loss Q&A, 1 Park Ave., 10th Floor, New York, NY 10016 or weightlossq&a@shape.com.

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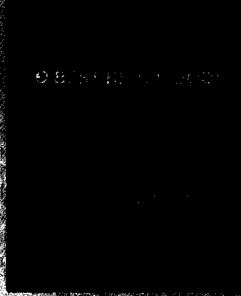
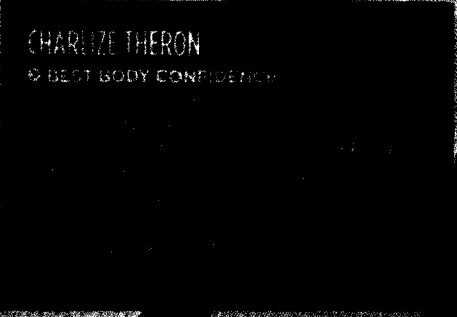
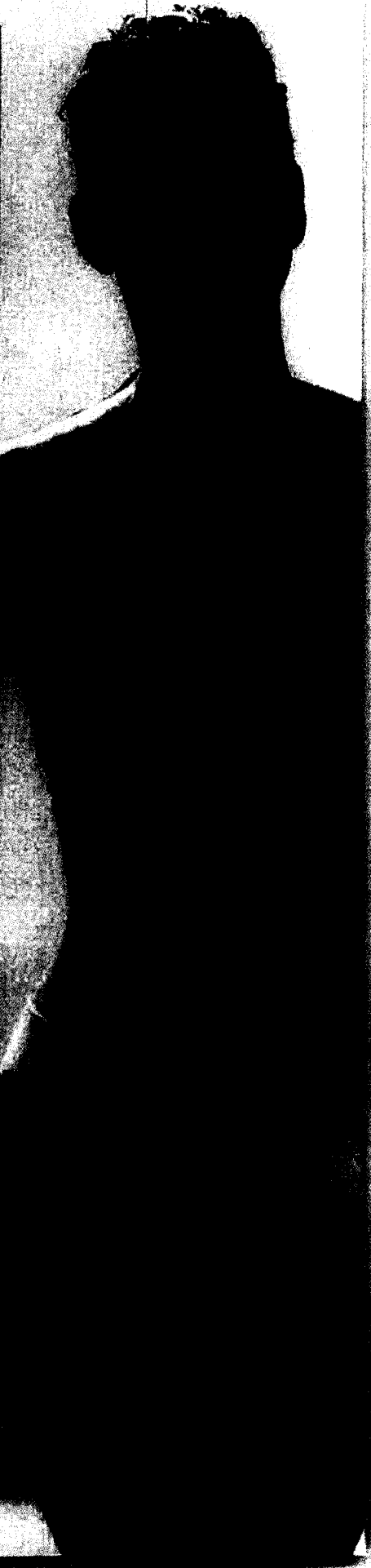
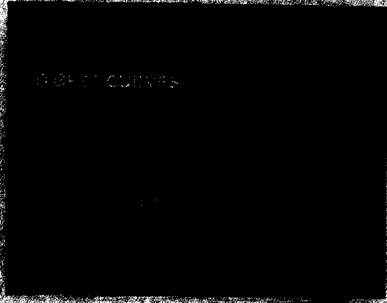


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about
the

EVA ★ CAMERON ★ JENNIFER ★ BEYONCÉ ★ HILARY

CHAPTER



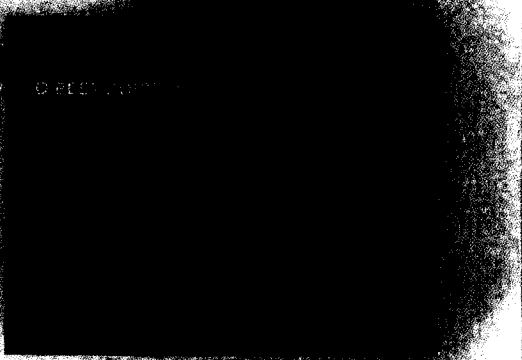


KELLY RIPPON
© SEXY VEST

SECRET

CAMERON DIAZ
© MOST ATHLETIC

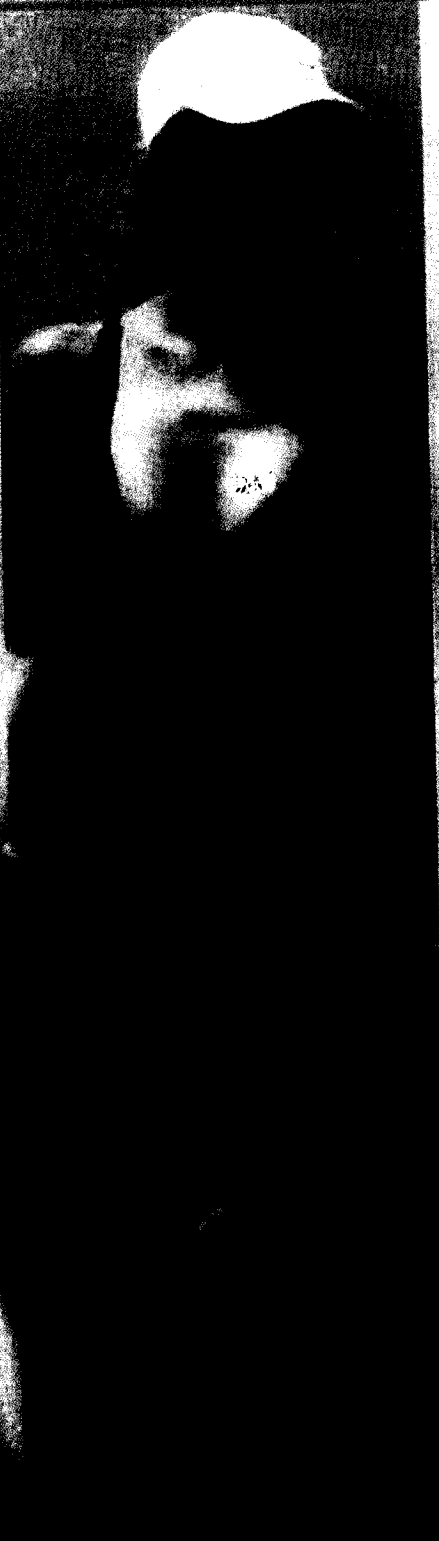
SEXUALITY



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0 BEST BODY IN HER AGE

NEARLY 40



JESSICA ALBA

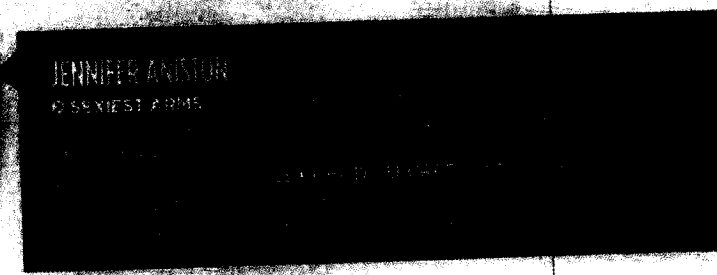
0 MOST TONED

SEXY BILLY JEANS



JENNIFER ANISTON

0 SEXIEST ARMS



FIRST SPREAD: JONNY DAVIES; VIX BRINK; ROXANNE ASSOULIN FOR LEE ANSEL; DANIELS; SECOND SPREAD, FROM LEFT: FRANK NICZLOTT/GETTY IMAGES; FLYNETRACTURES; NINA/COURTESY OF EVERETT COLLECTION; MCGEE/COM; FLYNETRACTURES (2); THIRD SPREAD, FROM LEFT: JOHNNY/JONNY DAVIES; FLYNETRACTURES; NINA/COURTESY OF EVERETT COLLECTION; MCGEE/COM; FLYNETRACTURES (2); LUCIAN; COOPER; JTA/AGENCY.COM; INFOFF.COM; FLYNETRACTURES; LUCIAN; COOPER; JTA/AGENCY.COM; STEVENSON; SPALY; SPLASH-NEWS (2); LUCIAN; COOPER; JTA/AGENCY.COM



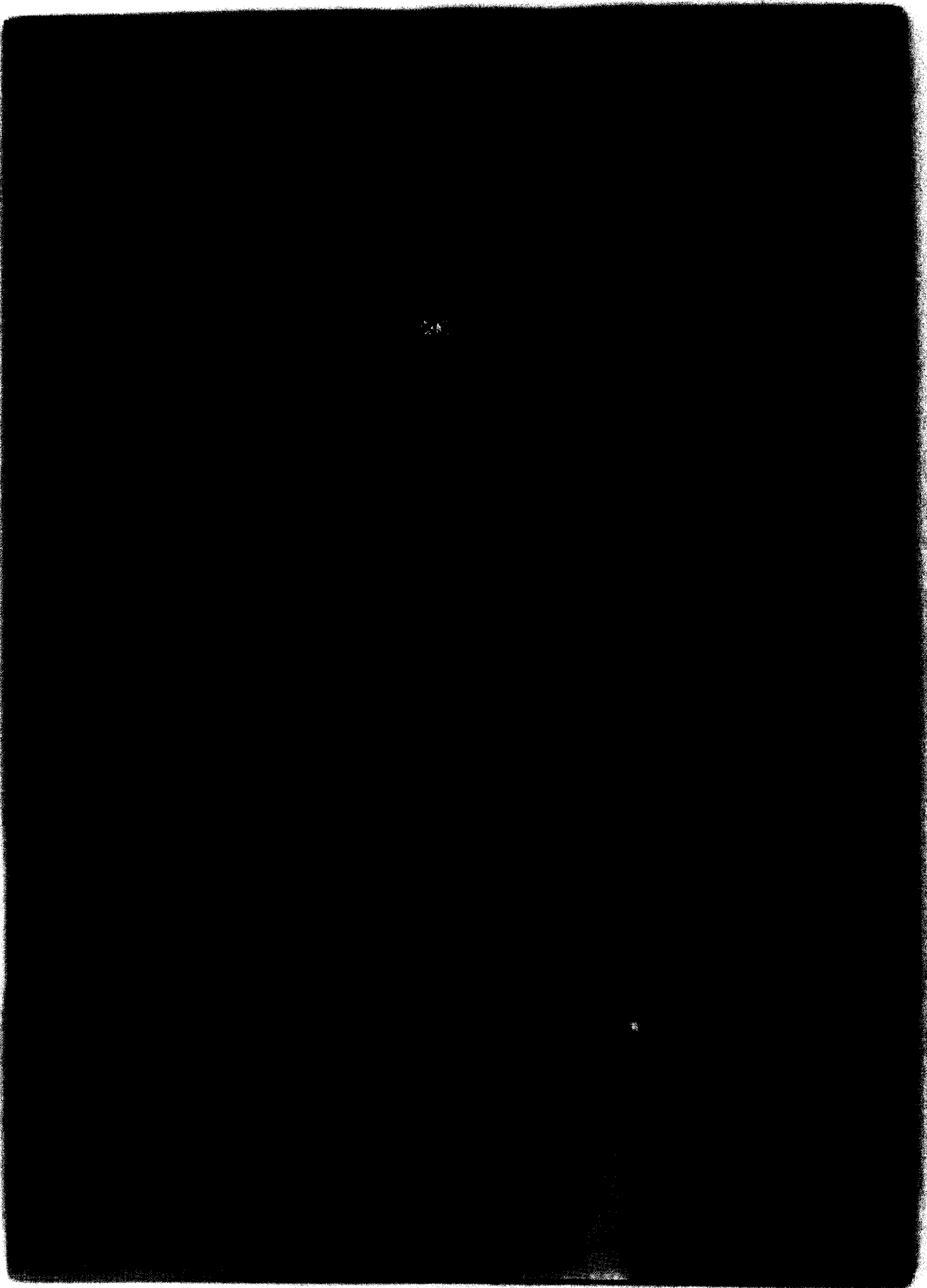
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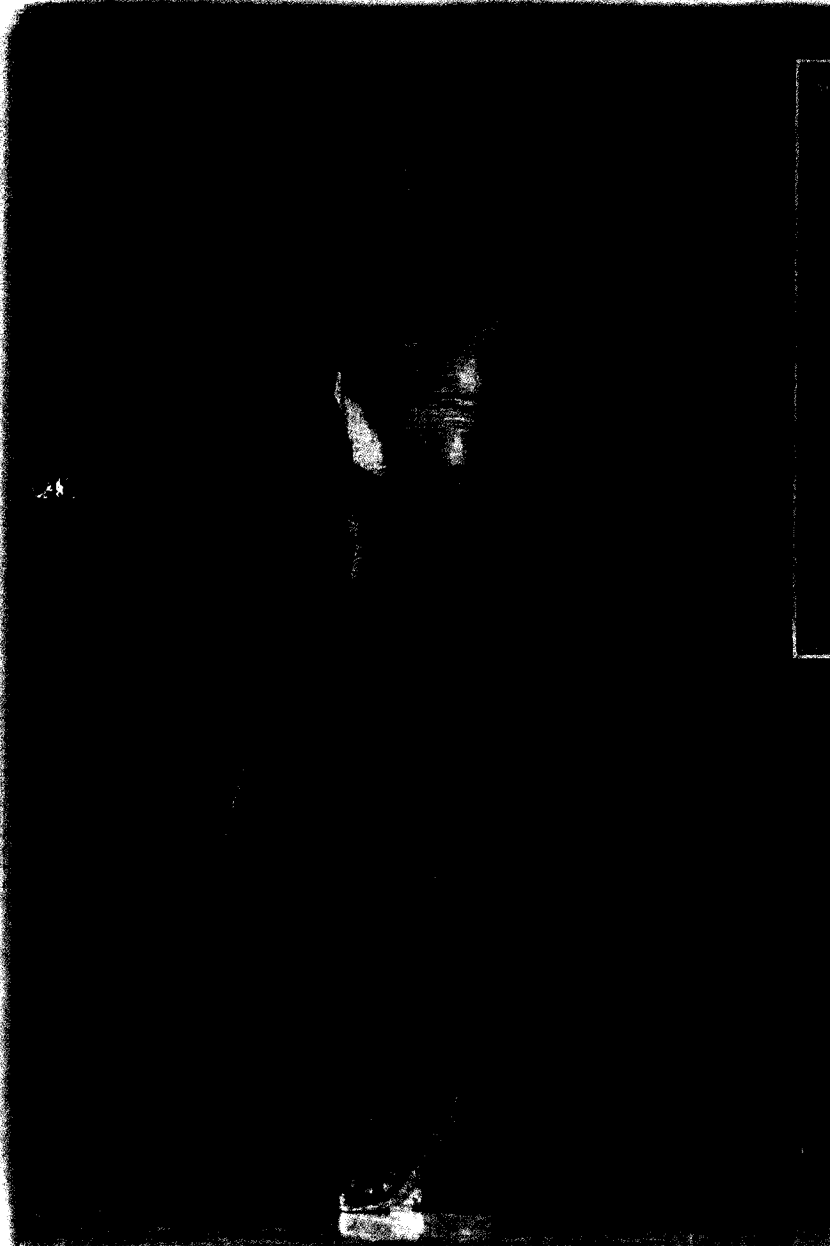
MOLLY SIMS
OF PASTELLE

SHAPE

best bodies
in hollywood







1 THE "IT" WORKOUT
Yoga Booty Ballet

Why it's hot This blend of hatha yoga, ballet, street dance, and weight training targets your glutes and hips from all directions, says workout co-creator Gillian Clark. Taught at Swerve studio in West Hollywood, the class draws celebs such as Sarah Michelle Gellar and Tori Spelling.

Try this move **One-legged squat**
Works legs, butt, hips, and abs
Stand on left foot, knee slightly bent and toes turned out, with right foot, heel up, next to left instep. Cross arms gracefully in front of you, lean back slightly, and squeeze left glute hard [A]. Shift your left hip back and to the left, and bend over from the hips as you squat on left leg and bend both knees (keep them aligned over toes). At the same time, reach right arm toward floor and extend left arm up behind you [B]. Push through left heel as you rise up to the start position. Do 10 reps; switch sides to complete set.

2 THE "IT" WORKOUT
Core Energy Flow

Why it's hot This mix of yoga, qi gong (a Chinese healing art involving controlled breathing), and core work leaves you feeling invigorated, calm, and sculpted, says Elisabeth Halfpapp, who designed the routine to flow from move to move, as in yoga. Halfpapp teaches the class exclusively at Exhale spa, where Julia Roberts and Gretchen Mol are clients.

Try this move **Side-to-side lunge**
Works legs, butt, and abs
Stand with feet wide, toes turned out, and hands in front of you (palms about 8 to 10 inches apart as if you were holding a ball). Keeping arms still, slowly lunge to the right as far as you can [A]. Hold for up to 30 seconds, breathing deeply, then switch sides [B]. Do 8 lunges to each side.



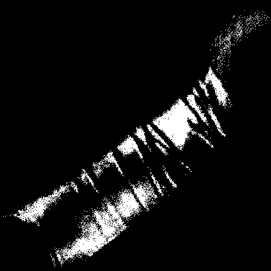


4 THE "IT" WORKOUT Beach Circuits

Why it's hot Set on a stretch of the Malibu coast, this 90-minute sweat session starts with fast walking and running on steep sand dunes to torch calories. Mix in upper-body sculpting moves and you have the perfect recipe for a red carpet-ready body. Pilates master Sebastien LaGree created the workout, and his clients Denise Richards and Gabrielle Reece are poster girls for its effectiveness.

Try this move Starfish

Works core, triceps, and inner and outer thighs
Place right hand on a sturdy bench or chair and extend legs so you're balanced on right hand and right foot, feet stacked. Your body should be straight from head to heels. With abs tight, extend left hand up, then slowly lift and lower left leg 10 times [A]. On the last rep, keep leg up and draw 10 small circles in the air with left foot [B]. Finish by slowly swinging left leg forward and back 10 times, toes pointed. Lower leg to starting position; switch sides and repeat.





how hollywood blasts fat

The camera adds 10 pounds, so it's no wonder celebrities place a high value on calorie-blasting cardio—whether it's a power session on the bike, a fast-paced beach jog, or an intense hike. But how exactly do they keep the flab at bay? With these hot Tinseltown aerobic trends, of course.

1. Turbo-charged classes

- The latest rage at the **Sports Club/LA** in Beverly Hills—Demi Moore, Beyoncé, and Tyra Banks work out here—is **Indo-Row**, a heart-thumping group rowing workout led by former champion rower Josh Crosby. The 50-minute class blasts up to 800 calories and strengthens the upper and lower body.
- At **Body & Soul Workout** in West Hollywood, Nicole Kidman was spotted taking **Ellipticore**. The 45-minute group workout on the elliptical targets your core, legs, butt, and upper body.
- For stars like Marcia Cross and Lisa Rinna, spinning their wheels in an

Indoor cycling class is still the fat-zapping workout of choice because it burns 500 calories in 45 minutes. Find it at **Revolution Fitness** in Santa Monica.

2. Sweaty gym sessions

- High-voltage **interval training**—3 to 5 sets of strength moves followed by 3 to 5 minutes of intense cardio exercise—is how trainer Michael George helps Reese Witherspoon and Julianne Moore get and stay lean.
- To shape up megastars like Ashley Judd, trainer Steve Zim uses a double-duty workout called **R.A.W.**, which stands for Resistance and Walking. You tie two resistance bands or tubes to the

rails of a treadmill, set the incline at 5 percent or higher, then walk for at least 30 minutes at 3 mph (or faster) while doing upper-body moves like shoulder presses and biceps curls with the bands.

3. Booty-kicking outdoor workouts

- During warm weather, Avril Lavigne and Pink head to the beach for 60-minute sessions that include **sand running, surfing, and ocean paddling** with trainer Gregory Joujon-Roche.
- Trainer Teddy Bass helps star client Cameron Diaz stay ultra-lean (and athletic) with 30-minute to hour-long **hikes, track running workouts, and stair climbing** in Santa Monica.



how stars



Who knew a
peanut-butter
brownie with
chocolate-mocha
syrup could
be diet food?

stay slimm

No fads—just three plans that get results.

For celebrities, dieting can be as much a part of the job as rehearsing lines or doing the talk-show circuit. As Elizabeth Hurley once said, "Being able to squeeze myself into tiny clothes is how I earn my living." While it's true that a few celebs will succumb to the occasional fad (a juice fast before the Oscars, for example), some of the fittest, sexiest luminaries employ healthy, balanced strategies for losing weight. (Bonus: This approach only enhances their star power. Who can look radiant and happy after depriving themselves?) For your consideration...three weight-loss plans that will have you looking red-carpet-ready—for life.

by Anne Marie O'Connor photography by Tina Rupp

1 zone delivery

When you're cutting calories, every mouthful counts. Which is where Zone delivery services come in, providing calorie-controlled gourmet meals based on *The Zone*, the mega-selling 1995 book by Barry Sears, Ph.D. Each meal is based on the plan's prescribed balance of 40 percent "good" carbs, 30 percent lean protein, and 30 percent healthy

fat. Several companies offer this heat-and-eat plan, including Zone Chefs, which delivers in the New York and Los Angeles areas. Every morning, three freshly prepared meals and two snacks, tucked in insulated bags, appear on your doorstep. (It also offers a frozen food option, which allows you to order a week's worth of meals at once.)

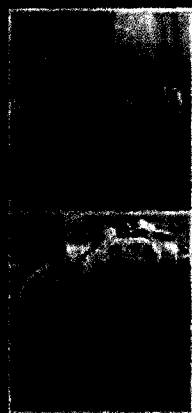
Why celebs love it For the Hollywood elite, the convenience can't be beat. "It can be helpful when people are extra busy and don't have easy access to healthy food," says Elyse Resch, R.D., a Beverly Hills-based nutritionist. There's no counting calories or points, guessing at serving sizes, or keeping a food diary—the service does all the work. Many stars use it to jump-start weight loss when they're prepping for a movie role or, like Cindy Crawford, just after giving birth. Others have meals delivered when they're on location or while on tour, so they're not dependent on fattening catered fare.

Make It work for you A day's worth of Zone delivery meals may contain too few calories (1,200 to 1,400) for some active

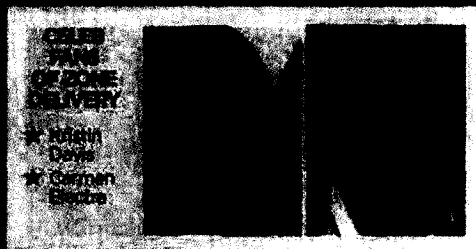
women, says Resch. An easy fix: Add a piece of fruit, some vegetables, or a slice of whole-grain bread to every meal (you can also order extra salads from Zone Chefs).

The biggest hurdle to signing on for Zone delivery, however, is the price, which ranges from \$25 to \$50 a day. But following the diet on your own isn't hard. *Zonediet.com* offers meal plans, recipes, shopping lists, and more.

Find the 40-30-30 concept too confusing? Think of this simple visual: On one third of the plate, place a palm-size serving of lean protein; fill the other two thirds with fruits, vegetables, and whole grains. Round out the meal by adding a small amount of "good fat," such as olive oil, nuts, or avocado.



A typical day is...



2 the mini-meal plan

It's not *what* you eat, but *when* you eat that matters, according to Jorge Cruise, the San Diego-based author of *The 3-Hour Diet* and *The 3-Hour Diet Cookbook*, and one of Hollywood's biggest proponents of a frequent-eating diet strategy. "Eating every three hours revs up your metabolism and stabilizes blood sugar levels," he says. "That, in turn, keeps your energy up and appetite in check."

The keys to the 3-Hour Diet: "Eat within an hour of getting up, then every three hours afterward, and your last meal no fewer than

three hours before you go to bed," says Cruise. Though the emphasis is on the timing, Resch points out that the real reason stars lose weight even though they're eating often is that they're consuming only around 1,500 calories per day: a 400-calorie breakfast, lunch, and dinner, two 100-calorie snacks, and a 50-calorie treat. Still, Resch agrees that the mini-meal approach is a smart way to drop pounds. "If you wait too long between meals, you're likely to get too hungry, which may lead you to make poor choices or overeat," she says.

Why celebs love it This diet gives them the energy to power through long days of filming, interviews, and meetings—not to mention tough workouts. Beverly Hills personal trainer Gunnar Peterson recommends this mini-meal approach to all his clients, including Jennifer Lopez, Brooke Burke, and Amber Valletta. Fueling your body regularly with frequent small meals "is more efficient at keeping your energy high. You need to put gas in the tank before you go on a ride," he says. "It's crazy how people come in to work out and they haven't eaten anything. They can't perform at their optimum level."

Denise Richards, who juggles a career and caring for two kids, is one of the many stars who relies on small, frequent meals to get through her days, which start with an hour-long workout with a personal trainer at 5 a.m. "Eating small meals with a balance of protein and fiber keeps me going," she says. "I always have breakfast. Lately it's scrambled eggs, pancakes, toast, or whatever I've made for the kids at 7 a.m." At lunch and dinner, Richards has a salad with an

olive oil-based dressing or foods she can eat on the run, like veggie burgers and quesadillas.

Another reason stars like Angelina Jolie follow this method is that "it's something they can do for the rest of their lives," says Cruise. "Celebrities have to stay in the business—and stay fit and slender—for many years. Healthy, frequent eating is an easy way to maximize their appearance and energy levels."

Make it work for you While eating balanced meals is often a sage strategy for most people, "there's no proof that three hours is the magic number," says Resch. "Some people can go longer, some people can't go three hours"—and both can still lose weight. So instead of watching the clock, "tune in to your body's own signals," she advises. "If you're not hungry after three hours, don't eat," she says. "But if you're starving after two and a half hours, go ahead and have your next meal or snack."

It's important to remember that a frequent-eating plan doesn't give you carte blanche to chow down on chips and

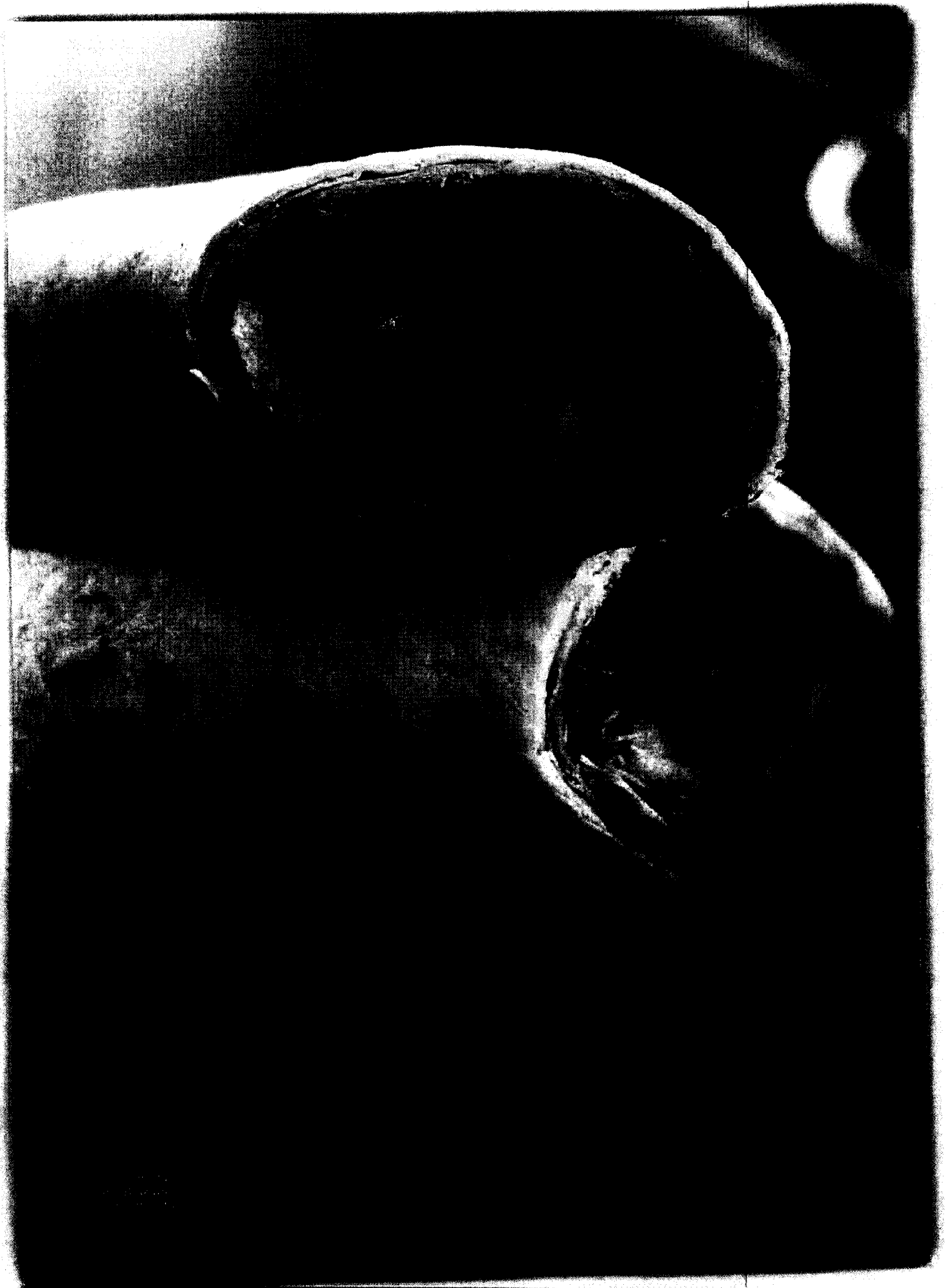
cookies all day long. For it to be an effective diet tool, you need to aim for a wide variety of nutrients at most meals—say, a cup of soup and a piece of fruit or half a sandwich and a small salad. And remember that the emphasis is on "mini," cautions Cruise. The idea is to eat more often—not more food.

PROP STYLING: MARINA MALCHIN, FOOD STYLING: TONI BROGAN, ANGELINA JOLIE: JIM SPELLMAN/WIREIMAGE.COM, DENISE RICHARDS: MICHAEL BUCKNER/GETTY IMAGES, CARMEN: KEVIN MAZUR/WIREIMAGE.COM, PREVIOUS SPREAD: KRISTIN



CELEB FANS OF THE MINI-MEAL PLAN
★ Angelina Jolie
★ Denise Richards





3 the natural foods plan

The natural foods program is not a diet per se, but an eating philosophy, with as many variations as there are adherents. "It emphasizes fresh, whole foods that are minimally processed, locally grown, and organic whenever possible," explains Los Angeles-based Akasha Richmond, caterer and author of *Hollywood Dish: More Than 150 Delicious, Healthy Recipes from Hollywood's Chef to the Stars*. Mainstays include lots of fruits and vegetables, whole grains, beans, soy, olive oil, and dark chocolate. Devotees eschew artificial

additives and sweeteners, trans fats, pesticides, hormones, antibiotics, bleached white flour, white sugar, genetically modified foods, and endangered seafood. A plan like this is extremely flexible; though some followers are strict vegetarians, others eat dairy, fish, seafood, and even red meat and poultry. Alicia Silverstone, who has followed a plant-based diet for eight years, doesn't consume any animal products, while Madonna and Gwyneth Paltrow subscribe to a macrobiotic diet, which allows them to eat fish, as well as grains and veggies.

Why celebs love it The food is delicious, good for you, and you'll lose weight gradually without feeling deprived. Because the diet's based on high-fiber foods like fruits, vegetables, and whole grains, you tend to feel satisfied on fewer calories, says Ashley Koff, R.D., founder of the HealthXchange,

a nutrition consulting firm in Beverly Hills. "If you eat reasonable portions, it's one of the easiest ways to pare down."

Followers also swear that abstaining from processed foods makes them feel better. "My energy levels changed dramatically when I went vegan," says Alicia Silverstone, who reportedly served vegan treats (tomato tarts with cashew cheese, grilled tempeh, and black rice) at her 2005 wedding. "At first it was literally having more energy, and then it was having a 'lighter energy'—being more awake and more present," she says.

It's not surprising, say experts. "For the most part, we're simply going to be healthier if we're eating whole grains, beans, lean protein, and fruits and vegetables," says Koff. "Unlike many processed foods, they also contain micronutrients, such as iodine, selenium, and chromium, which enable the body to function normally." **Make it work for you** Though the plan is replete with good-for-you foods, it doesn't give you license to eat as much as you want. "You need to watch your portion sizes, especially

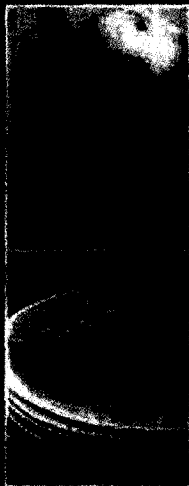
when it comes to higher-calorie items like nuts, tofu, cheese, oils, and grains," cautions Koff.

If you're not eating animal products, you also need to make sure you're getting adequate amounts of protein, iron, calcium, vitamins D and B₁₂, and other essential nutrients from supplements or fortified foods. To ensure you're meeting your needs, you need to cast a wide nutritive net. For specifics, check out the American Dietetic Association's Food Guide for Vegetarians at eatright.org.

It can be time-consuming to prepare whole foods from scratch. To keep cooking to a minimum, whip up a big batch of grains once or twice a week, then simply add fresh veggies and lean protein. Seek out chains like Whole Foods and Trader Joe's to stock up on staples such as brown rice, dried fruit, and whole-grain pizzas.

Another challenge is this diet's reliance on organic foods, which can cost substantially more than nonorganic foods. If money's an object, don't worry. "It's better to have nonorganic broccoli," says Resch, "than no broccoli at all."

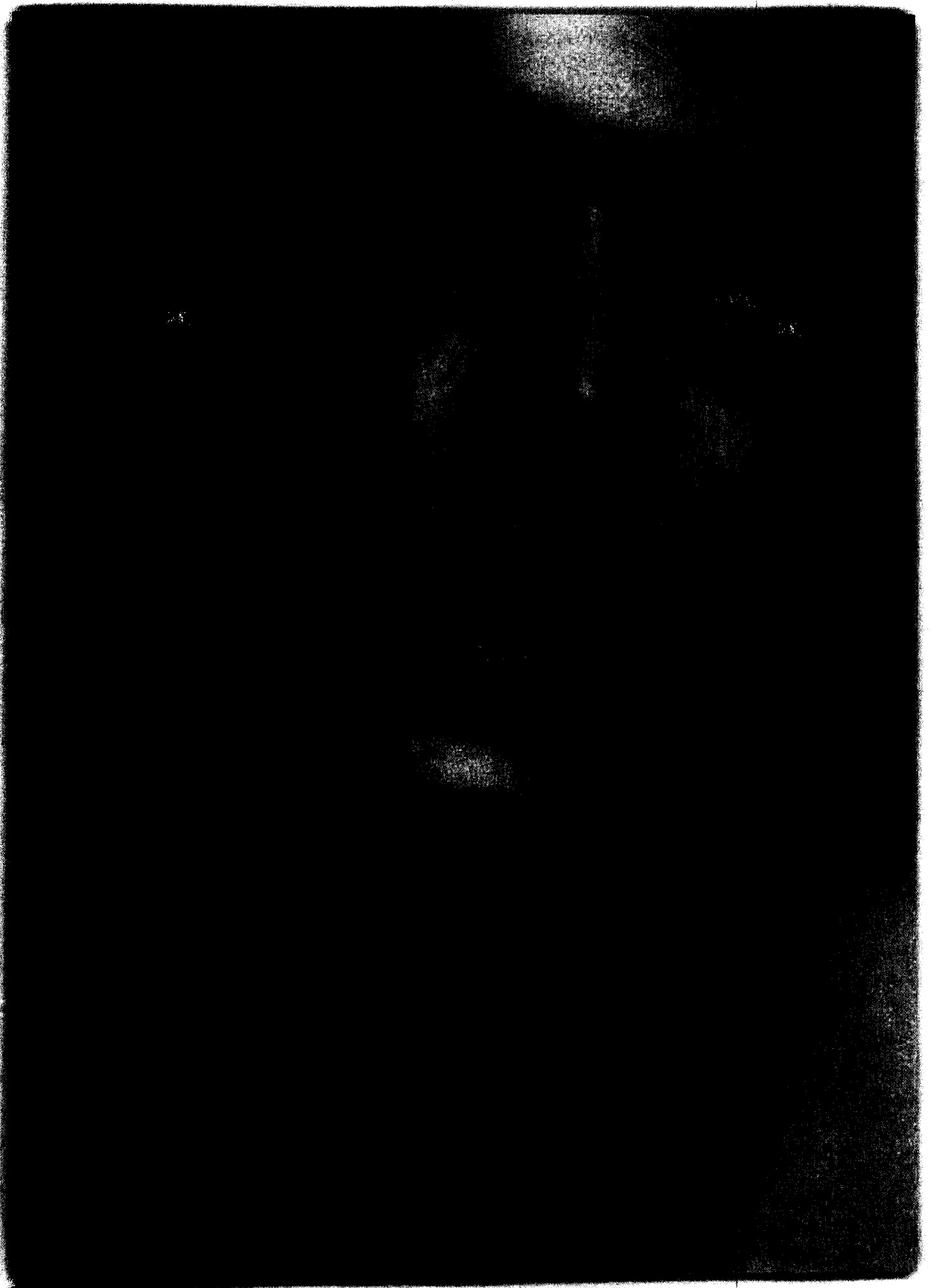
MADONNA: GREG DUGUIRE/WIREIMAGE.COM; ALICIA: DOUG PETERS/RETNA



CELEB
FANS
OF THE
NATURAL
FOODS
PLAN

★Madonna
★Alicia
Silverstone

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from
red
carpet
to real life

EYES

MOVIE-STAR MAKEUP

"How can I pull off natural yet glamorous makeup?"



WHO WEARS IT BEST
Gwyneth Paltrow

"Light, feminine makeup sends a message that you're comfortable with who you are. That inner confidence is inherently glamorous."
—New York makeup artist **Allison Raffaele**, who prepares Gwyneth for award shows and TV interviews

Get the look Even when she's glammed up, Gwyneth never appears overly made up because she wears sheer makeup that lets her skin show through. "Her blush is always pretty and fresh, and her lips look naturally tinted," says Raffaele. Apply a swipe of peachy or rose-hued blush, like **Estée Lauder Tender** in Peach Nuance (\$25), blending well. To mimic Gwyneth's signature pink lip, choose a sheer lipstick, such as **Estée Lauder Pure Color Crystal** lipstick in Sweet Lychee (\$22; esteelauder.com).

"I love red lips but don't know which shade to try. Any advice?"

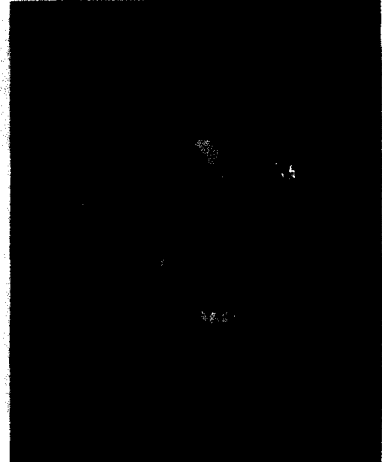


WHO WEARS IT BEST
Gwen Stefani

"Red lips are sophisticated and a guaranteed attention-getter. But they require precise application."
—Los Angeles makeup artist **Jo Strettell**, who works regularly with Gwen

Get the look First, choose a creamy red-toned lipstick. If skin is fair, a raspberry or deep wine shade is most flattering; choose a slightly more tomato color for darker complexions. Hot hues: **Chanel Rouge Allure Luminous Satin** lipstick in Brilliant (\$29; chanel.com), a fire-engine red, and **Givenchy Rouge Interdit** lipstick in Illicite Raspberry (\$26; sephora.com), a pink-based red. Start by lining lips with a matching lip liner, like **Revlon ColorStay** lip liner (\$8; at drugstores), which comes in 16 shades. Then apply lipstick using a thin lip brush; press the color in with your pinkie for a stained look.

"How do I create smoky eyes without the raccoon effect?"

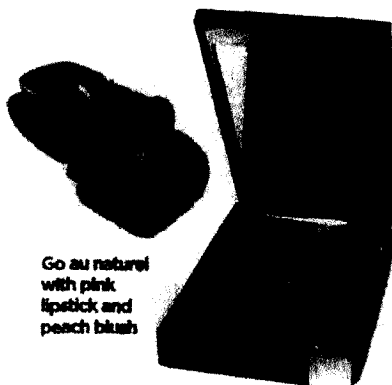


WHO WEARS IT BEST
Heidi Klum

"There's something enticing about smoky eyes. They really draw attention to a person's face."
—New York *Project Runway* makeup artist **Linda Hay**

Get the look Instead of using black shadows, Hay creates Heidi's smoky look with softer chocolate or gray shadows (try **Victoria's Secret Mosaic** eye shadow in Sultry, \$18; victoriassecret.com). Sweep the darkest shade from lash line to crease, then apply a lighter, neutral tone (like caramel) from the crease to your brow bone. Next, stroke a medium-dark brown or gray shadow under your lower lash line with a cotton swab. Complete the look by adding three coats of black volumizing mascara to top lashes (best bet: **Max Factor Volume Couture** mascara, \$8; at drugstores).

FROM LEFT: BEL JOHNSON, JPISTUDIOS.COM; AEE, USA COMBETAL; TO MARION CURTIS, STARTRAKSPHOTO.COM; STILL LIFE, TODD HUFEMAN



Go au naturel with pink lipstick and peach blush



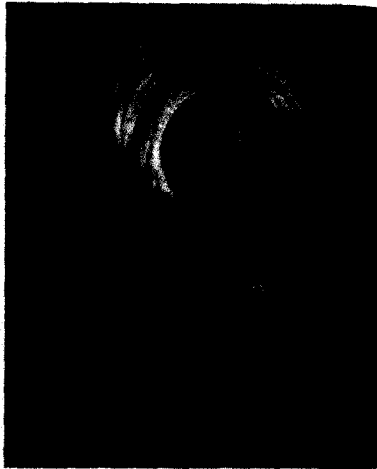
Bombshell-red lips come courtesy of a creamy lipstick



Create a smoldering look with a bronzy-gray shadow palette that flatters all eye colors

MANE ATTRACTION

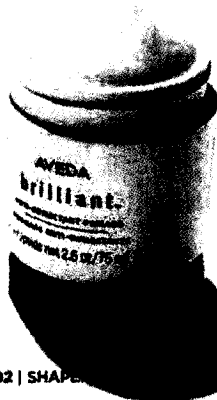
"My fine hair looks best chin-length. What's a fresh style?"



WHO WEARS IT BEST
Jessica Simpson

"People love Jessica's short hair because it doesn't sacrifice her feminine flair. It makes you realize that locks don't have to be long to be flirty." —Los Angeles hair pro Ken Pavés, Jess's mane man

Get the look Jessica's bob is slightly longer in front than in back—to add swifty movement—and has chunky layers concentrated at the ends for extra fullness. Styling is a breeze: Comb an egg-size amount of mousse from your roots to your ends, part hair, and let it air-dry. Try **Dove Pro-Age** styling foam (\$6; at drugstores) with frizz-fighting vitamin E. Use your fingers only to rake hair up and away from your scalp (for volume) and to take sections of hair and twirl them (for added waves). To relax natural ringlets, lightly coat your fingers with a shine pomade like **Aveda Brilliant Anti-Humectant** (\$18; aveda.com).



Boost shine and control pesky flyaways with a light pomade

"What's the secret to getting flowy, tousled waves?"



WHO WEARS IT BEST
Sarah Jessica Parker

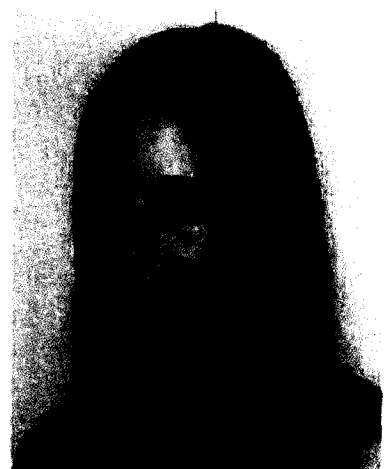
"Slightly messy waves increase the sex appeal of every woman." —New York hair stylist Ted Gibson, who's worked with Sarah Jessica

Get the look If your tresses are naturally wavy like Sarah Jessica's, shampoo, condition, and—while hair is still damp—finger comb it to remove tangles and add chunky texture. If your hair is naturally straight, air-dry, then wrap small sections of hair around a 2-inch barrel curling iron; finger comb it into waves. To create texture and glossiness on all hair types, apply a leave-in styling cream like **L'Oréal Professionnel Hairmix by Textureline Supersmooth** (\$15; loreal.com) from roots to ends. On-the-go advice: If your waves tend to frizz, lightly spritz them with hair spray (best bet: **TRESemmé Tres Two** hair spray, \$4; at drugstores).



Rub in a dime-size amount of styling cream to create loose, lovely waves

"How can I help my hair get a healthy, radiant shine?"



WHO WEARS IT BEST
Courteney Cox

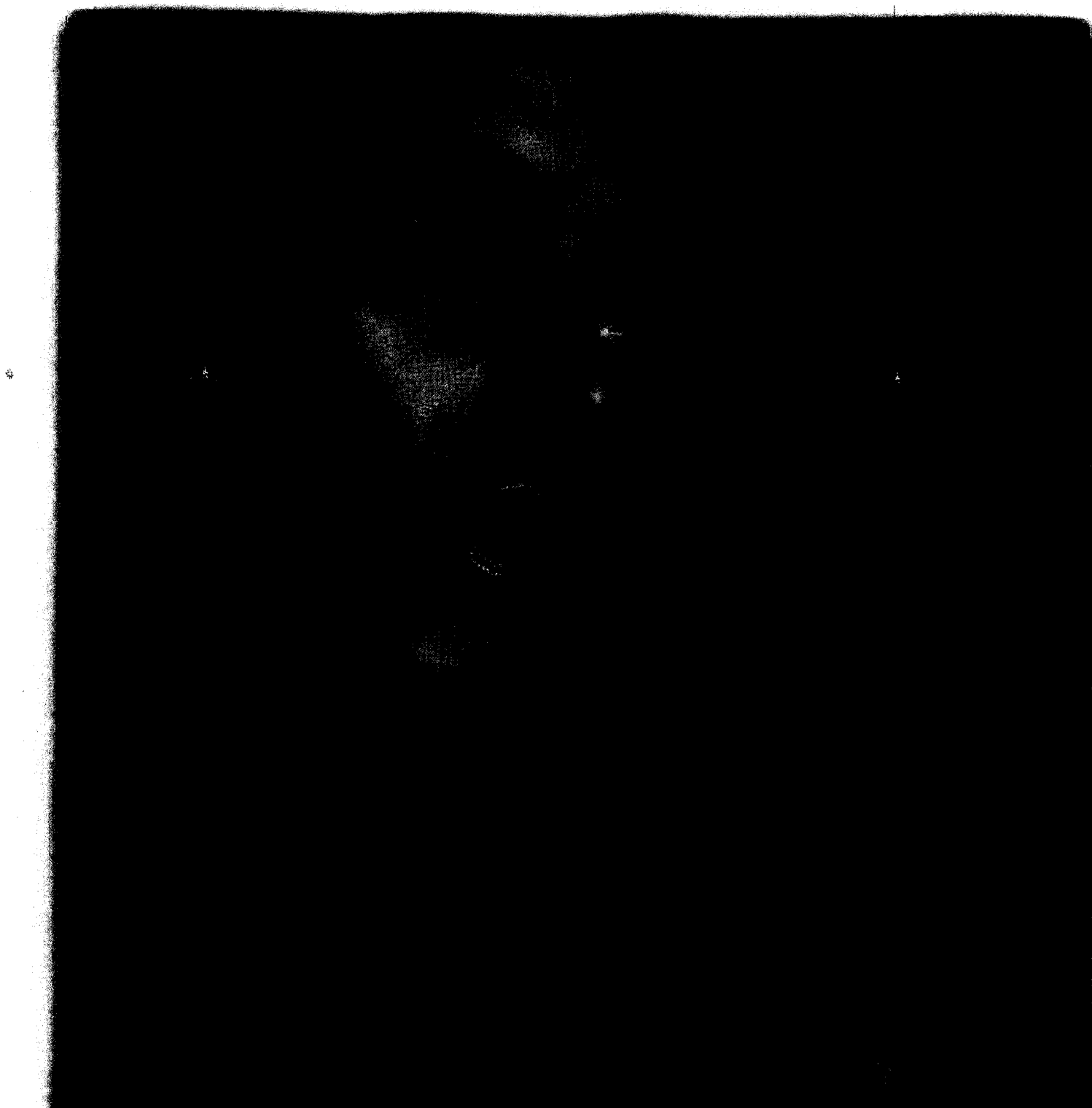
"Shiny hair looks healthy, and it makes your entire style seem more polished." —New York stylist Peter Butler, who cares for Courteney's locks

Get the look The gleam in Courteney's hair is due to long layers and the moisturizing formulas of her hair-care products. Deep-conditioning once a month is a must. Cox's favorite: **Kérastase Nutritive Nutradéfense** (\$65), a mask rich in strengthening proteins. Before blow-drying, part your hair in half, apply a golf-ball-size amount of conditioning mousse to each side, and comb through. Try **Kérastase Mousse Nutri-Sculpt** (\$29; both kerastase.com). Next, use a paddle brush to blow-dry; increase shine by aiming the airflow downward from roots to ends. Finish with **Logics Shine Illuminating serum** (\$17; logicshair.com) to smooth flyaways.



Hydrate dry locks monthly with a protein-rich mask

WAVES.



ADD A
TOUCH OF
SHIMMERY
POWDER

bronzer to
cheeks and
collarbone

SHOWSTOPPING SKIN

"My complexion lacks luster. How do I get it glowing again?"



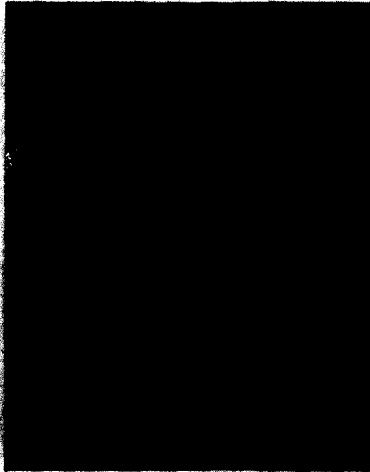
WHO WEARS IT BEST Halle Berry

"Radiant skin is associated with youth, health, and vitality. It is achievable, if you're willing to commit to a skin routine."

—Los Angeles aesthetician Olga Lorencin-Northrup, Halle's facialist

Get the look To keep skin camera-ready, Halle follows a daily regimen that's focused on exfoliation. "Use a mild retinol or alpha-hydroxy-acid lotion religiously every night to remove dulling dead cells from the skin's surface," advises Lorencin-Northrup. Halle's favorite skin slougher: **Kinara Lactic Acid Hydrating Serum** (\$60; kinarasp.com), a gentle treatment with lactic and glycolic acids. For day, Halle uses a moisturizer with skin-plumping essential fatty acids like olive oil. Find the benefits in **Stella McCartney Care 5 Benefits** moisturizer (\$76; sephora.com) or **Kinerase Cream with SPF 30** (\$135; kinerase.com) with kinetin.

"How can I make my skin soft and dewy all over?"



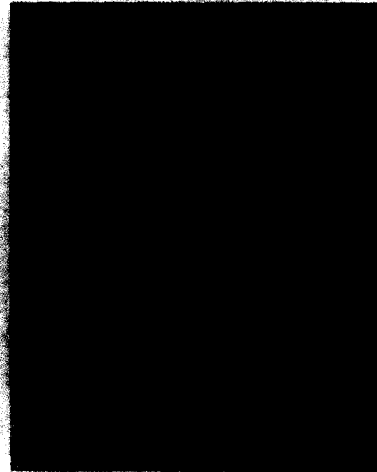
WHO WEARS IT BEST Jessica Alba

"There's nothing sexier than skin that looks and feels like velvet."

—New York skin specialist Cornelia Zicu, Jessica's aesthetician

Get the look Regular buffing is what gives Jessica's body skin its soft luminosity. "You can add all the lotion you want, but if you don't exfoliate, your skin will never be as smooth as you hope," says Zicu. Stars are fans of **Shiseido Body Creator Aromatic salt scrub** (\$35; sca.shiseido.com), which has an energizing grapefruit-tarragon scent. If your skin is dry or easily irritated, limit exfoliation to once a week with a gentle slougher like **Clarins Smoothing** body scrub (\$34; clarins.com). After showering, apply lightweight body lotion to damp skin to help seal in moisture. A red-carpet best bet: **Suave Exhale** body lotion (\$2; at drugstores), which comes in four invigorating scents.

"How can I get a bronzed look that doesn't appear fake?"



WHO WEARS IT BEST Charlize Theron

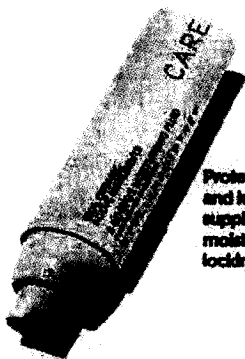
"She's nailed the ultimate glow—it makes her look like a goddess."

—Los Angeles makeup artist Glenn Marziani, who preps Charlize for major events

Get the look For a uniform finish like Charlize's, visit a spray-on-tanning salon. Choose one shade lighter than you think you need (salons offer a choice of depth). "Going too dark draws unwanted attention to your tan," says Marziani. If you'd rather self-tan at home, select your hue the same way. Celeb product favorites include **Neutrogena Instant Bronze Sunless Tanner** (\$10; at drugstores) and **Lancôme Flash Bronzer Airbrush** (\$28; lancome-usa.com). Whatever tanning method you choose, exfoliate skin first with a non-greasy body scrub like **St. Ives Healthy Brilliance Brighten & Glow Body Polish** (\$7; at drugstores) or a loofah.

MARY ROSE ALMASI is a Shape contributing editor.

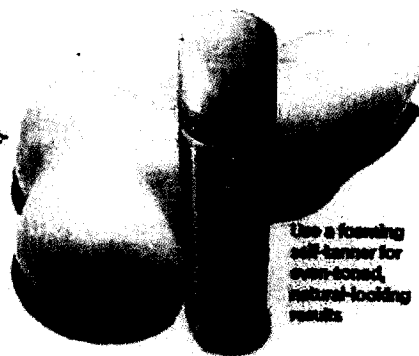
FROM LEFT: STEVE GRANITZ/WIREIMAGE.COM; JOHN SHEARER/WIREIMAGE.COM; JANET GOUGH/CELEBRITYPHOTO.COM; HAIR AND MAKEUP: PAUL INKS/AVT MANAGEMENT USING CLINIQUE COSMETICS AND REDKEN; HAIR AND MAKEUP ASSISTANT: AMYON CARVER/WARREN-TRICOMI



Protect skin and keep it supple with a moisture-locking lotion



Rough body skin feels like silk after a salt-based scrub



Use a foaming self-tanner for even-toned, natural-looking results

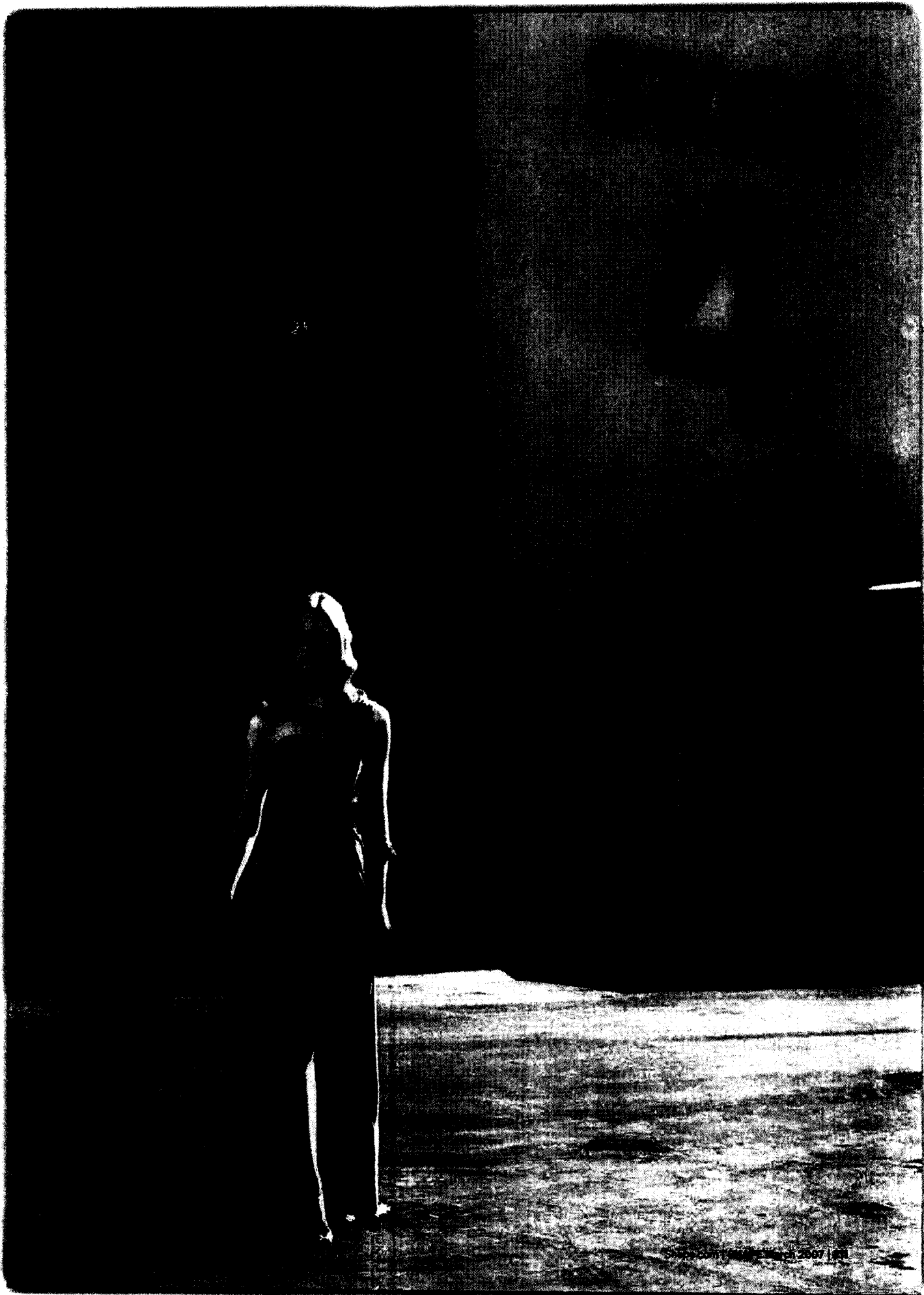


HOLLYWOOD



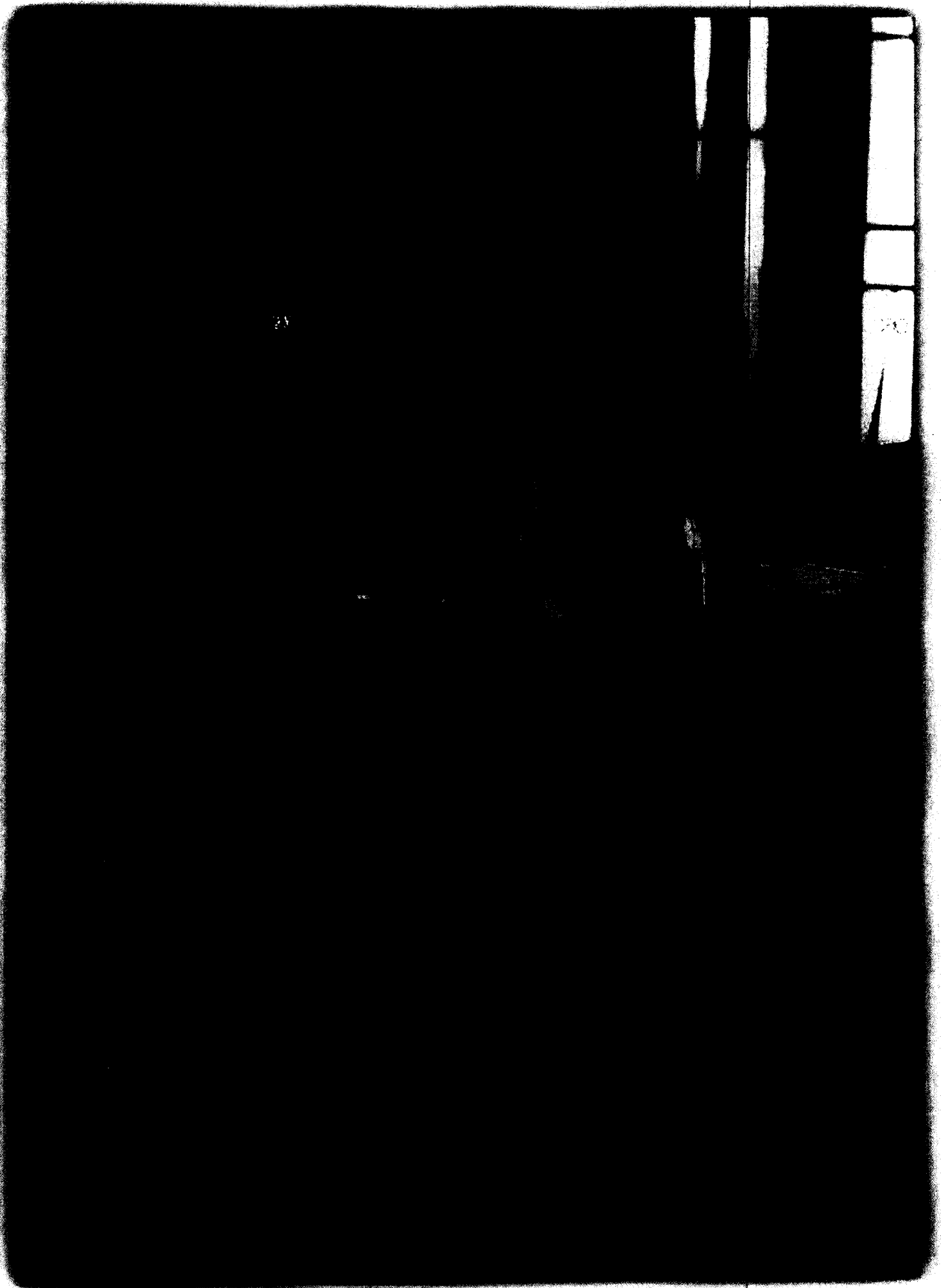
4
NEWS
















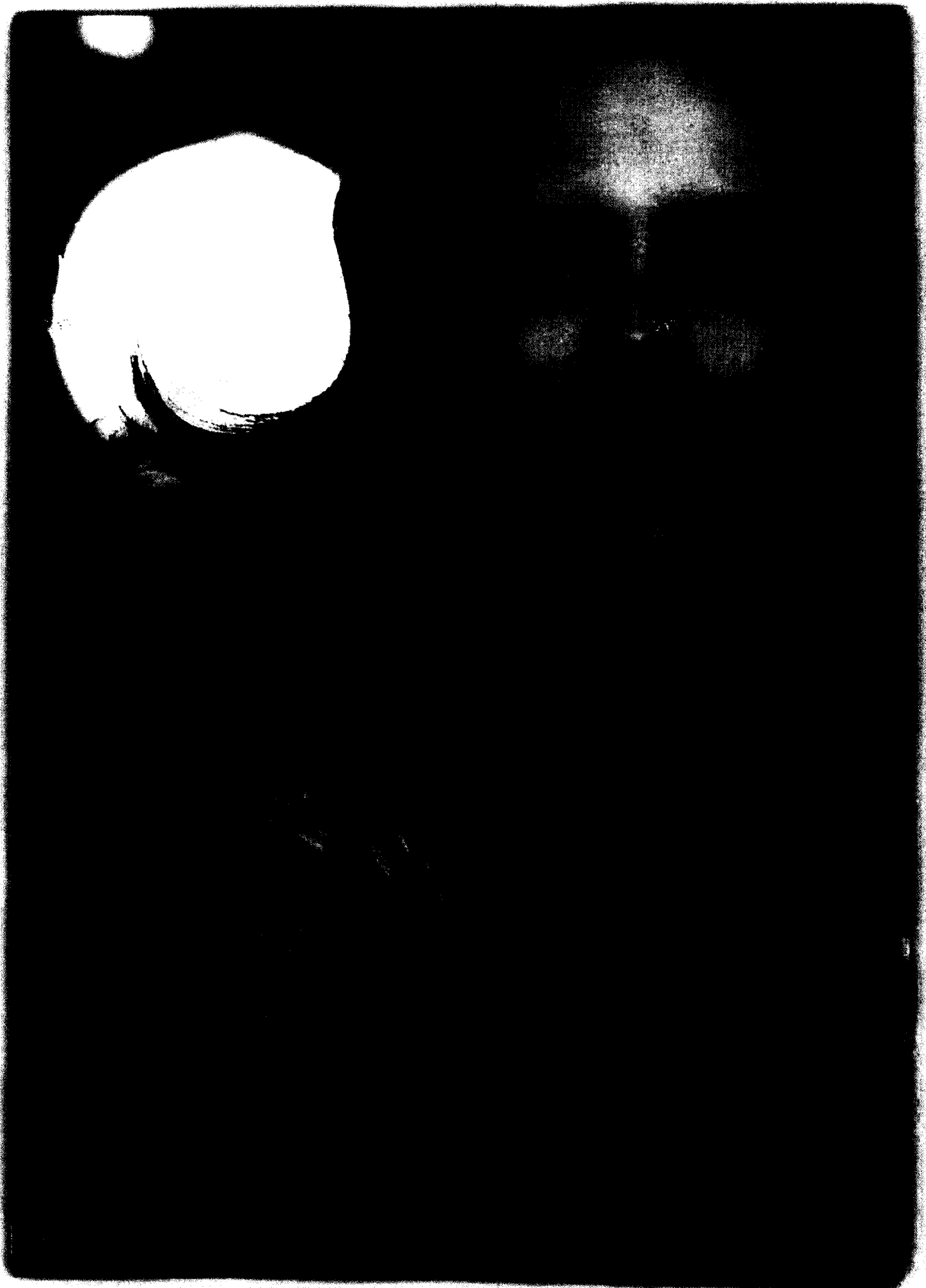
**Wear only what
moves you**

The delicate detailing on this feather-weight dress suits your romantic side. Jill Stuart cotton dress (\$398; Jill Stuart, NYC, 212-343-2300). R.J. Graziano stone cuff (\$175; R.J. Graziano, NYC, 212-685-1248). *Opposite:* When you're off the clock (or the set), opt for luxe separates and accessories that have a relaxed, modern-day appeal. Max & Co. cotton top (\$198; Max & Co., Costa Mesa, Calif., 714-918-6066). Burberry sunglasses (\$190; sunglasshut.com). R.J. Graziano bracelets (\$135 to \$175; R.J. Graziano, NYC, 212-685-1248).

BEAUTY TIP Make sure your skin gets glowing reviews, too. It will with Dior Bronze Tinted moisturizer SPF 10 (\$35; dior.com).







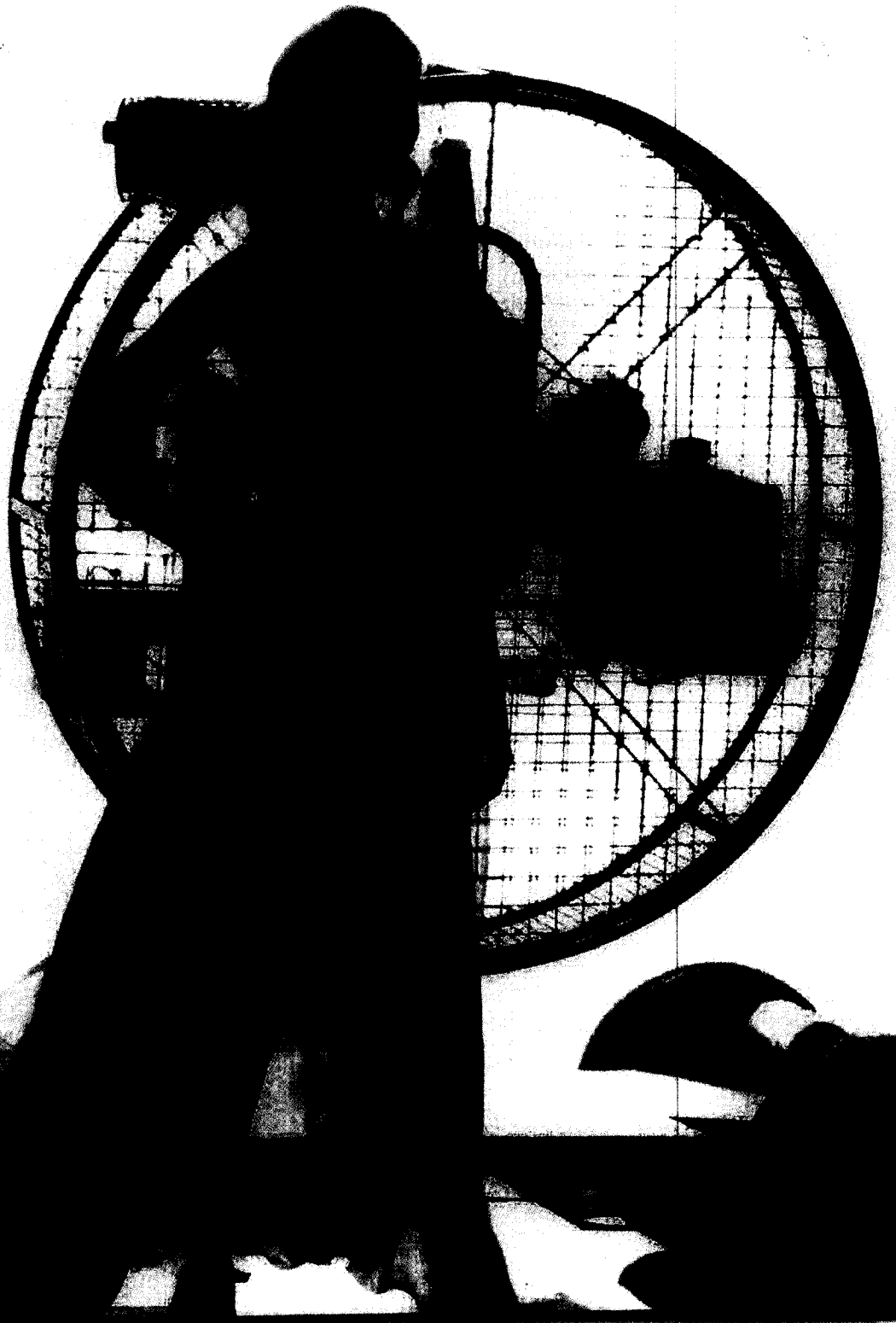
**Seek out
special effects**

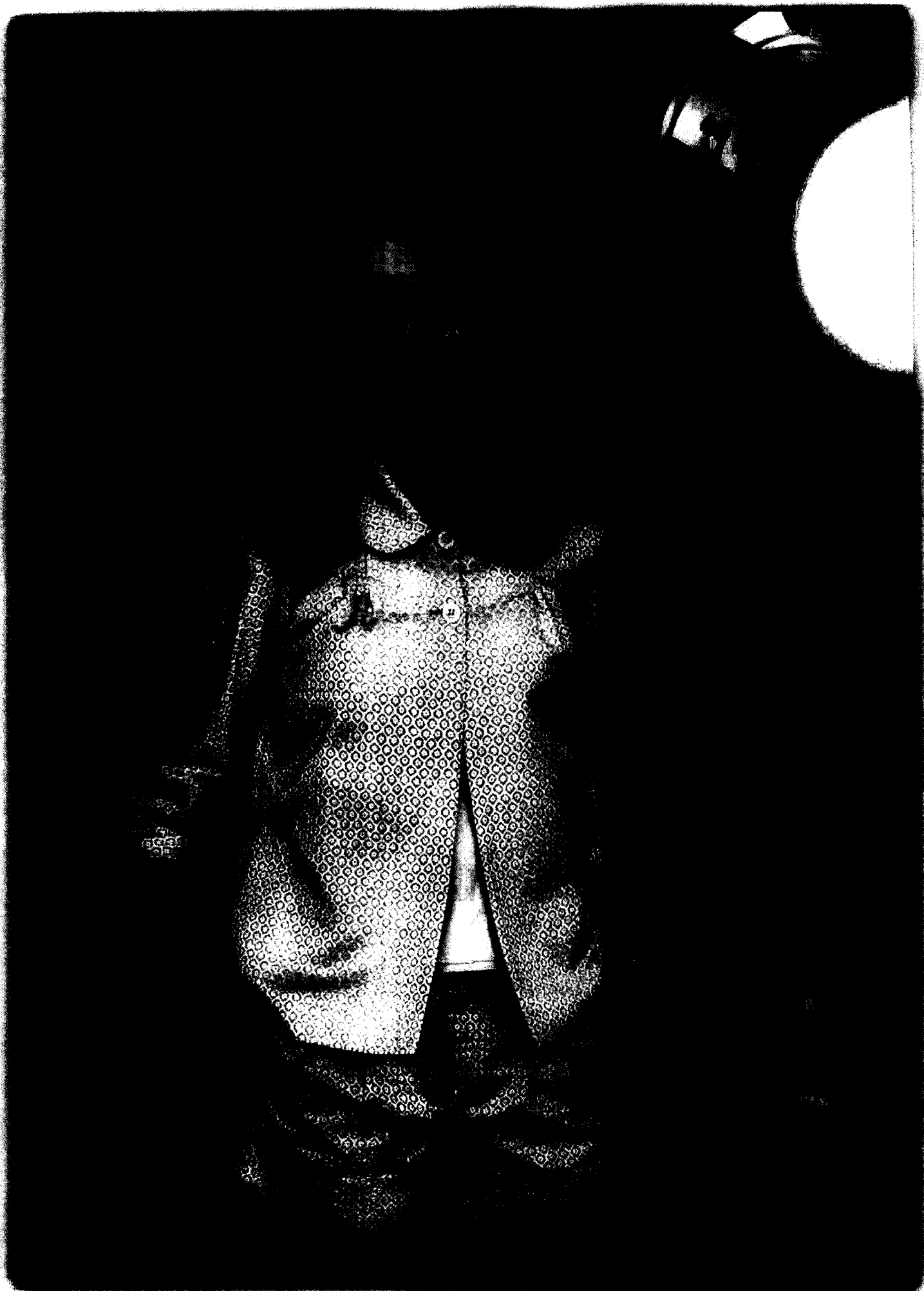
Nothing says screen siren like a filmy, ankle-grazing gown and a bit of bling. Blumarine silk chiffon gown (\$1,000) and shoes (price upon request; Blumarine, NYC, 212-319-2222). Roxanne Assoulin for Lee Angel necklaces (\$445 to \$550; Lee Angel, NYC, 212-334-6573).

Opposite: The mini suit has maximum impact, thanks to girlishly retro touches and an opulent fabric. Paul and Joe cotton-blend jacket (\$528; Alligator Purse, Cincinnati, 513-871-6171) and shorts (\$262, Toff, Miami, 305-535-0879). MaxMara cotton tank (\$195; MaxMara, Naples, Fla., 239-566-7000). Rebecca Taylor jeweled cuff (\$110; Rebecca Taylor, NYC, 212-966-0406).

Styling: Kate Sebbah.

Makeup: Patrick Turney for Benefit Cosmetics/
celestineagency.com. Hair: Kello Hamahuch for Redken/
celestineagency.com.
Production: PM Production/
petarmccafferty.com. Prop
Styling: Darren Renadell
Design. Models: Donna at
Next Model Management.
Terry, Geoff, Rick, and Daniel
at CESD Talent. Special
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manntheatres.com.
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instant style updates

the finishing touch

These easy extras will add understated elegance to any look. BY MAGGIE HONG




Mix it up
This chunky link bracelet pairs well with a silk cocktail dress. **Ben-Amun** (\$25; ben-amun.com)




Get carried away
A studded bag in quilted lambskin is classic and fashion-forward. **Be&D "Garbo"** (\$995; neimanmarcus.com)



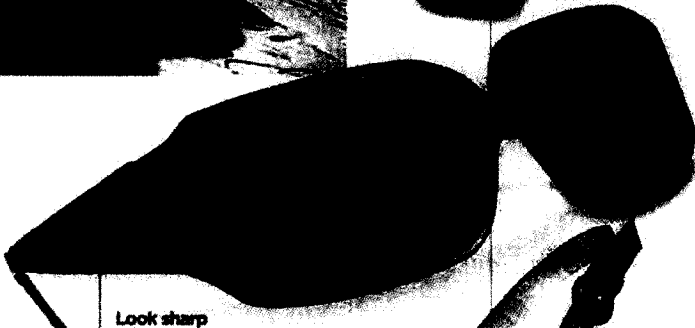
Hand it over
A mosaic print gives this party-ready mesh clutch a vintage feel. **Whiting & Davis brass** (\$110; trendsandgems.com)




Toe the line
Can't decide between leather or croc? Split the difference with a dual-textured flat. **French Sole** (\$130; frenchsoleshoes.com)



Take time for yourself
Don't wait another minute to buy the watch of your dreams. **Cartier "Tank Solo"** (\$2,000; cartier.com)



Look sharp
Whether you're in Hollywood or your own hometown, oversize dark sunglasses are a must. **Burberry** (\$190; burberry.com for stores)



Try a new hue
Spice up a black dress with shiny mustard-yellow slingbacks. **Paco Gil** patent leather (\$295; pacogil.com)

Eliminate toxins.

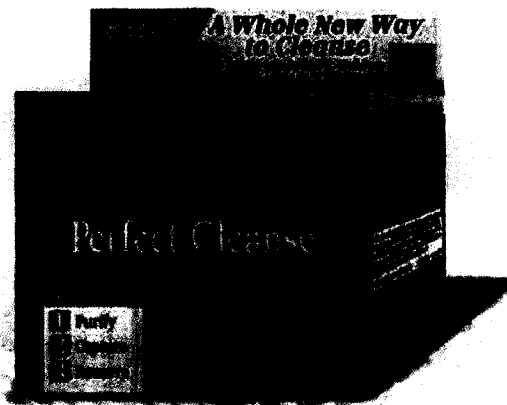


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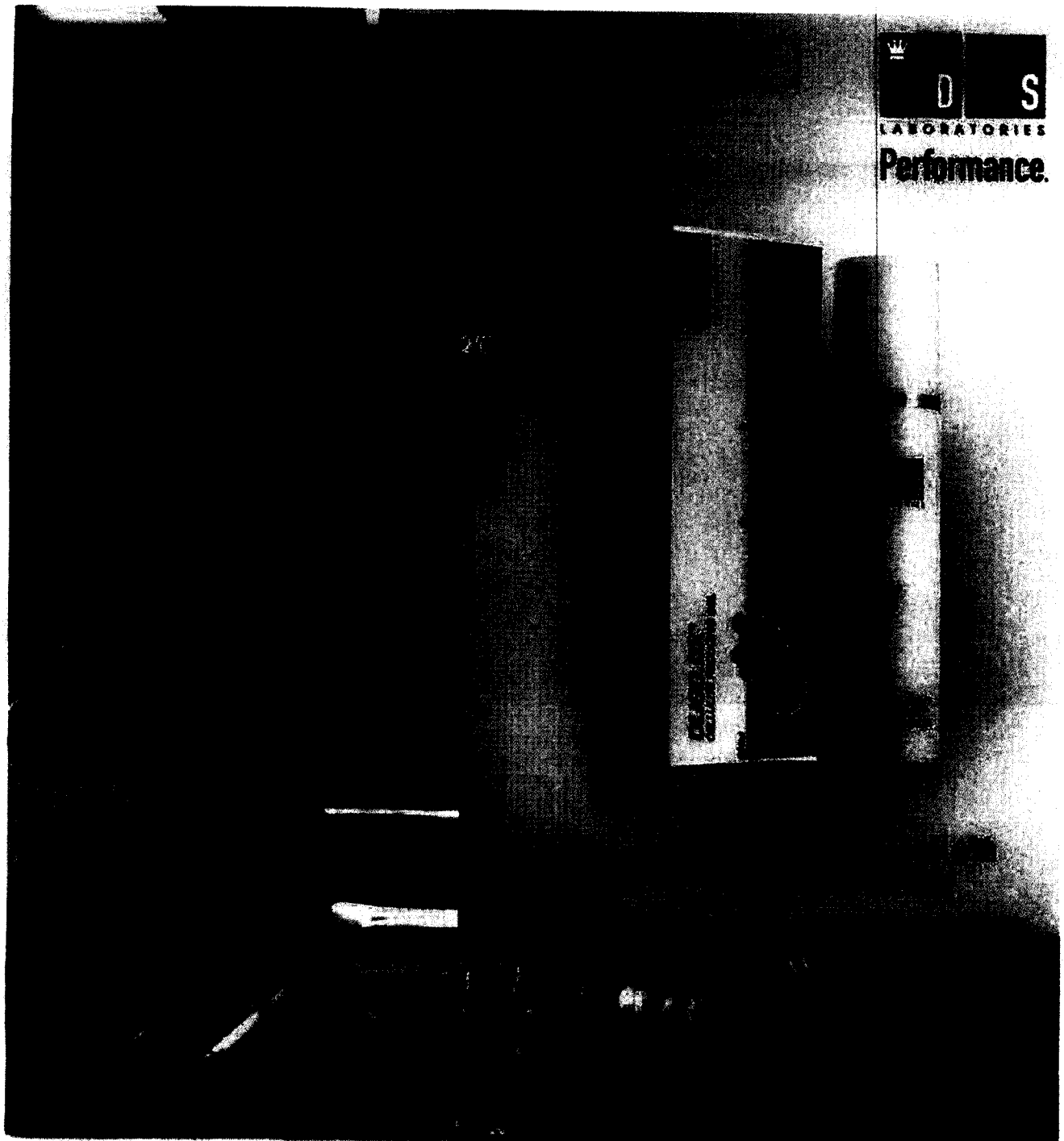
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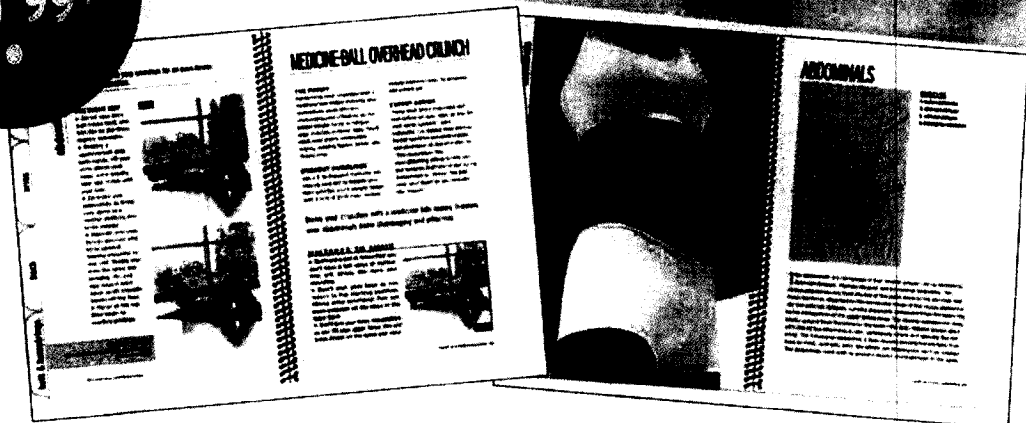
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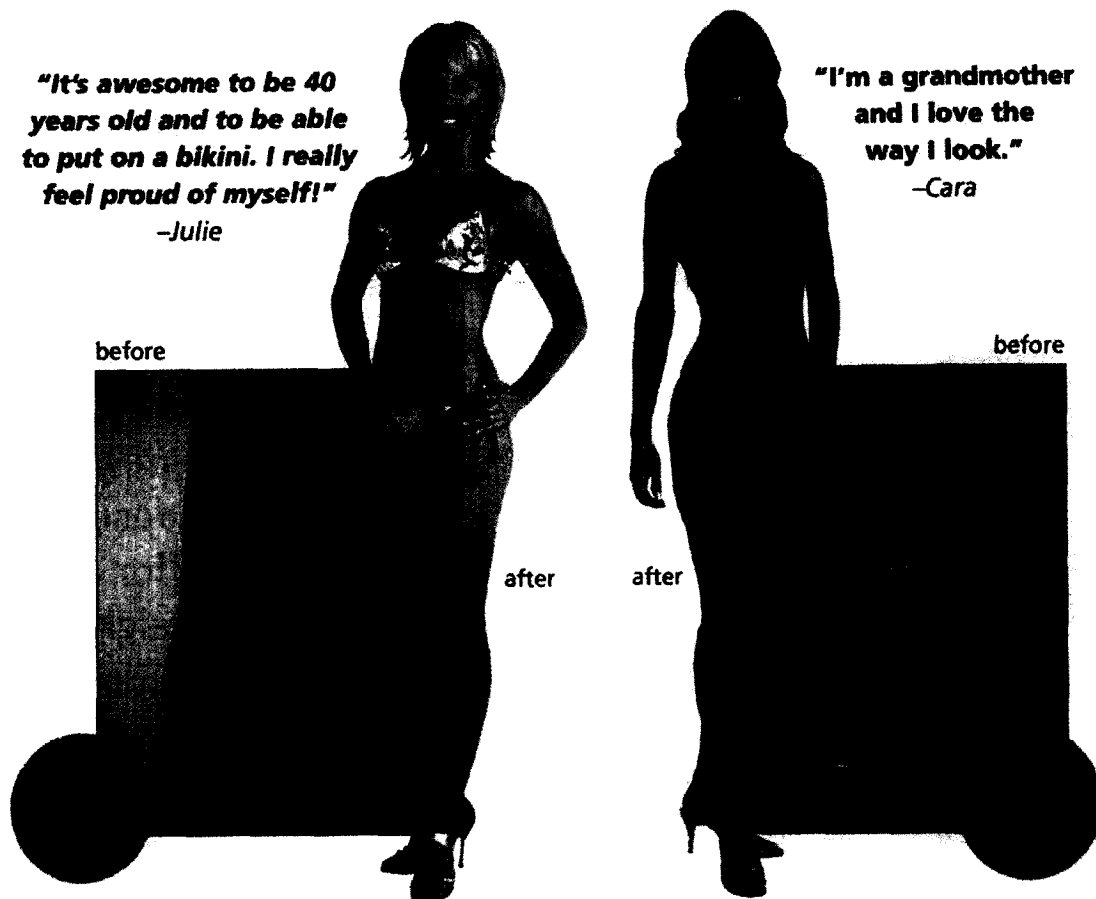
EAT FOR A WEEK

"It's awesome to be 40 years old and to be able to put on a bikini. I really feel proud of myself!"

-Julie

"I'm a grandmother and I love the way I look."

-Cara



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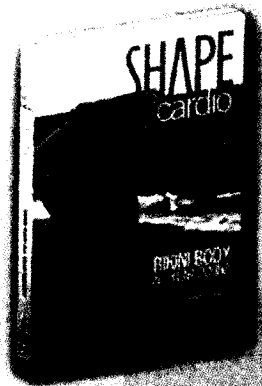
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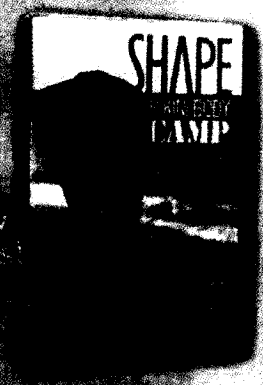
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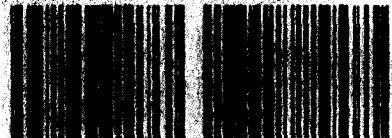
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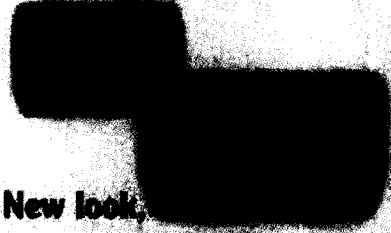
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For additional information visit us at www.kozystack.com
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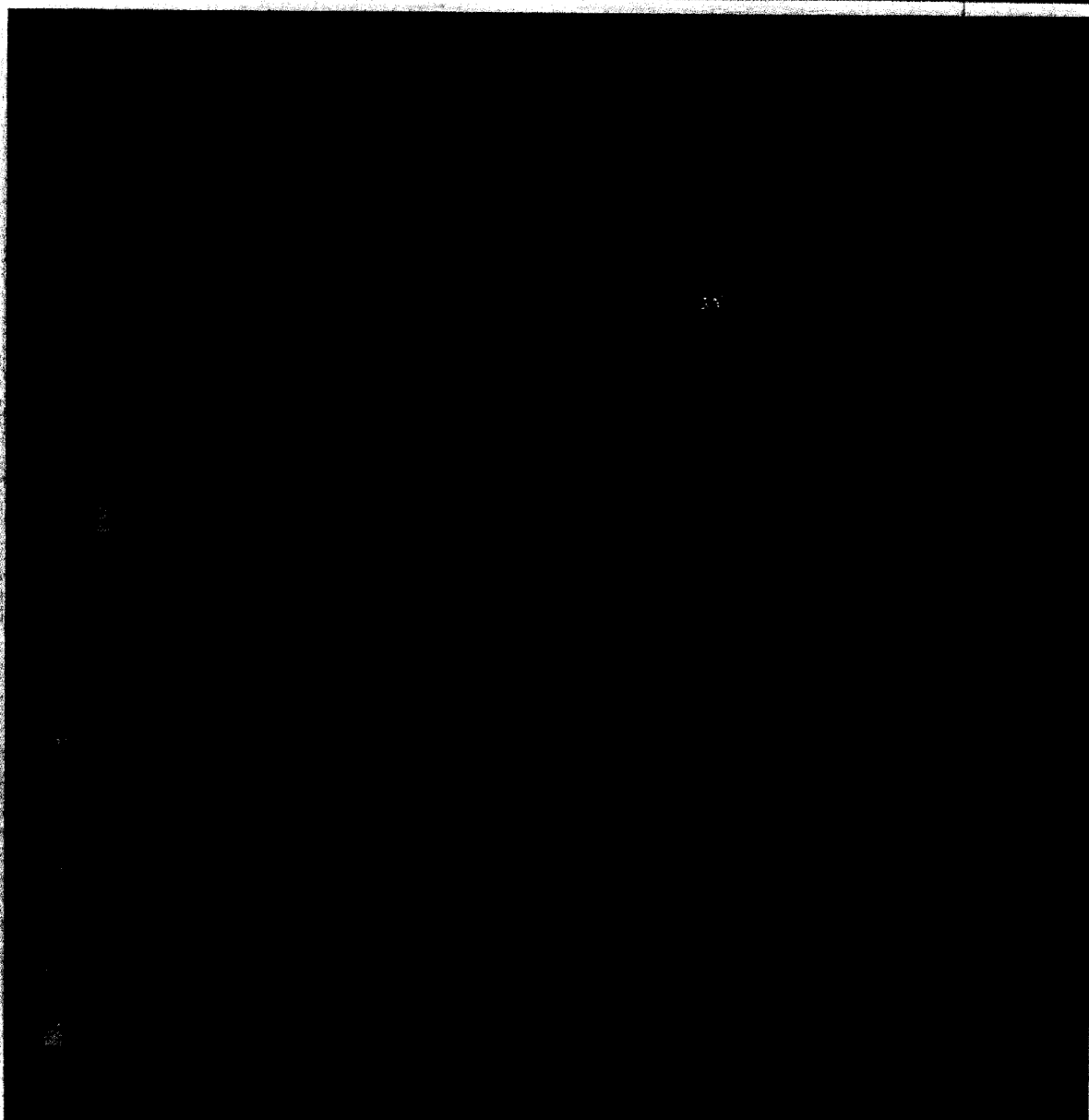


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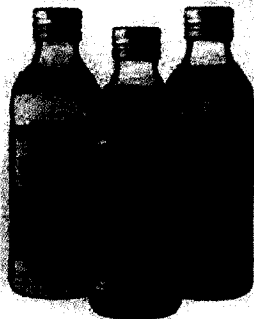
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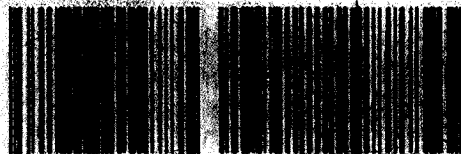
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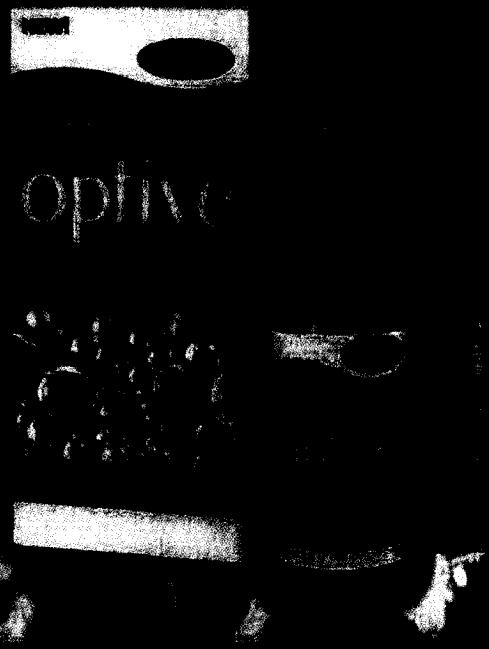
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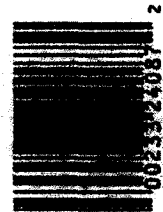
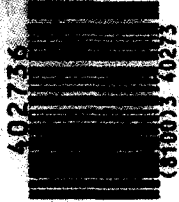
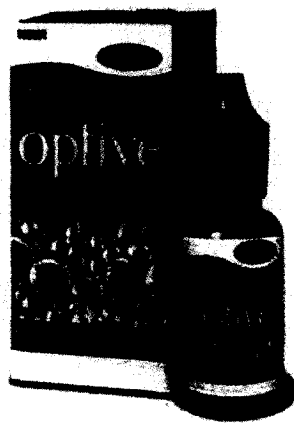
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1. **How To Enter:** Send a hand-written postcard deliverable by the U.S. mail, with your name, address, age, daytime and evening phone numbers with area code, your e-mail address (if available), and mail to the "Hollywood Style" Sweepstakes, c/o Shape Magazine, P.O. Box 37207 Murray Hill Station, New York, NY 10056. Entries must be postmarked no later than March 6, 2007 and received no later than March 20, 2007. Mechanically reproduced entries will not be accepted. TO ENTER VIA INTERNET: Beginning at 12:01 a.m. (EST) on February 6, 2007 visit www.shape.com/Andyrodtsucher and follow the "Hollywood Style" sweepstakes entry directions. Each entry, whether mail-in or internet, must contain the requested contact information to qualify for the drawing. All internet entries must be received no later than 11:59 p.m. (EST) on March 6, 2007. Only one internet entry per person and per e-mail address. Subsequent entries on a single day will be disqualified. Subsequent attempts made by the same individual to submit multiple internet entries on a single day by using multiple e-mail addresses or otherwise will be disqualified. In the event of a dispute over the identity of an online entrant, entry will be deemed submitted by the authorized account holder of the e-mail address associated with the entry. Authorized account holder is defined as the person assigned to an e-mail address by an internet access provider, on-line service provider or other organization responsible for assigning e-mail addresses. All materials submitted become the property of American Media, Inc. and Shape Magazine and will not be returned.

2. **Winner Selection / Random Drawing:** Winner will be selected in a random drawing to be held on or about April 15, 2007 from among all eligible mail entries and internet entries that are received. The random drawing will be conducted by representatives of Sponsor whose decisions are final and binding in all respects relating to this Sweepstakes. Odds of winning a Prize depend upon the total number of eligible mail entries and internet entries received. Winner will be notified by telephone on or before May 1, 2007.

3. **One (1) Grand Prize:** Trip to Los Angeles including round-trip coach airfare for two from winner's nearest major airport included (continental U.S. only) not including ground transportation, three night/four day hotel accommodations for two, private training session with Joanne Jenkins at her Los Angeles studio, beauty makeover, photo shoot, one dinner for two, one day car service, shopping spree allowance and a one-year PodFitness.com membership. Retail value approximately \$12,000. Prize package elements may not be exchanged for cash value.

4. **Sweepstakes is open only to legal residents of the fifty (50) United States and the District of Columbia, 18 years or older.** Employees of American Media, Inc., their affiliates, subsidiaries, advertising or promotion agencies, and their immediate family members and/or those living in the same household of each are not eligible. Void where prohibited or restricted by law. No substitution or transfer of Prize is permitted. All federal, state and local taxes and any expenses relating to the acceptance and use of a Prize is the sole responsibility of the Winner. All federal, state and local laws apply.

5. **Potential Winner must submit an Affidavit of Eligibility / Release of Liability / Prize Acceptance Form** within seven (7) business days of attempted notification. If any Prize or affidavit or release is returned to Sponsor as undeliverable or if Sponsor does not receive a response from the potential Winner within seven (7) business days of attempted notification, such Winner may be disqualified and such Prize will be awarded to an alternate Winner. Non-compliance shall result in disqualification and award of Prize to an alternate Winner. Any portion of the Prize not accepted by the winner will be forfeited. By accepting Prize, Winner consents that Sponsor may use the Winner's name, photographs, or other likenesses, the Winner's hometown and biographical information, statements concerning the contest entry, or Sponsor's products without compensation for purposes of advertising, promotion, and merchandising, and grant all rights to edit or modify and to publish and copyright it, except where prohibited by law. By accepting Prize, Winner agrees to hold Sponsor, and each of their respective directors, officers, employees, and assigns, harmless against any and all claims and liability arising out of Prize. Winner assumes all liability for any injury or damage caused, or claimed to be caused, by participating in this Sweepstakes. By participating in this Sweepstakes, entrants agree to abide by and be bound by these Official Rules, and understand that the Sweepstakes results are final in all respects. By participating in this Sweepstakes, entrants agree to hold Sponsor, and each of their respective directors, officers, employees, and assigns, harmless against any and all claims and liability arising out of the Prize. Entrant is responsible for all online charges incurred by internet service provider.

6. **Neither Sponsor, any telephone network, nor service providers are responsible for incorrect or inaccurate transcription of entry information, or for any human error, technical malfunctions, lost/delayed data transmission, omission, interruption, deletion, defect, line failures or any telephone network, computer equipment, software, inability to access any Web site or on-line service, or any other error or malfunction, or late, lost, illegible, incomplete damaged, postage-due, mutilated or misdirected entries or entries not properly forwarded to Sponsor.** Entry materials that have been tampered with or altered are void. If the judges determine, in their sole discretion, that there is any suspected or actual electronic tampering with the Sweepstakes or if technical difficulties compromise the integrity of the Sweepstakes, the judges reserve the right to void the entries at issue and conduct a random drawing to award the Prize using all eligible entries received as of the termination date. If the Sweepstakes is terminated due to tampering or technical difficulties prior to its expiration date, notice will be posted at www.shape.com. Any attempt to deliberately damage the content or operation of this Sweepstakes is unlawful and subject to legal action.

NOTE: Internet entry must be made by the entrant, only at the authorized website address of www.shape.com. Entries made by any other individual or entity and/or originating at any other internet website or e-mail address, including but not limited to commercial contest, subscription notification and/or entering service sites, will be declared invalid and as such ruled ineligible for this contest.

7. Any information entrants provide to the Sponsor will be used to communicate with entrant in relation to these Sweepstakes. Sponsor may also share this information with third parties who are participating in this program. Sponsor or third parties may contact opt-in entrants at a future date about services the Sponsor believes entrants will find of interest.

8. For the name of the Winner, mail a self-addressed, stamped envelope to: Shape Magazine, P.O. Box 37207 Murray Hill Station, New York, NY 10056. Requests for the name of the Winner must be received by May 31, 2007.

9. This Sweepstakes is sponsored by American Media, Inc., 1000 American Media Way, Boca Raton, FL 33487.



LYNDA CHAURILLA

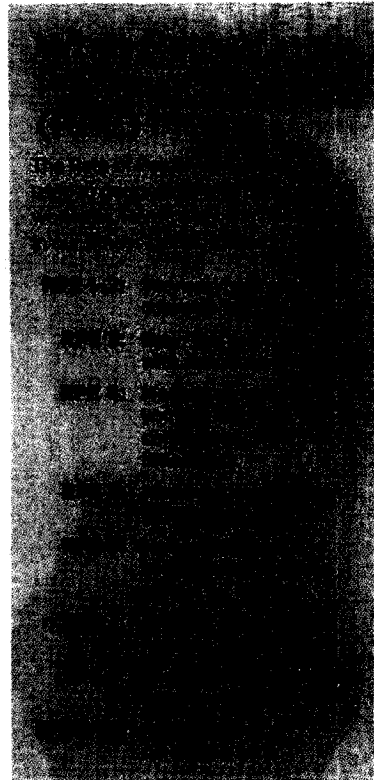
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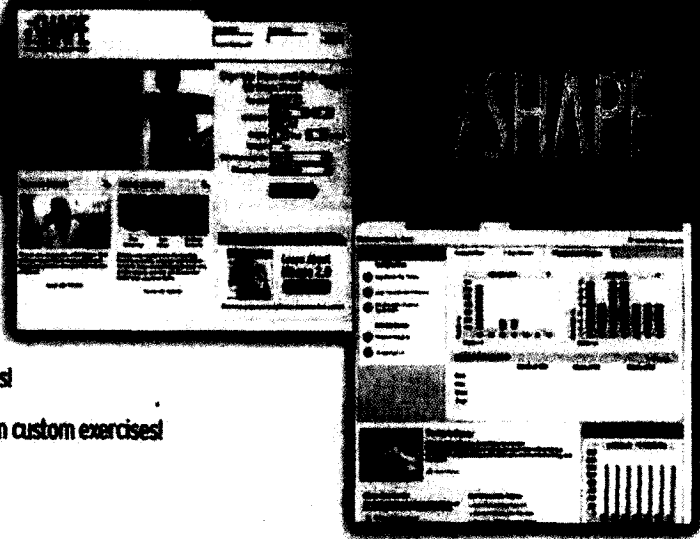
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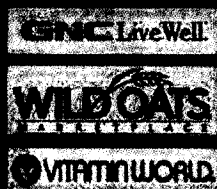


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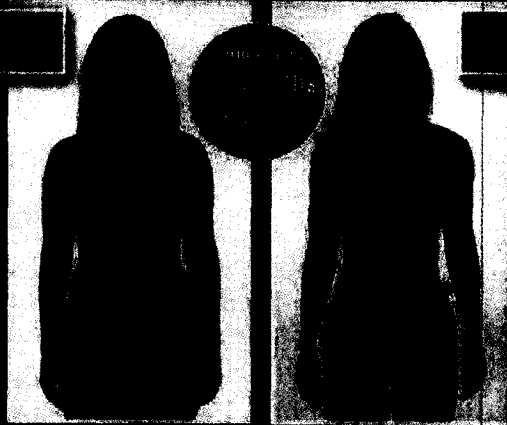


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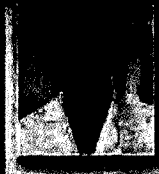
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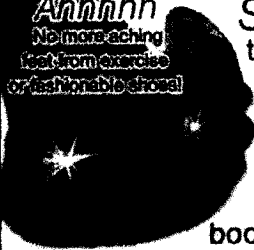
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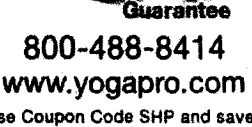
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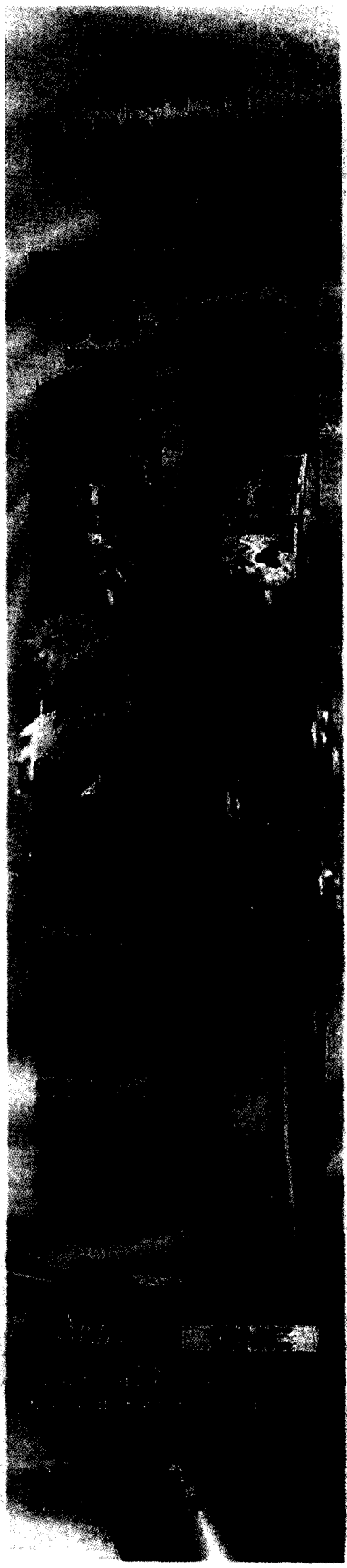
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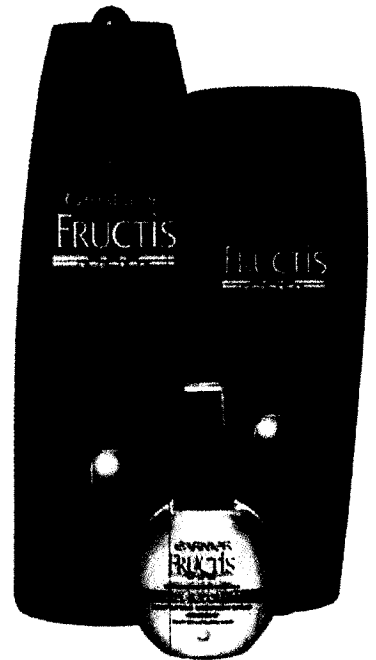
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