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(Exceeds 100 pages)

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Part 11 OF 13

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P. 106

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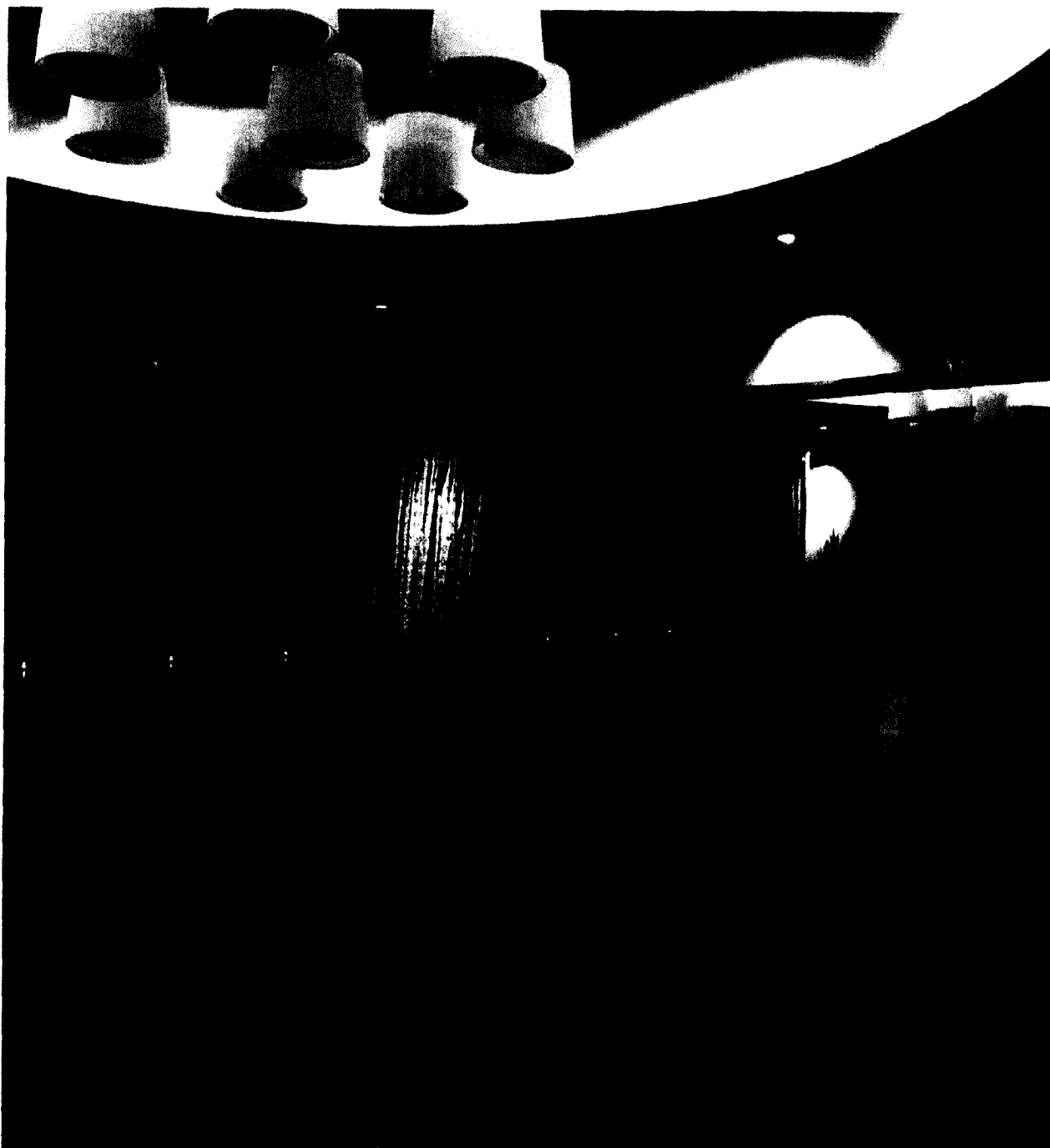
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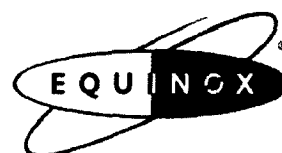


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summer 2009
SHAPE

BIKINI BODY SPECIAL

GET READY FOR THE BEACH!

Look for this logo throughout the issue for articles that will help get you summer-sexy.

on the cover

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fine lines
SIGN

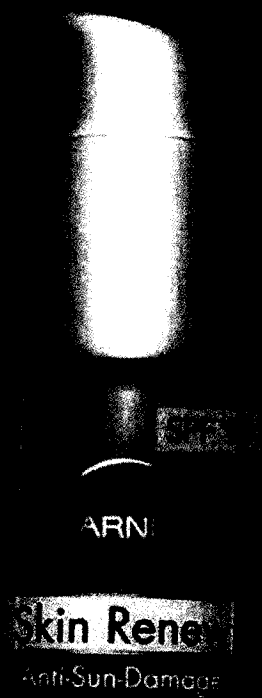
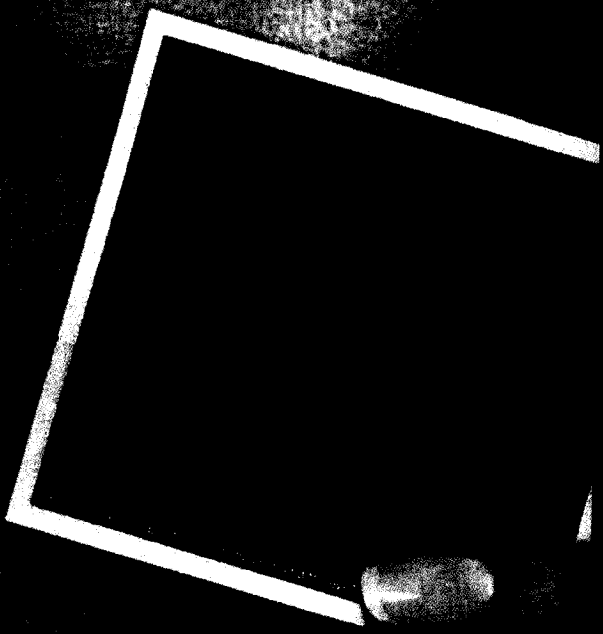
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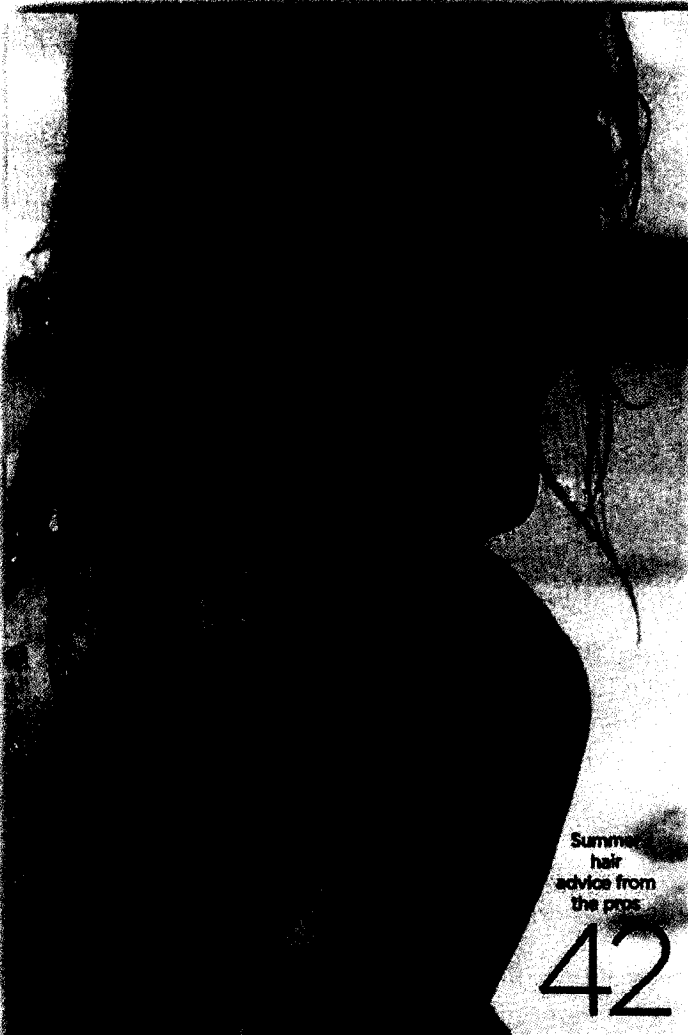
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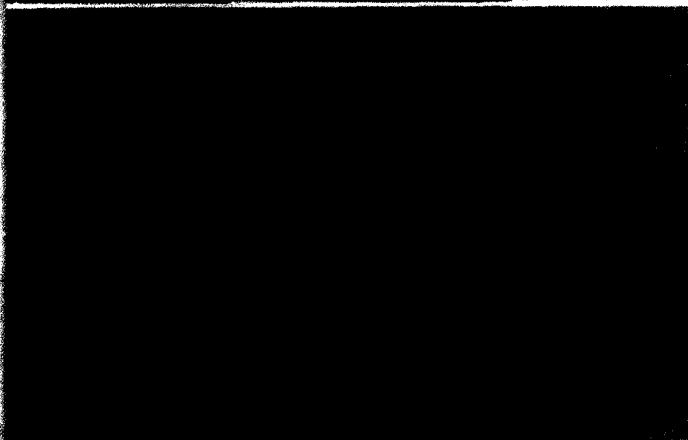


Take care
GARNIER



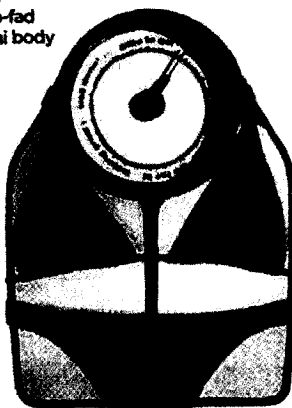
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122 **YOU...IN SHAPE!** A PASSION FOR LIFE One reader shares her tips for a healthy body *and* mind

cover look

Marisa wears a Victoria's Secret Beach Sexy beaded batik bikini and Jennifer Fisher earrings and bracelets.

Photography Russell James

Creative direction Dirmity Jones

Styling Amy Beth Berlin

Hair Dominick Pucciarelli

Makeup Meredith Baraf at the Wall Group

Production Scott Schroeder

Shot on Location in Los Cabos, Mexico. Accommodations provided by Cabo Azul Resort & Spa; caboazulresort.com.

To get gorgeous, glowing skin like Mansa's, try products from Victoria's Secret VS Makeup:

On her face Liquid Bronzing Brush in Light to Medium and Blush Trio in Bliss

On her eyes Radiant Shimmer Eye Palette in Amazon Rainforest, Eye Liner in Dark Chocolate, and Extra-Lengthening Mascara in Blackest Black.

On her lips Lip Gloss SPF 15 in Golden Papaya

On her body Victoria's Secret Semi-Tanning Body Spray



PHOTOGRAPHY: RUSSELL JAMES; STYLING: AMY BETH BERLIN; HAIR: DOMINICK PUCCIARELLI; MAKEUP: MEREDITH BARAF AT THE WALL GROUP



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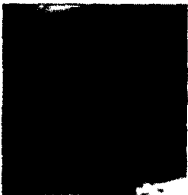


contributors



➤ **Russell James**, who shot “5 Minutes to a Prettier, Healthier You,” page 34, described working with Marisa Miller as a rare treat. “Physically, she’s an ideal model,” says James. “But Marisa is also

healthy and truly happy—which, to me, makes her even more beautiful.” James lives in Woodstock, New York, with his three children. He enjoys sailing, swimming, and using photography to raise awareness for charities. His photos appear in an array of fashion magazines.



➤ It took prop stylist **Sonia Niki** two days to create the fruit and vegetable bikini in “Lose the Last 10 Pounds!” page 92. “The produce swimsuit was meant to be a fun visual tool for telling this story,”

says Niki, “but I still wanted it to look artistic and beautiful.” Niki has a daughter and lives in New York City with her husband. Along with painting, gardening, and photography, Niki also likes running. Her creations have appeared in *O, the Oprah Magazine* and *Glamour*.



➤ *Shape*’s executive style director, **Jacqui Stafford**, sifted through hundreds of queries for “The Best Suit for Your Body,” page 50, to pinpoint five body-image issues most women can relate to. “No

matter what your shape, you can find a fabulous suit,” says Stafford. “It’s a matter of choosing a flattering style—a halter with a ruched middle, for example, looks sexy on everyone.” Stafford lives in New York City, where she stays fit by doing yoga and keeping up with her 1-year-old.



➤ “Beach vacations don’t have to be about just catching up on your reading,” says **Elaine Glusac**, who wrote “Sun, Sand, and Sports!” page 24. “Many destinations now offer adventurous activities—everything

from bodyboarding to snorkeling.” Glusac lives in Chicago with her husband and son. When she isn’t traveling for her work as a writer, she enjoys playing tennis, swimming, and running. Her stories have also appeared in *National Geographic Traveler*, the *New York Times*, and *Cooking Light*.

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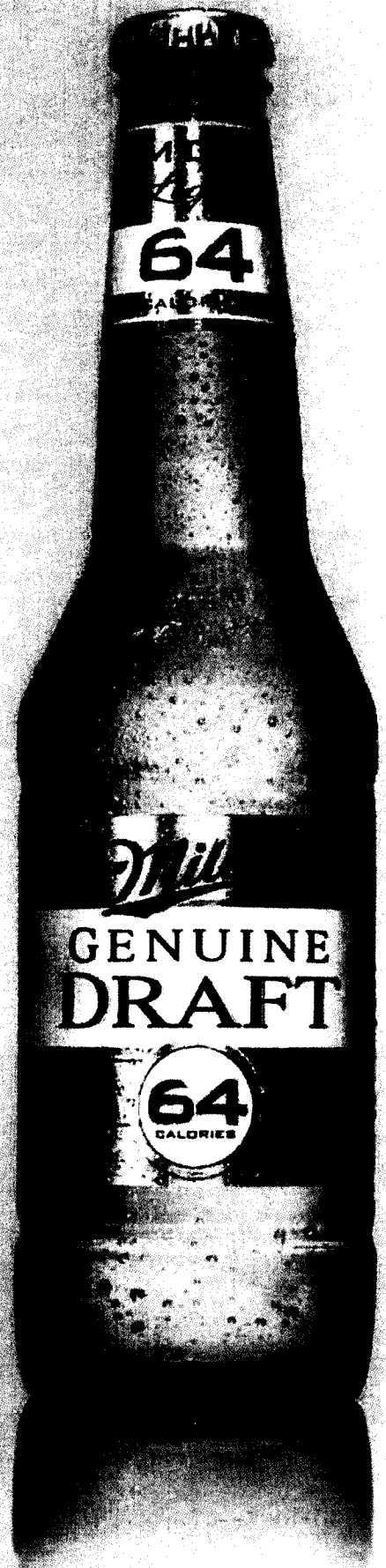
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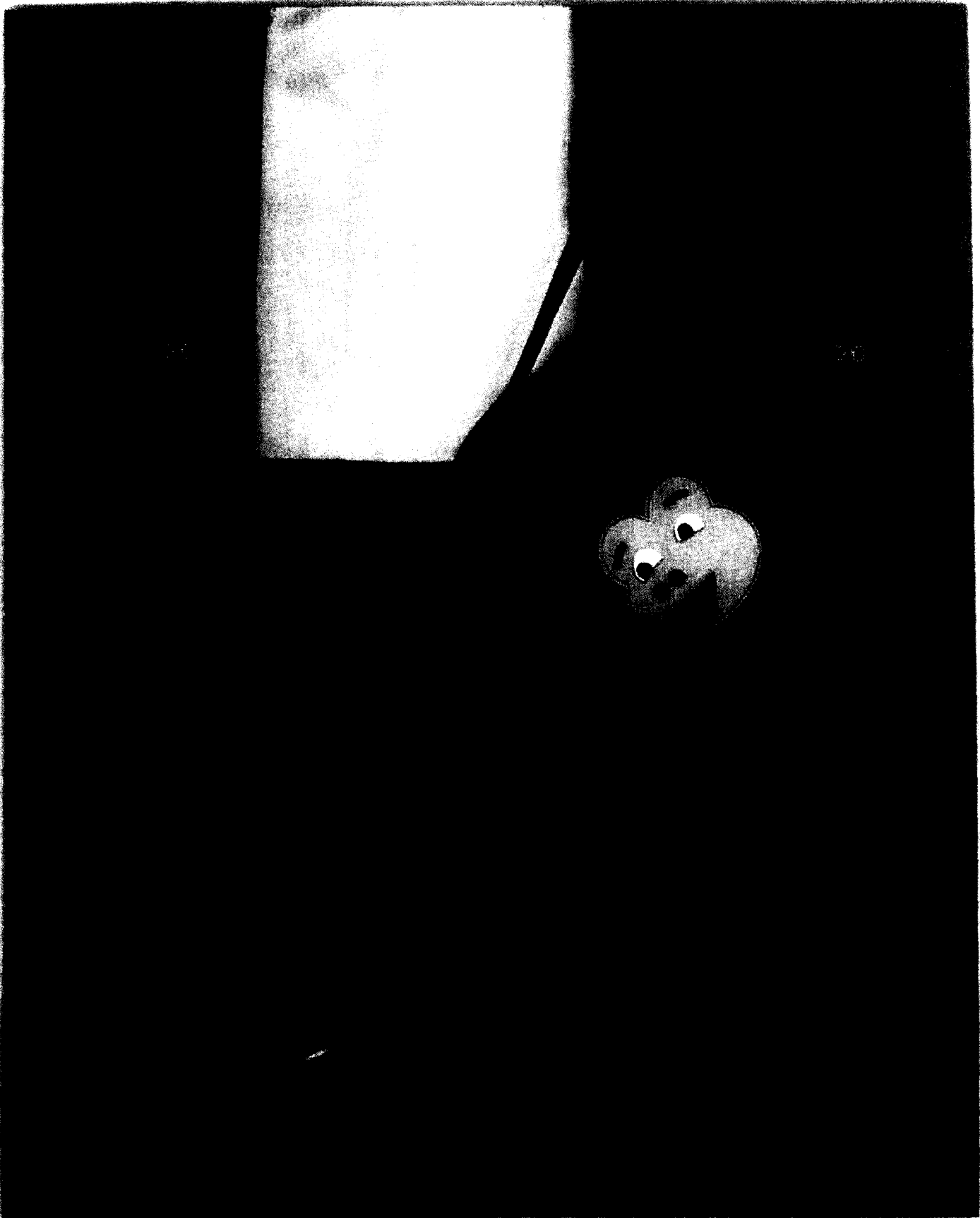
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readers speak out



rave review

I just started reading *Shape*—and it's like I've found a new best friend who always makes me feel good about myself. Your magazine reminds me that I am worth the effort I put into working out and eating right. And seeing the fit women on your pages motivates me to keep at it.

Abby Monaco
Georgia

Julia Louis-Dreyfus: natural beauty

I was so glad to see another amazing woman over the age of 40 on your cover. Julia Louis-Dreyfus has motivated me to try to get into cover model shape by next year.

Karen Beattie
Canada

After a bout of illness, I started slacking off on my workouts. But I was so inspired by Julia Louis-Dreyfus ["No Nip/Tuck for Me"], I finally started exercising again—and my pants already feel looser. Thanks for helping me get back in the swing of things.

Kelly Schilling
Nevada

The \$10 cardio machine

I plan on sharing your jump roping workout ["Jump Away the Jiggle"] with all my friends. In addition to doing resistance training, I've been jumping three times a week for years. It's

april 2009

I was so inspired by Julia Louis-Dreyfus, I finally started exercising again. Thanks for helping me get back in the swing of things.

a fun way to burn calories—and it's helped me lose 20 pounds!

Sandra Aupperlee
Massachusetts

Serena Williams: my personal trainer

I loved Serena Williams' audio workout ["Run Your Way Slim & Sculpted"]; the strength-training moves were exactly what I've been needing in my routine.

Amy Grantzinger
Nebraska

Editor's note: Want to try this workout? Go to shape.com/nikeserenaworkout.

Support system

I read your story on the best sports bras for women who wear

larger cup sizes ["Smart, Chic Dressing"] and wanted to add another brand to the mix: I just bought a bra from Enell (which carries sizes up to 52DD), and for the first time in 20 years I can work out comfortably.

Angela Robinson
Kentucky

Slim-down motivation

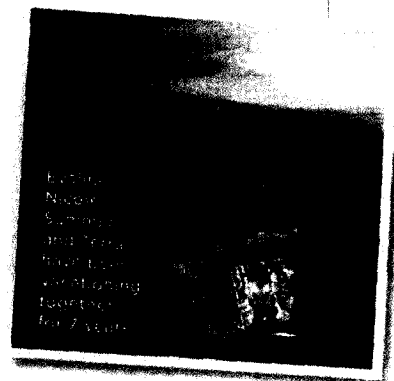
The day after I bought *Shape*, my family and I put a plan in motion: We've all committed to a year of healthy eating, with a cash prize going to whoever loses the most weight. Thanks for the inspiration!

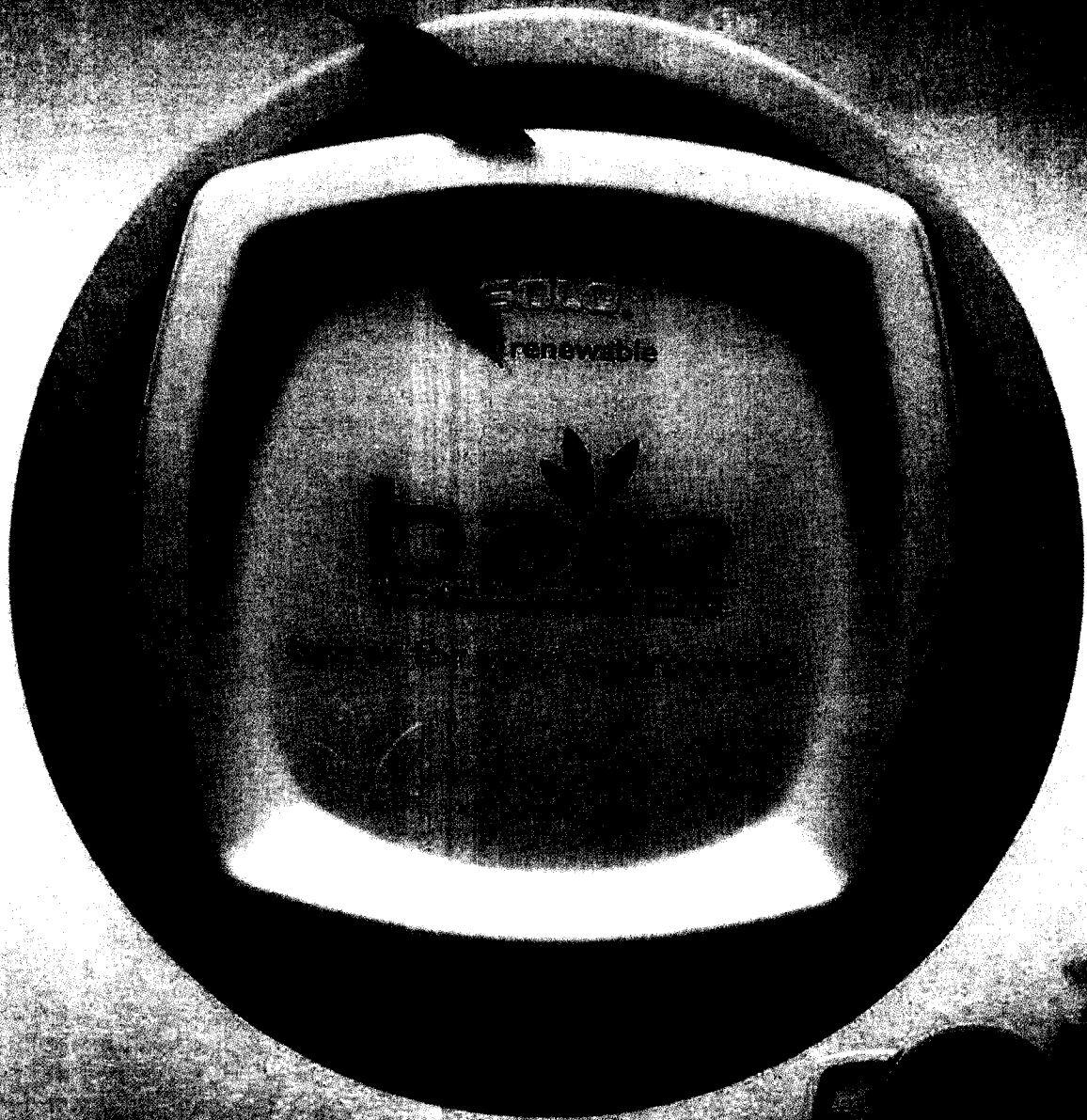
Rita Cobbs
Alabama

Where do you read *Shape*?

"Every year my friends and I head to the coast for some R&R. We always pack sleeping bags, sunscreen, trail mix—and *Shape*. It's the perfect read, by the campfire or on the beach."

Summer Ward, California
Show us where you read *Shape*: Send your photos to readersspeakout@shape.com.





editor's letter



“Despite the euphoria of having a little girl, I had to face the facts: I’d indulged in more than just a few blueberry muffins.”

Valerie

VALERIE LATONA,
EDITOR IN CHIEF
VALERIE@SHAPE.COM



slipping on a teeny weeny bikini

Yes, it *is* possible, even in your 30s, after having two kids—and a C-section. It just takes dedication and hard work.

When I was pregnant, I topped 200 pounds. It’s true. Shock. Horror. You name the emotion and I had it when I stepped on the scale in the last few days before giving birth. Despite the euphoria of having a little girl (my second child), I had to face the facts: I’d indulged in more than just a few blueberry muffins during my pregnancy. So when I left the hospital, I had a long way to go before returning to my pre-baby body. I vowed that *this* summer I’d jump in the pool with my kids—instead of sitting covered up on the sidelines—and walk into the ocean in my bikini with confidence. Since then I’ve been working out hard—and consistently. I still give in every once in a while to those 3 p.m. chocolate cravings, but in moderation. And, like every busy woman, I’ve had weeks when I’m too time-crunched or unmotivated to fit in a workout. But I just get right back on track the next week. Now, not only have I dropped the weight, but my abs are more defined and my legs are toned (thanks, in part, to all those squats and lunges I still dread doing).

My point in baring such weighty personal matters is to show that every woman *can* have a body she’s proud of. It just takes motivation and sweat—something we hear consistently from readers with their own success stories. Taraleigh, page 74, initially believed she was fated to be heavy because everyone in her family was. Reneé, page 76, dropped an amazing 102 pounds. There’s also Regina, who shares her get-fit strategies in You...in *Shape!* page 122.

In this issue, our Bikini Body Special, we give you healthy-eating advice (page 92), a kick-butt workout (page 98), bathing suit-fit tips for every figure (page 50), and so much more so you too can feel confident this summer. You *can* do it!

Get more of what you love

Looking for insider tips on working out and staying healthy, as well as recommendations for some of the products I can’t live without? Follow me on my new blog, *Staying Slim, Sculpted, and Sane*, at shape.com/editorinchief, and on Twitter (twitter.com/vlatonaSHAPE). Also check out our newly redesigned Web site at shape.com (for more details, see page 70).

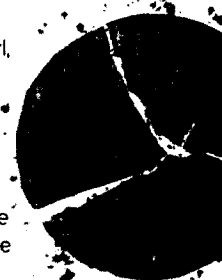
what I learned this month from *Shape*

✓ Replace starchy sides with spinach Find other ways to drop pounds fast, page 92.

✓ Even Victoria’s Secret models work hard for their bodies What helps our cover girl, Marisa Miller, page 34.

✓ Go for faux Having a fake tan is just one way to look slimmer, page 106.

✓ The Bosu is one heck of a workout tool I love it; find ab moves and more, page 98.



A summer must-have, page 106

✓ There are yummy diet-friendly ice creams Our favorites, page 64.

You don’t have to feel guilty about eating these scoops



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SHAPE

11 RELATIONSHIP RULE 18 / A SURPRISING USE FOR FACEBOOK 23 / THE SPORTIEST BEACHES 24

YOUR LIFE

AN INVESTMENT THAT LASTS

If you're deciding between a shopping spree and a weekend getaway, go with the trip.

People who spend money on experiences are happier than those who buy "stuff," according to a study from San Francisco State University. "The enjoyment you get from a fun event can buoy your spirits for a long time," says researcher Ryan Howell, Ph.D. It doesn't have to be a pricey vacation—a meal out or catching a movie with friends works too.



shape your life news



healthy

HOW TO TELL IF HE'S THE ONE

SWEATING DURING BIKRAM YOGA? A good thing. Dripping when you're talking to your boyfriend? Not so much. **Women whose hands get clammy when they disagree with their guys are more likely to suffer from relationship issues down the road**, according to a study from the University of Illinois. "That reaction implies she's suppressing her true thoughts and feelings when talking to him. Over time that can make her dissatisfied with how things are going," says study author Glenn Roisman, Ph.D. The next time you two have an unpleasant discussion, be honest and speak your mind—holding back how you feel or refusing to address deeper problems won't help either of you in the long run. —JENNA AUTUORI

Share your worries with your partner. It could be a big relief later.

reader to

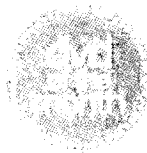
a dancer who beat the odds



When 23-year-old professional salsa dancer Serena Cuevas, left, woke up in a hospital five years ago after a

car accident, she was devastated to hear she might never dance again. But she worked hard to recuperate and now teaches dance and directs her own dance company in San Diego. Plus, she has a new role: starring in a Gatorade G2 ad with Serena Williams. (*Shape* had a hand in selecting her.) "I hope I'm helping women see you don't have to be famous to be inspirational, you just need to follow your passion to the max," says Cuevas.

These two Serenas have a never-quit attitude



get a big-time calorie burn

Queue up *The Biggest Loser Boot Camp* (\$15; lionsgateshop.com) and you'll quickly realize why the TV program yields those jaw-dropping results. Trainer Bob Harper takes you through three 10- to 20-minute workouts that increase in intensity, try the first routine for two weeks, then build up to the second and third. **Don't expect too many**



This twist on lunges works your core

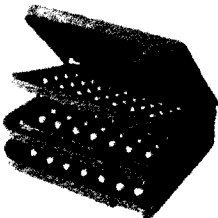


rests—Harper keeps your heart rate up by alternating cardio blasts with total-body sculpting moves. Follow the DVD's six-week plan and soon you'll be stealing the spotlight —MARISSA STEPHENSON, ASSISTANT EDITOR, FITNESS

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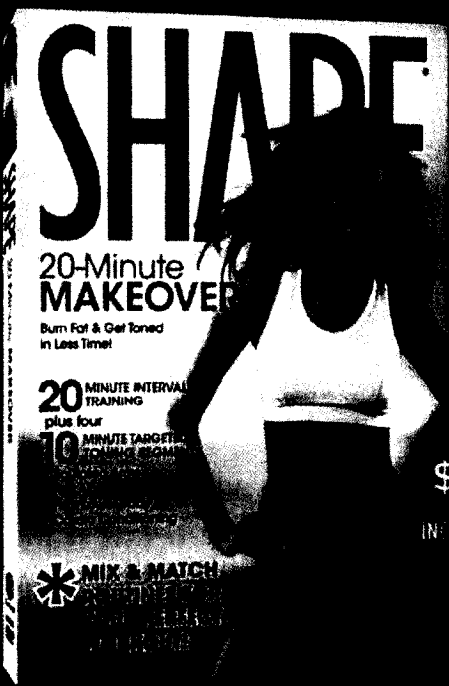
Please see the following page for brief summary of Prescribing Information.


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ethinyl estradiol only

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At last, a guide to saving time!

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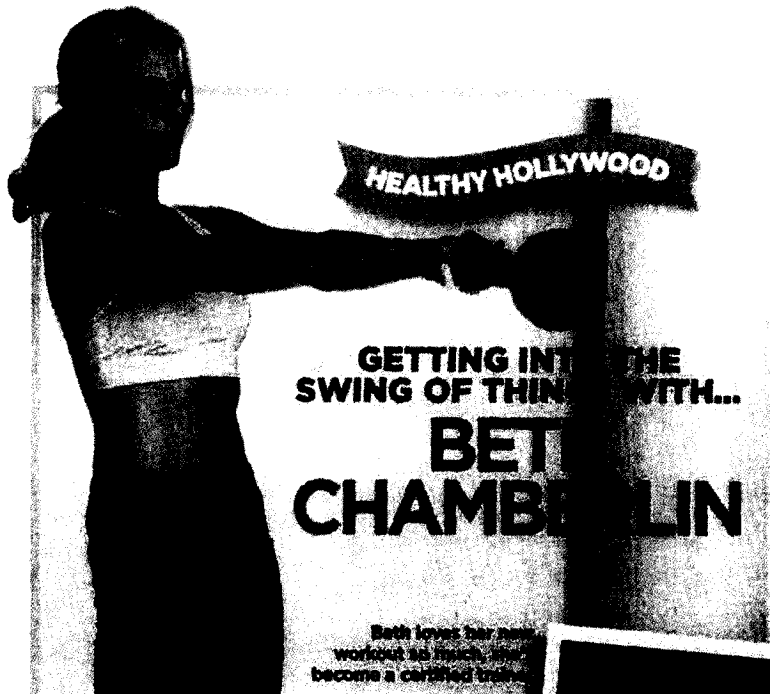
Better ways to breastfeed

And much more



FitPregnancy
On newsstands May 25!

shape your life news



"If you'd told me a few years ago I'd be in a workout video, I would have said you were out of your mind," says 45-year-old Beth Chamberlin, who has a lead role on *Guiding Light*. But after toning her entire body with trainer Anthony Diluglio's kettlebell DVD, Beth approached him and asked him to make another video. He agreed—but only if she'd star in it. Beth shares how she uses exercise to stay fit and centered, no matter what life throws her way.

🔗 **DON'T BE AFRAID TO CHANGE** "My main exercise used to be running. I never liked lifting weights all that much because I didn't feel like it made a difference. But then I saw a picture of myself right after a marathon and I had belly fat—clearly I needed to experiment with something new. That's why I tried kettlebells. After using them for six weeks, my whole body got toned, especially my abs and arms."

🔗 **MOTIVATE YOUR KIDS TO MOVE** "I work out at home, not just because I'm pressed for time and it's convenient, but also because it means my 3-year-old son can see me exercise almost every day. It seems normal to him, like brushing your teeth, which I hope will help him grow up to be as active as I am."

🔗 **EXERCISE TO DE-STRESS** "When I heard *Guiding Light* was canceled, I was stunned. But instead of freaking out, I went down to our basement and worked out for an hour. It helped me deal with all my fear and anxiety, and I felt calmer. Plus, I know having a strong body boosts my confidence, which will help me meet the challenges of finding a new job." —CLAIRE CONNORS

WIN IT!

Twenty lucky readers will win a copy of the DVD *My Fitness Way: Kettlebell Fitness* by Anthony Diluglio. To be eligible, you must be a subscriber to *Shape* magazine. Enter your name in the drawing at www.shape.com.

Photo: Entertainment Weekly
and Entertainment Weekly

Photo: G. Neri

mantra of the month

“part of my journey is going the wrong way.”

Life doesn't come with a road map, so you're bound to take a few missteps. This month, don't get upset when you realize the guy you're dating isn't for you, your new job is awful, or the city you moved to feels all wrong; see those mistakes as chances to learn. Knowing what you didn't like will let you figure out what you do want—and help you wind up in the right place.

JARED MATTHEW WEISS is a life stylist based in New York City. For more of his advice, visit jaredmatthewweiss.com.



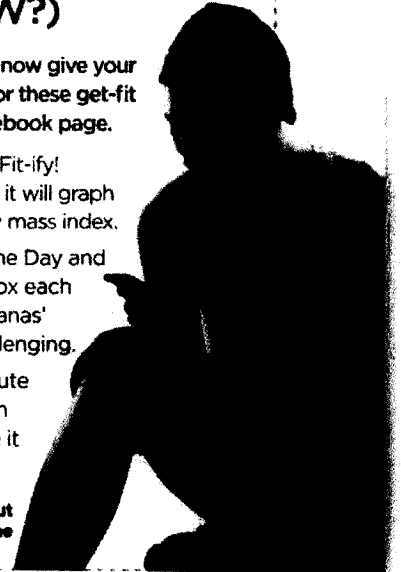
PHOTO: JAMES M. JONES

FACEBOOK CAN HELP YOU GET IN SHAPE (WHO KNEW?)

You already surf the site daily for updates—now give your workout a boost while you're at it. Search for these get-fit tools the next time you sign in to your Facebook page.

- ✓ Log your workouts and meals into the Fit-ify! Exercise and Health Tracker application and it will graph calories burned, pounds lost, and your body mass index.
- ✓ Sign up for the *Yoga Journal* Pose of the Day and three moves will be delivered to your in-box each morning. You'll get a description of the asanas' benefits and tips to make them more challenging.
- ✓ Calculate the distance of a jogging route you've just discovered with the MapMyRun program. Or, if you've recently moved, use it to find your new favorite route. —J.A.

Update your profile and your workout routine at the same time



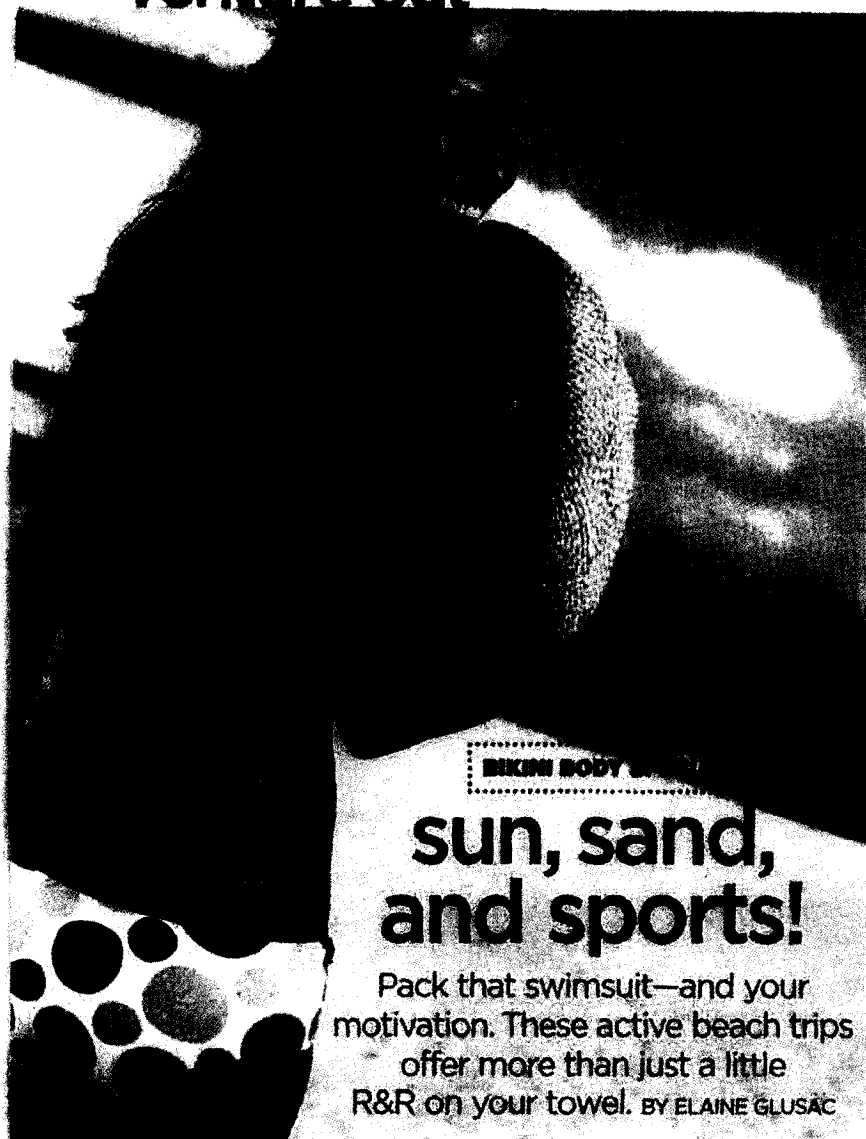
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venture out



sun, sand, and sports!

Pack that swimsuit—and your motivation. These active beach trips offer more than just a little R&R on your towel. BY ELAINE GLUSAC

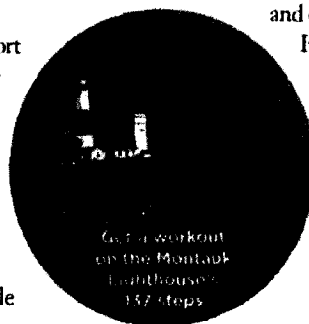
The lapping waves and endless horizon at the beach deliver a restorative “twofer,” both calming the mind and invigorating the body. While you can always just sink your toes into the sand and chill out, the best getaways provide activities that help you further appreciate the scenery. But where do you start—with a run, a swim, a volleyball game, or a little hang-10 time? To help you keep burning calories, we combed the country’s best sandy swaths to find those with the highest fun *and* fitness factor. Whether you like to cycle, surf, kayak, or just try new things, these favorites will have you coming back for more year after year.

FOR PADDLE SURFERS

Montauk, New York

This end of Long Island is known for its star-studded Hamptons beach communities, but keep going east and you’re more likely to find clam shacks and surf trawlers than velvet-roped clubs and ritzy stores. The many bays and ponds here provide ideal flat water

for the hottest water sport around: stand-up paddle surfing. This hybrid of surfing and kayaking requires you to balance on an extra-long surfboard and propel yourself over the water using a paddle with a wide



blade. Your legs and butt have to work hard to help you balance, while your core and upper body provide the power. Try it out at Main Beach Surf + Sport. The outfitter offers 90-minute lessons on Georgica Pond, which is near the town of East Hampton, about 12 miles west of Montauk (\$150; mainbeach.com). **Bunk here** The antiques-filled Sunrise Guest House overlooks the beach across the street and has a Jacuzzi on the second-story porch (rooms from \$115; sunrisehub.com). It’s a mile from the center of town, but you’ll enjoy the walk along the beach to get there.

FOR CYCLISTS

Outer Banks, North Carolina

If you can’t decide what to do on vacation, you’ll love North Carolina’s Outer Banks, a group of three slender barrier islands that buffer the mainland from the open ocean. At 130 miles long, the Outer Banks have something for every taste: Bird-watchers come to explore the protected dunes; cyclists love spinning along the beach trails; and surfers bolt for the waves.

Flanked by seascapes (the ocean breeze is a boon in summer), bike paths and lanes create more than 100 miles of cycling—from Corolla in the north to Ocracoke in the south. Clearly marked lanes bracket Highway 12, and drivers are known to give a wide berth to cyclists. Rent a cruiser from Ocean Atlantic Rentals in the resort town of Duck (\$40 per week; oat-nc.com) and follow the highway south 12 miles to Kill Devil Hills. Brake here at the Wright Brothers National Memorial (where the duo first flew in 1903) and climb Big Kill Devil Hill.

It’s only 90 feet to the top, but the perch offers relatively lofty views over the otherwise flat surroundings.

Bunk here Most of the 88 rooms at the Sanderling Spa & Resort in Duck have

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venture out

views of the water (rooms from \$210; thesanderling.com). A three-mile hiking trail from the resort winds through the neighboring Pine Island Audubon Sanctuary. Borrow one of the hotel's kayaks and explore it by boat.

FOR PADDLERS

Saugatuck, Michigan

The Wolverine State is almost surrounded by water, with lakes so huge they have an ocean-like feel. Saugatuck, a two-hour drive from Chicago, is no different. This artists' community sits on the banks of Kalamazoo Lake, just a mile from Lake Michigan, and has been attracting beach lovers for nearly 100 years.

Paddlers can take advantage of the system of rivers and bayous that flow through Saugatuck. Running Rivers Kayak Rentals offers guided trips downstream that range from one to three hours (from \$20 per person; running-rivers.info). Pilot a single or tandem boat on the slow-moving water through the Allegan State Game Area, a habitat for herds of white-tail deer and many birds, including bald eagles. The boats are easy to handle, and the guide's quick tutorial will teach you how to use your core—not your arms—to power the kayak. Spend a separate paddling session touring the busy harbor (\$13 per hour), which is

dotted with sailboats and offers plenty of places to pull over, tie up, and explore town or grab a snack.

Bunk here Julee Rosso, co-author of *The Silver Palate Cookbook*, runs the art-filled Wickwood Country Inn, an 11-bedroom B&B just a block from the river (rooms from \$165; wickwoodinn.com). Her cooking prowess makes the market-fresh breakfasts a highlight here (she offers workshops too).

FOR SURFERS

Coronado, California

This peninsula separating San Diego Bay from the open Pacific is a surf lover's scene, boasting waves that are beginner-friendly, whether you want to seriously ride or just boogie board. Get the hang (10) of it by signing up with the Coronado Surfing Academy, which offers private and group lessons on central Coronado Beach in front of the famous Hotel del Coronado (from \$40 per hour; coronadosurfing.com). Arrange an early start—between 7 and 10 a.m.—to enjoy the surf before the wind picks up. After practicing your “pop-ups” (jumping to your feet on the board) on dry land, you'll paddle out and finesse your newfound form on the waves.

Bunk here The 100-year-old Glorietta Bay Inn, built as a private mansion and expanded to a hotel with 100 rooms, offers one of the best locales in town. It's just a block from the beach on Coronado's main marina (rooms from \$185; gloriettabayinn.com).



Wanderlust
The Sanderling
Hotel is a prime
location for
beach lovers.

THE BEST BIKINI BEACHES

If your goal is to show off your hard-earned results this summer, make a beeline to one of these sandy spots.

› SANTA MONICA, CALIF.

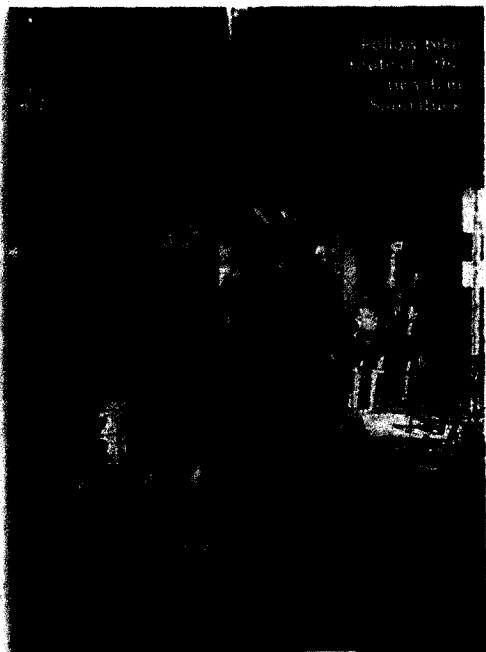
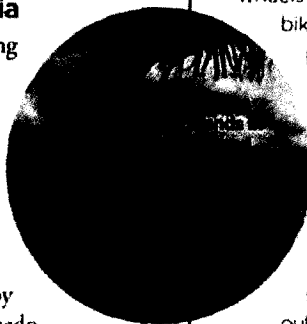
SoCal is known for its beaches, but the strip from Santa Monica to Venice is one of the most popular. Rent

wheels at one of the many bike shops here and ply the 22-mile paved path along with joggers, bodybuilders, jugglers, cyclists, and more.

› SOUTH BEACH, MIAMI

While strolling to check out your sand mates (who seem to revel in sporting the teensiest of bikinis) is a popular activity here, most people at this beach prefer to soak up the rays (SPF is a must) or play in the water. The surf isn't huge, but it's perfect for bodysurfing and bodyboarding.

› TURKS AND CAICOS People flock to these Caribbean islands for the white sand, stunning water, and diving and snorkeling. Providenciales has the busiest scene and top-ranked beaches, but you'll want to bring several bikinis and island-hop.



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binge-proof your next workout

What to eat on days you exercise—plus, whether coconut water can keep you slim. BY CYNTHIA SASS, R.D.

A DANGEROUS MIND(SET)

I love working out: It makes me feel energetic, healthy, and virtuous. But like many of my clients, I'm susceptible to that "I exercised today, so I can eat whatever I want" mentality. And that can be a problem, since even during a moderately intense treadmill session, I burn only about 350 calories—the equivalent of a large soy latte and a banana.

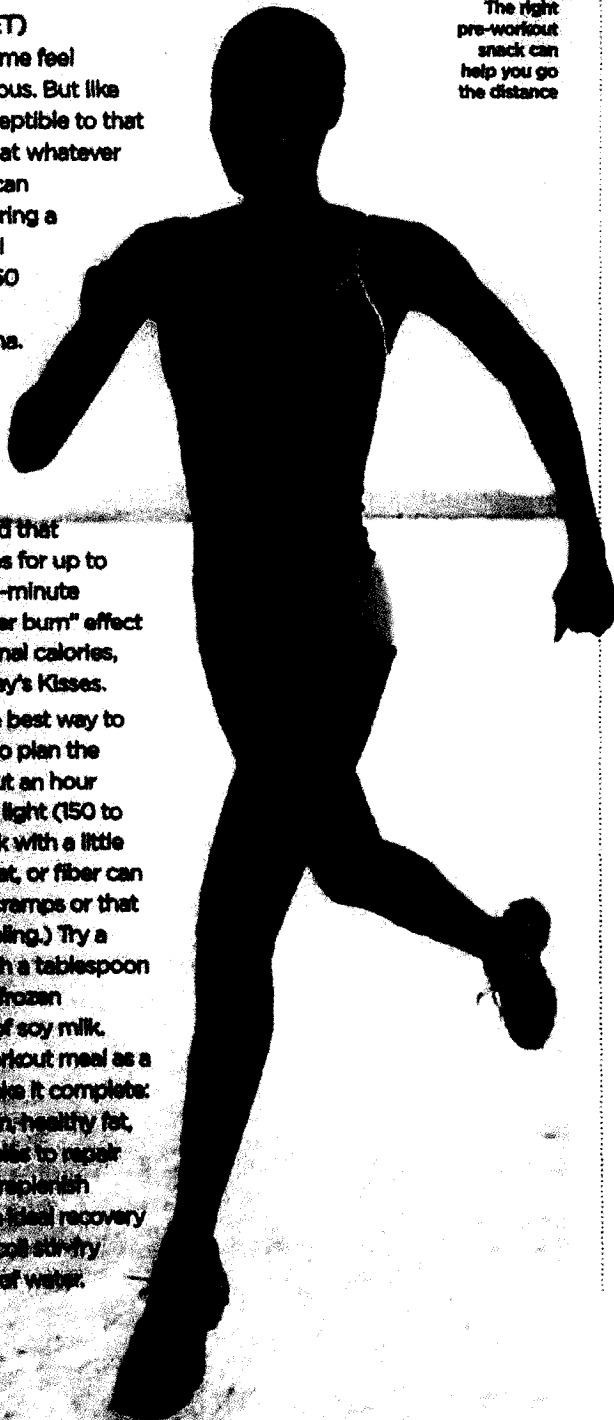
◊ **FEEL THE BURN** It's true that your metabolism stays stoked after you stop exercising, but it's not enough to sanction an all-

out splurge. One study found that women burned more calories for up to 67 hours after an intense 40-minute cardio workout. But that "after burn" effect amounted to just 50 additional calories, or the number in two Hershey's Kisses.

◊ **FOOD FOR THOUGHT** The best way to balance diet and exercise is to plan the day's menu in advance. About an hour before hitting the gym, eat a light (150 to 200 calories), carb-rich snack with a little protein. (Too much protein, fat, or fiber can delay digestion, resulting in cramps or that brick-in-your-belly feeling.) Try a slice of whole-grain toast with a tablespoon of almond butter or 1 cup of frozen cherries blended with 1 cup of soy milk.

Then think of your post-workout meal as a puzzle—these five pieces make it complete: H₂O to rehydrate; lean protein; healthy fat; and antioxidant-rich vegetables to repair muscle; and whole grains to replenish glycogen in muscle tissue. An ideal recovery combo is a stir-fry and broccoli stir-fry over brown rice with a glass of water.

The right pre-workout snack can help you go the distance



© I've been hearing a lot about coconut water for weight loss. Should I be drinking it?

▲ Aside from being low in calories (just 60 per 11-ounce container), there's nothing about coconut water that would help you slim down. Still, it's worth sipping, especially after a sweat session: The beverage has more electrolyte-raising potassium than most sports drinks.

Coconut oil, however, may actually do your waistline some good. It contains a type of fat that burns off more easily than those found in other oils. But since it has 117 calories and 14 grams of fat per tablespoon, you should use it in place of—not in addition to—other fats in your diet.

"MY NEW HEALTHY OBSESSION"

The Ginger People Crystallized Ginger Chips (\$5; gingerpeople.com). I'll pop a few after a meal to satisfy my sweet tooth, freshen my breath, and banish bloating.



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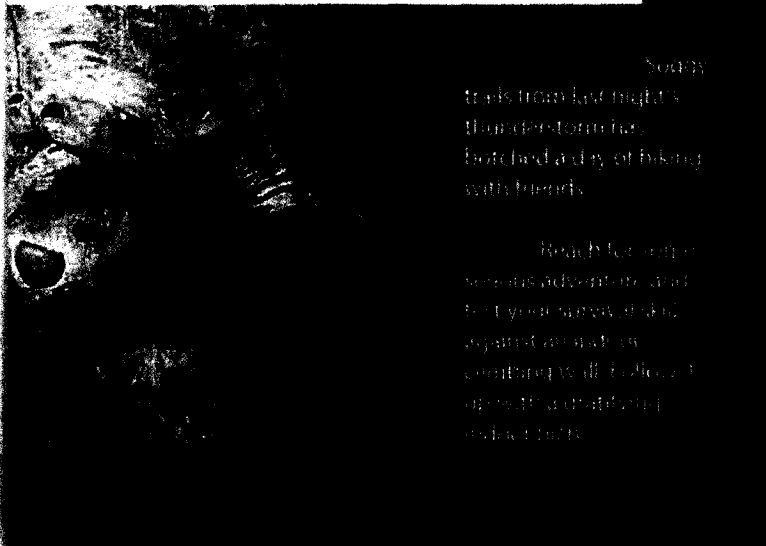
girl's guide to the unexpected

Because everything doesn't always go as planned, every girl should be equipped with a backup plan for any scenario. So, don't let the unexpected get in the way of living your life... and always have a plan B in mind when plan A doesn't work out.



You've just opened the suitcase to your long weekend getaway and you forgot to pack your sneakers. No morning run?

Stretch outside your normal routine. Check out a local Pilates, yoga, stroll, or a sweatier, less-workout that can be just as fun and as your own.



Sorry, folks from last night's thunderstorm has botched a day of hiking with friends.

Reach for your scenic adventure, and let your new friend, a pair of rain boots, come along with you. Adventure will follow, and you'll have a great time.



Post-work event and you've left your makeup bag at home. On your dress at home. Need a fresh look... fast!

Make your way to the makeup counter at the local department store, or cosmetics boutique for a quick complimentary makeover.

PlanB
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tablets 0.02 mg

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the extra one that's labeled

the calm

...calm down. Things don't go exactly as planned. You should know there's a backup plan. Plan B is an emergency contraceptive pill that helps prevent pregnancy after birth control failure or unprotected sex. Plan B is not regular birth control and should not be used that way. It simply isn't as effective. Also, Plan B is not the abortion pill.

Plan B is over-the-counter, so you don't need a prescription. Go directly to the pharmacy. If you're 17 or younger, you'll need a prescription. You have a 72-hour window to prevent pregnancy. The sooner you take Plan B, the more effective it is. When taken as directed, it can reduce the chance of pregnancy by up to 89%. Take the first pill as soon as possible after unprotected sex. The second pill is available later. Learn more at 1-800-340-1221 or www.PlanB.org.

Plan B is not effective if you're already pregnant, and it won't terminate an existing pregnancy. It may also increase the risk of miscarriage and other sexually transmitted disease (STD). Side effects may include nausea, dizziness, fatigue, headache, stomach pain, and breast tenderness. If you're pregnant, you may experience spotting or light bleeding. If you have a severe allergic reaction, you may experience difficulty breathing, hives, and facial swelling, etc. If you're pregnant, you may experience spotting or light bleeding. If you have a severe allergic reaction, you may experience difficulty breathing, hives, and facial swelling, etc. If you're pregnant, you may experience spotting or light bleeding. If you have a severe allergic reaction, you may experience difficulty breathing, hives, and facial swelling, etc.

Plan B[®] (Levonorgestrel) Tablets, 0.75 mg

Brief Summary (See Package Brochure For Full Prescribing Information)

Rx only for women age 17 and younger

For women age 17 and younger, Plan B[®] is a prescription-only emergency contraceptive. Plan B[®] is intended to prevent pregnancy after known or suspected contraceptive failure or unprotected intercourse. Emergency contraceptive pills (like all oral contraceptives) do not protect against infection with HIV (the virus that causes AIDS) and other sexually transmitted diseases.

CONTRAINDICATIONS

Progestin-only contraceptive pills (POPs) are used as a routine method of birth control over longer periods of time, and are contraindicated in some conditions. It is not known whether these same conditions apply to the Plan B[®] regimen consisting of the emergency use of two progestin pills. POPs however, are not recommended for use in the following conditions:

- Known or suspected pregnancy
- Hypersensitivity to any component of the product

WARNINGS

Plan B[®] is not recommended for routine use as a contraceptive.
Plan B[®] is not effective in terminating an existing pregnancy.

Effects on Menses

Menstrual bleeding patterns are often irregular among women using progestin-only oral contraceptives and in clinical studies of levonorgestrel for postcoital and emergency contraceptive use. Some women may experience spotting a few days after taking Plan B[®]. At the time of expected menses, approximately 75% of women using Plan B[®] had vaginal bleeding similar to their normal menses, 12-13% bled more than usual, and 12% bled less than usual. The majority of women (87%) had their next menstrual period at the expected time or within ± 7 days, while 13% had a delay of more than 7 days beyond the anticipated onset of menses. If there is a delay in the onset of menses beyond 1 week, the possibility of pregnancy should be considered.

Ectopic Pregnancy

Ectopic pregnancies account for approximately 2% of reported pregnancies (19.7 per 1,000 reported pregnancies). Up to 10% of pregnancies reported in clinical studies of routine use of progestin-only contraceptives are ectopic. A history of ectopic pregnancy need not be considered a contraindication to use of this emergency contraceptive method. Health providers, however, should be alert to the possibility of an ectopic pregnancy in women who become pregnant or complain of lower abdominal pain after taking Plan B[®].

PRECAUTIONS

Pregnancy

Many studies have found no effects on fetal development associated with long-term use of contraceptive doses of oral progestins (POPs). The few studies of infant growth and development that have been conducted with POPs have not demonstrated significant adverse effects.

STD/HIV

Plan B[®], like progestin-only contraceptives, does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

Physical Examination and Follow-up

A physical examination is not required prior to prescribing Plan B[®]. A follow-up physical or pelvic examination, however, is recommended if there is any doubt concerning the general health or pregnancy status of any woman after taking Plan B[®].

Carbohydrate Metabolism

The effects of Plan B[®] on carbohydrate metabolism are unknown. Some users of progestin-only oral contraceptives (POPs) may experience slight deterioration in glucose tolerance, with increases in plasma insulin; however, women with diabetes mellitus who use POPs do not generally experience changes in their insulin requirements. Nonetheless, diabetic women should be monitored while taking Plan B[®].

Drug Interactions

Theoretically, the effectiveness of low-dose progestin-only pills is reduced by hepatic enzyme-inducing drugs such as the anticonvulsants phenytoin, carbamazepine, and barbiturates, and the antituberculosis drug rifampin. No significant interaction has been found with broad-

spectrum antibiotics. It is not known whether the efficacy of Plan B[®] would be affected by these or any other medications.

Nursing Mothers

Small amounts of progestin pass into the breast milk in women taking progestin-only pills for long-term contraception resulting in steroid levels in infant plasma of 1-6% of the levels of maternal plasma. However, no adverse effects due to progestin-only pills have been found on breastfeeding performance, either in the quality or quantity of the milk, or on the health, growth or development of the infant.

Pediatric Use

Safety and efficacy of progestin-only pills have been established in women of reproductive age for long-term contraception. Safety and efficacy are expected to be the same for postpubertal adolescents under the age of 16 and for users 16 years and older. Use of Plan B[®] emergency contraception before menarche is not indicated.

Fertility Following Discontinuation

The limited available data indicate a rapid return of normal ovulation and fertility following discontinuation of progestin-only pills for emergency contraception and long-term contraception.

ADVERSE REACTIONS

The most common adverse events in the clinical trial for women receiving Plan B[®] included nausea (23%), abdominal pain (18%), fatigue (17%), headache (17%), and menstrual changes. The table below shows those adverse events that occurred in $\geq 5\%$ of Plan B[®] users.

Table 3: Adverse Events in $\geq 5\%$ of Women, by % Frequency

Most Common Adverse Events	Plan B [®] Levonorgestrel N=977 (%)
Nausea	23.1
Abdominal Pain	17.6
Fatigue	16.9
Headache	16.8
Heavier Menstrual Bleeding	13.8
Lighter Menstrual Bleeding	12.5
Dizziness	11.2
Breast Tenderness	10.7
Other complaints	9.7
Vomiting	5.6
Diarrhea	5.0

Plan B[®] demonstrated a superior safety profile over the Yuzpe regimen for the following adverse events:

- Nausea: Occurred in 23% of women taking Plan B[®] (compared to 50% with Yuzpe)
- Vomiting: Occurred in 6% of women taking Plan B[®] (compared to 19% with Yuzpe)

DRUG ABUSE AND DEPENDENCE


There is no information about dependence associated with the use of Plan B[®].

OVERDOSAGE

There are no data on overdosage of Plan B[®], although the common adverse event of nausea and its associated vomiting may be anticipated.

Mfg. by Gedeon Richter, Ltd., Budapest, Hungary
for Duramed Pharmaceuticals, Inc.
Subsidiary of Barr Pharmaceuticals, Inc.
Pomona, New York 10970
Phone: 1-800-330-1271
Website: www.go2planb.com

Revised AUGUST 2006
BR-0038/11001136

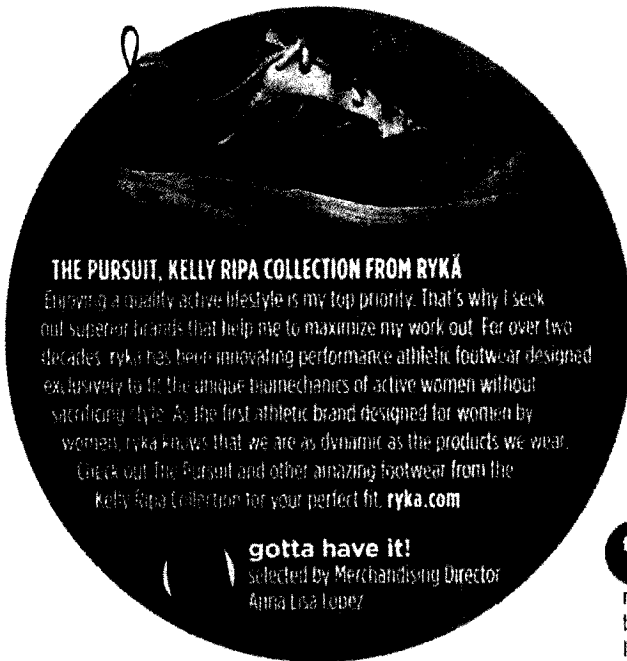
 Duramed Pharmaceuticals, Inc.
Subsidiary of Barr Pharmaceuticals, Inc.
Pomona, New York 10970

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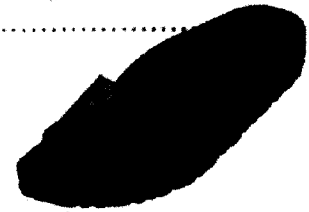
The It! List

SHAPE's give it, do it, try it, taste it, get it, use it, wear it, gotta have it list!



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gotta have it!
 selected by Merchandising Director
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 This high performance moisturizer zeros in on your entire body's anti-aging skincare needs. It helps visibly minimize the appearance of sun damage, minor scars, stretch marks and dimpled skin. Give your skin a smoother, firmer, totally transformed look. prevageskin.com



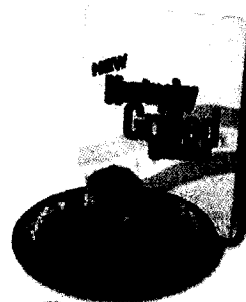
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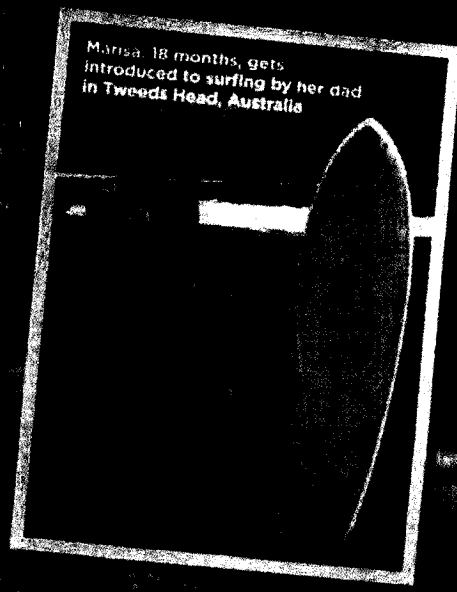
SEE MORE AT
SHAPE.COM/ITLIST

up close with... Marisa Miller

5 minutes to a prettier, healthier you

Marisa Miller is a 2004 Olympic gold medalist in the women's 49kg class. She has been named the "Andromeda" by the magazine "Time" for her role in the 2004 Olympic Games. She is also a professional surfer and has won several titles in the world. She is known for her powerful and graceful surfing style. She is also a mother of two children and is active in her community. She is a role model for many young women who want to be professional athletes.

...my mind for
day before



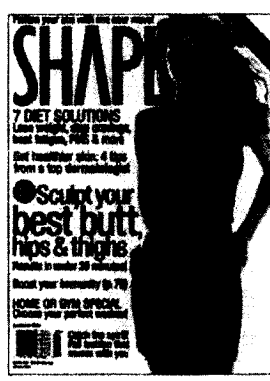
RUSSELL JAMES STYLING: AMY BETH BERLIN; HAIR: DOMINICK PUCCARELLO; MAKEUP: MEREDITH BARAF; THE WALL GROUP PRODUCTION; SCOTT STROCHER; VIXEY; US: VICKY FOR VICTORIA'S SECRET; SWIMSUITS: ENNEBER FISHER; RING AND BEAT BLET'S; SHOT ON LOCATION IN LOS CABOS, MEXICO; ACCOMMODATIONS PROVIDED BY CABO AZUL RESORT & SPA; CAROLAN REVOLBY.COM; INSET: COURTESY OF MARISA MILLER; STILL LIFE: NICOLA JARRELLI

she went into labor with me wearing her unitard and leg warmers—very eighties." Her mother's dedication to physical fitness, as well as both parents' passion for surfing, have contributed to Marisa's health mantra: "Working out is not a luxury, it's a necessity." Read on to learn more of her simple look- and feel-fabulous secrets.

1 NEVER RUN ON EMPTY "I usually have steel-cut oatmeal with sliced bananas in the morning, but if I want something fast, I whip up a protein shake," says Marisa. "I mix soy or almond milk, yogurt, a banana, and a scoop of protein powder with frozen organic fruit, like mangoes or blueberries. I don't measure anything; I just throw it all in the blender. I also carry Gnu Flavor & Fiber bars with me in case I need to eat on the run."

2 GET YOUR BEAUTY ZZZ'S "Everyone in my family is a nurse except me," says Marisa. "When one of my younger sisters was in nursing school, she wasn't sleeping enough and started gaining weight. Skimping on sleep really seems to mess with your metabolism. We all need at least eight hours."

3 GIVE IN TO TEMPTATION "I prefer healthy food and try not to bring too many treats into my house. But I don't believe in depriving myself either," says Marisa. "When I go to the movies, I have a sugary soda, not a diet one. And if I want a



"This 2002 Shape cover was my first cover ever," says Marisa

burger, I'll have a burger. I just make it a point not to eat one five days in a row."

4 SLATHER ON SPF "I hate fumbling with my swimsuit at the beach," says Marisa. "So after I shower, while I'm completely naked, I put on sunblock from head to toe, making sure I cover every little spot."

5 TAKE A COLD SHOWER "One of my best get-up-and-go tips came to me by accident," says Marisa. "I was shooting on an island and there was no hot water. First thing in the morning, I had to take a freezing-cold shower. It didn't feel good at the time, but I noticed my skin felt tighter and looked brighter!"

6 BUY THE RIGHT BRA "For years I thought I was a 34B," admits Marisa. "But when I went for a proper fitting, I discovered I was a 32C. Once I got the right size, my posture improved and my clothes fit better."

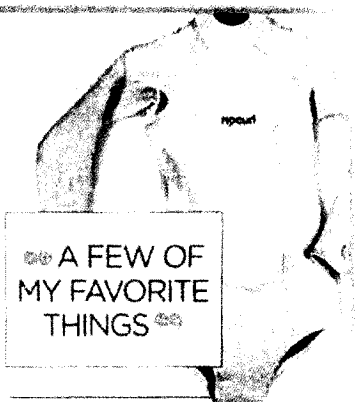
7 BE FLEXIBLE WITH YOUR WORKOUTS "It's not easy for me to stick to a set routine, but if I can do something almost every

day, I don't have to play catch-up before a big photo shoot," says Marisa. "I have a home gym and I take Spinning classes at my local health club. When I can, I box with a trainer, which helps me blast calories. If I'm going on the road, I bring resistance bands with me so I can strength-train anywhere. Every bit helps." (Turn to page 36 for Marisa's firm-up workout.)

8 DON'T EAT LIKE YOUR GUY "My husband, Griffin, is tall and lean, so he can eat anything he wants," says Marisa. "Some nights he'll bring home french fries, and I have to resist them! I decide to say 'no' and then make something else, like a veggie burger. It's not always an easy choice, but it's a healthier one."

9 FAKE THE SUN "I think my skin looks better now than when I was 23 because I don't lie out in the sun like I used to," says Marisa. "But I still like a little glow. Right now I love the Bare Bronze Self-Tanning Body Spray from Victoria's Secret, which you can layer on your skin until you get the color you want. It looks so natural."

10 COOK, WHEN YOU CAN "I love to cook when I'm home," says Marisa. "But I'm all about making things fast and easy. I went to Trader Joe's and bought Thai noodles, ready-made Thai yellow curry sauce, and pre-cut frozen organic veggies. I whipped up dinner in less than 10 minutes. Griffin thinks I'm a gourmet chef!"

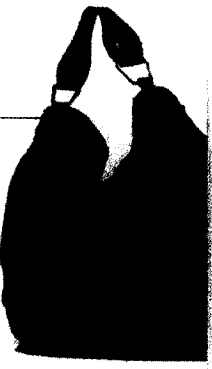


A FEW OF MY FAVORITE THINGS

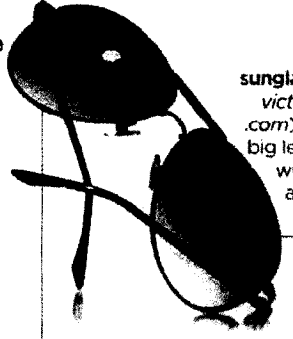
Rip Curl long-sleeve Booty spring suit (\$90; ripcurl.com) "It's a little bit superhero, but so cute! Everyone always asks me where I got it."



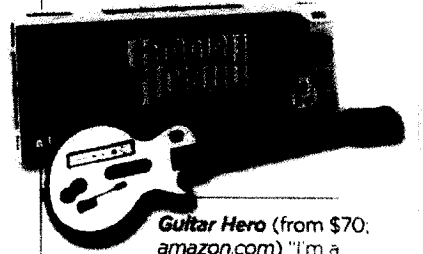
Twilight, by Stephenie Meyer (\$13; barnesandnoble.com) "I'm addicted! I asked my husband to get vampire teeth and chase me around the house."



Rebecca Minkoff Nikki bag (\$595; revolveclothing.com) "It's a good travel bag and purse. I can actually fit my laptop in it."



VS aviator sunglasses (\$38; victoriasssecret.com) "I love the big lenses. They wrap around and protect my eyes."



Guitar Hero (from \$70; amazon.com) "I'm a total rock girl. My husband and I play this for hours; I'm on guitar and he sings. It's the funniest thing ever."

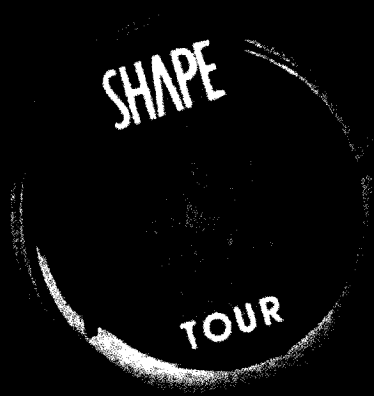
cover profile workout

the 6 firming moves I swear by

Get sculpted from head to toe with Marisa Miller's surf-inspired workout. BY JEANINE DETZ

➤ You know those supermodels who insist they don't exercise? Marisa Miller is so not one of them. The 30-year-old credits regular strength training, cardio Pilates, and surfing for her physique. "Surfing is my cardio," she says. But the model's workout routine

RUSSELL JAMES STYLING: ANY BE THE BEER IN PAIR; DOMINIK BURCARELLI; MAKE-UP: MELISSA BARAE; THE WALL GROUP; PRODUCTION: SCOTT SCHROEDER; SHIRT: DUNN LONDON; SWEATERS: COLE HAAS; SHOES: VICTORIAS SECRET; CAP: HUGO BOSS; VEST



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cover profile workout

HOW IT WORKS Three times a week, do 12 to 15 reps of each move in order; sprint for 1 minute in between. Repeat 2 or 3 times.
YOU'LL NEED Not much! A surfboard and towel are optional.

mountain climber

WORKS LEGS, BUTT, CHEST, AND CORE

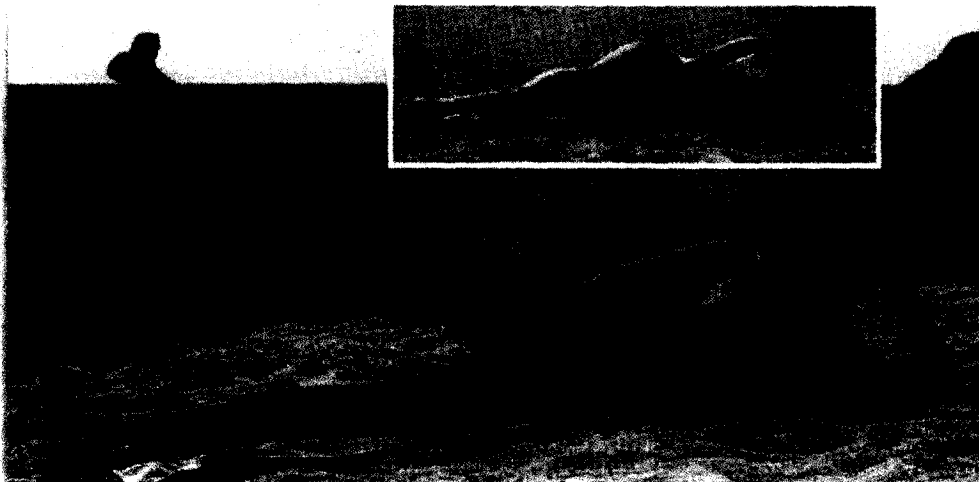
Get into plank position with hands aligned under shoulders and legs extended. Bring right foot toward right hand [A], then switch legs, jumping left foot forward and right foot back [B], to complete 1 rep. Continue jumping feet back and forth.



side-lying circle

WORKS LEGS

Lie on your left side with legs straight and stacked, feet flexed. Keeping hips and shoulders squared, circle your right leg forward [A], up [B], back, and down. Do 12 to 15 circles forward, then repeat in the opposite direction. Switch sides to complete set.



3-way kick

WORKS LEGS AND BUTT

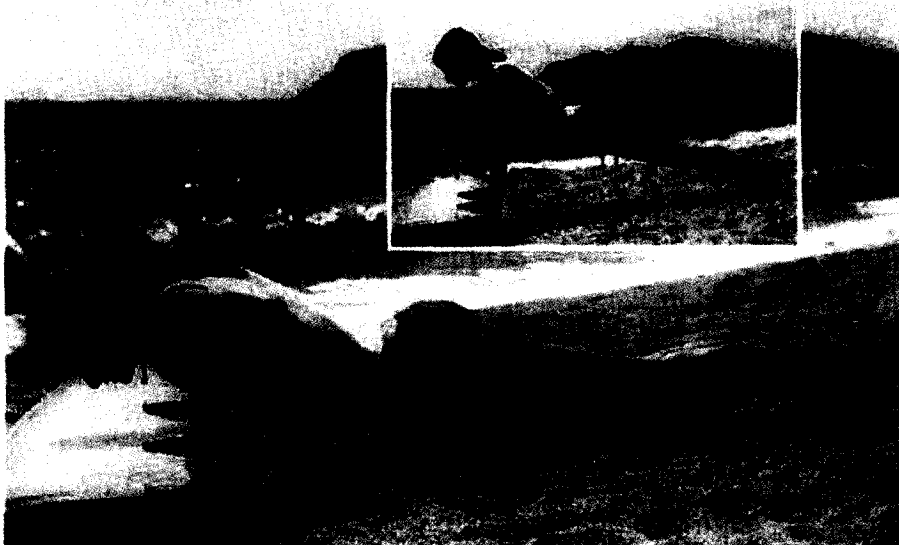
Stand with hands on hips. Keeping foot flexed the entire time, bring left knee toward chest, then kick forward [A]. Bring knee in and kick left leg out to the left [B]. Bring knee in again and lean forward as you kick left leg straight back [C] to complete 1 rep. Return to start and repeat. Switch sides to complete set.



speed skater

WORKS LEGS AND BUTT

Stand behind a towel or mat, at one end of it, feet hip-width apart. Using your arms to help propel you, push off left foot and jump to the right (toward the other side) [A]. Immediately push off right foot and jump back to the left [B] to complete 1 rep. Continue hopping from side to side, and try to make your strides long.



push-up

WORKS CHEST, SHOULDERS, TRICEPS, AND CORE

Get into plank position with wrists aligned under shoulders and abs pulled in tight so your body is straight. Rest on knees or toes [A]. Lower your chest toward the ground [B], then press up (body stays straight) and repeat.

bicycle

WORKS ABS

Lie faceup with hands behind your head and legs extended on the ground. Raise legs 45 degrees and lift head and shoulders a few inches. Bring left knee toward chest as you turn to the left and bring right elbow toward knee [A]. Switch legs [B] to complete 1 rep.





Take a
Second Look...

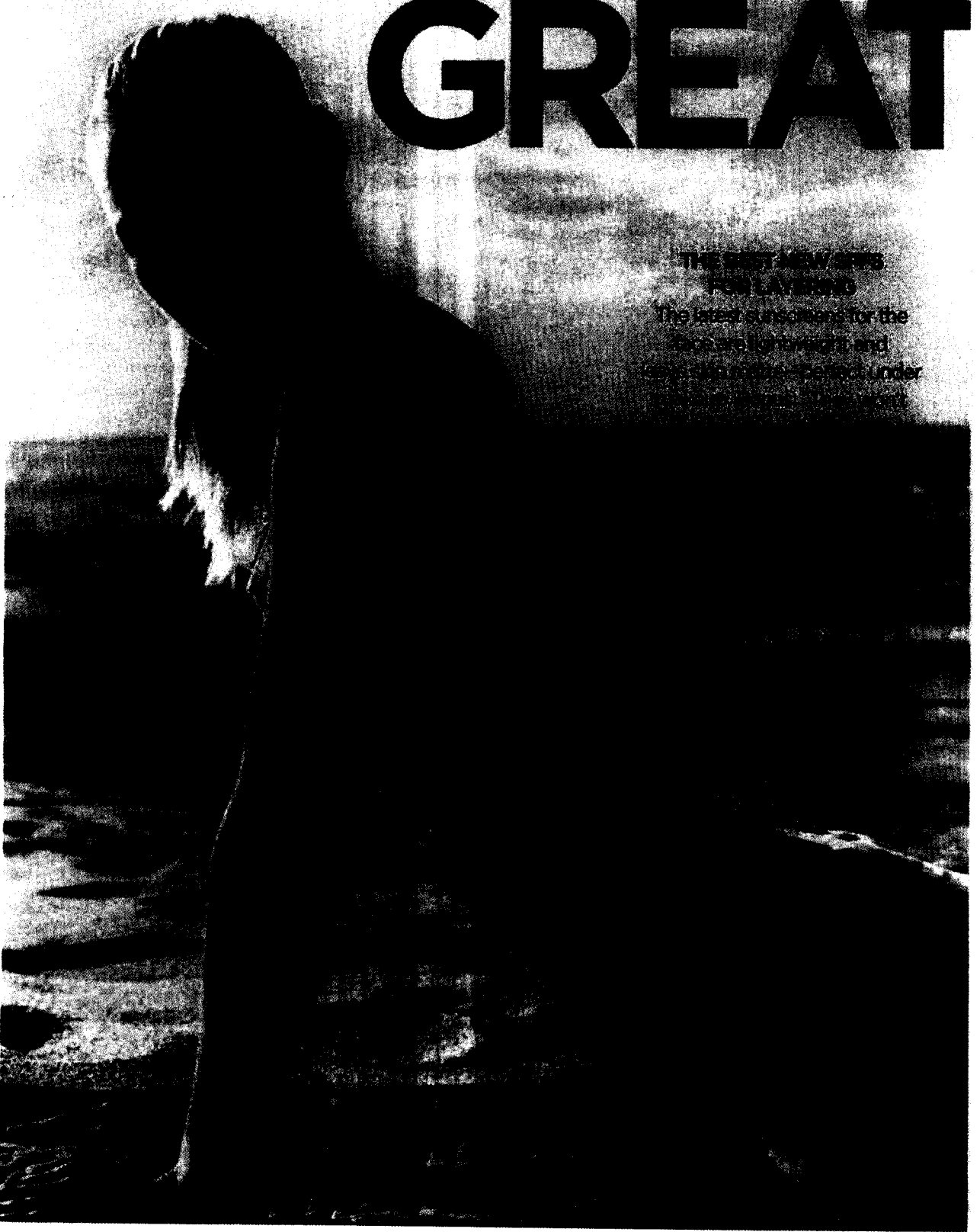
They will.



American Laser
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LOOK GREAT

TOP COLOR-PROTECTING TIPS 42 / SKIN-SAVING SECRET 44 / THE RIGHT SUIT FOR YOUR BODY 50



THE BEST NEW SEPS FOR LAYERS
The latest sunscreens for the face are lightweight and less sticky than the ones under

SARAH MANSOUR/SEPERIN ASSOCIATES/TRUEMARCHIVE.COM



get lasting hair color



Safeguard strands with tips from Rosetta Napolitano, a colorist at the Warren-Tricomi salon in Greenwich, Connecticut.

Soy and wheat proteins make this super-strengthening

➤ **Before you take a dip in the pool:**

Combine equal parts conditioner (we like Nexxus Dualiste Color Protection + Anti-Breakage Conditioner, \$16; at drugstores) and water in a spray bottle, then add a spoonful of olive oil. Mist your entire head with the mixture so strands can't soak up color-altering chlorine.

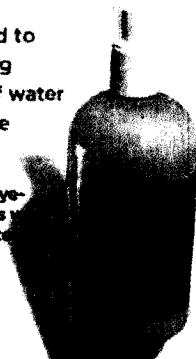
➤ **When you're at the beach:** Spritz on a UV-protective spray, like Warren-Tricomi Protect: Organic Hair Shield (\$30; ulta.com), to keep your hue from lightening in the sun.



eco-conscious dream cream

Want to do right by your skin *and* the planet? This month pick up Kiehl's Limited Edition Superbly Restorative Argan Body Lotion (\$55; kiehls.com). It contains fair-trade, hydrating ingredients; is easily absorbed; and comes in a bottle made of post-consumer recycled plastic. Plus, up to \$100,000 of the proceeds go to the Waterkeeper Alliance, a charity dedicated to protecting bodies of water across the country.

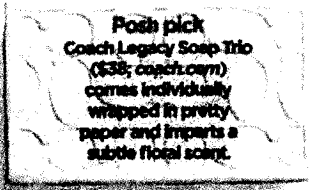
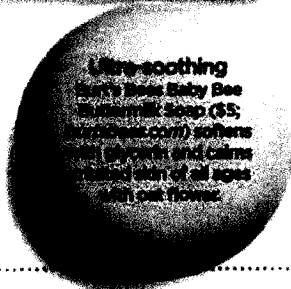
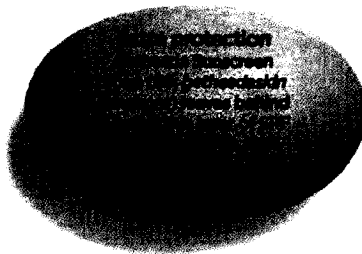
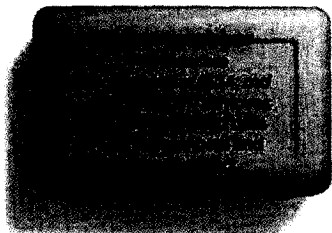
The line's eye-catching labels are designed by c...



BROCKE/SEZAROVIC; MOORE/STILLER; BROOKA/REUSEL

this sud's for you

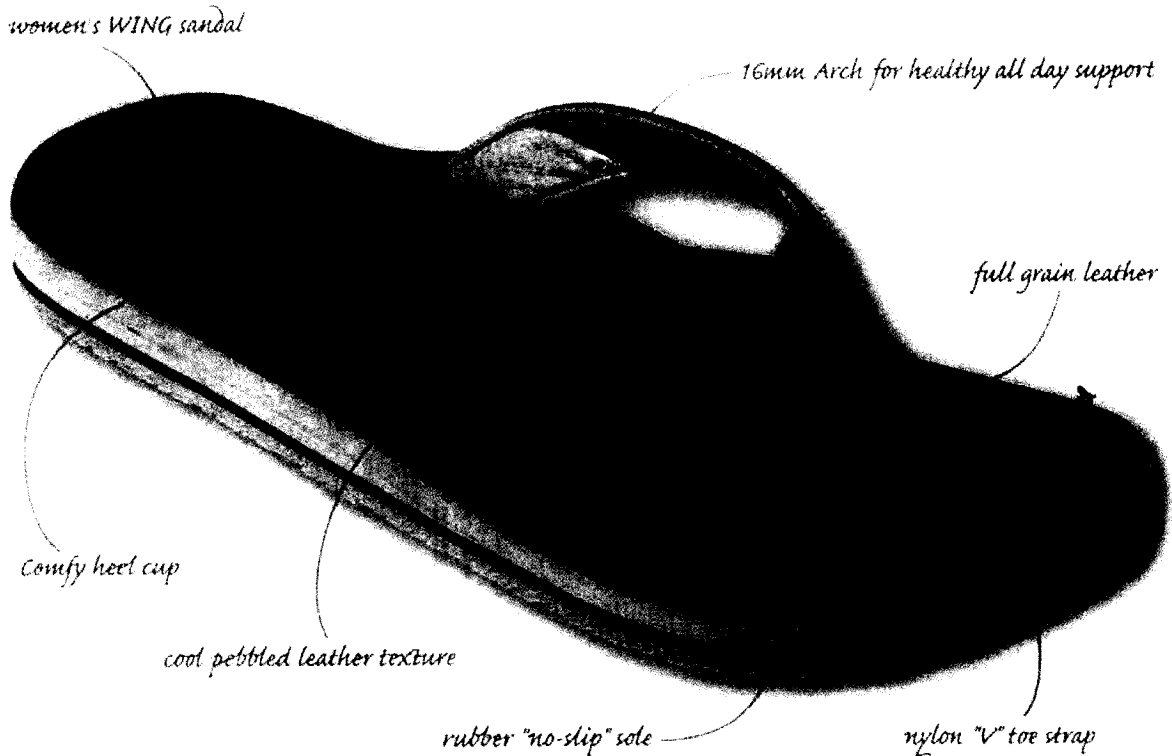
These four new soaps have raised the bar on cleansing.



Ultra-soothing
Kiehl's Baby Bee
Sulfur-Free Soap (\$5;
kiehls.com) softens
dry, itchy skin and calms
irritated skin of all ages
with oat flower.

Post-pick
Coach Legacy Soap Trio
(\$38; coach.com)
comes individually
wrapped in pretty
paper and imparts a
subtle floral scent.

Walk Like a Local



Support Healthy Fashion
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you can reverse skin damage

Plus, other ways to take charge of your looks, from executive beauty director Didi Gluck.

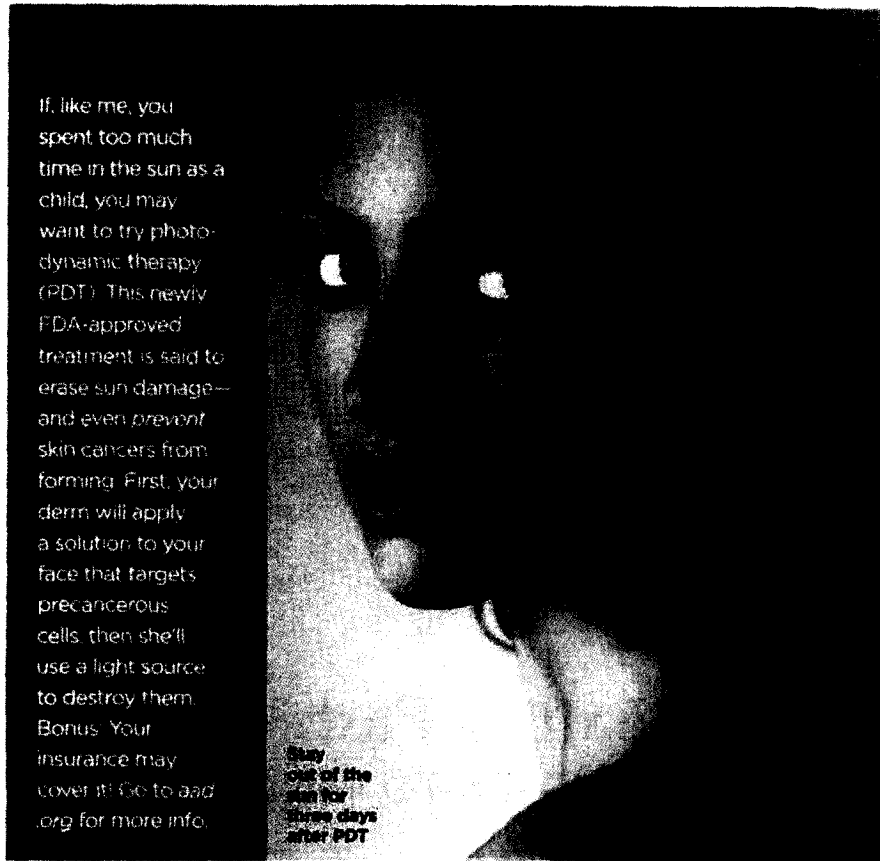


These salts slough, soften, and scent you

editor's pick

LOCO FOR COCOA

I used to find chocolate-scented potions too teeny-bopper-ish. But then I discovered the **Max Brenner Body spa collection** (from \$13; maxbrenner.com). Because these products include gourmet ingredients, such as Ghanaian cocoa beans and Indonesian cinnamon, their aroma is authentic and sophisticated rather than candy-bar-sweet. Better yet, the antioxidants in the chocolate they contain protect your skin from free radical damage—all the more reason for a grown-up to indulge.



If, like me, you spent too much time in the sun as a child, you may want to try photodynamic therapy (PDT). This newly FDA-approved treatment is said to erase sun damage—and even *prevent* skin cancers from forming. First, your derm will apply a solution to your face that targets precancerous cells, then she'll use a light source to destroy them. Bonus: Your insurance may cover it! Go to aad.org for more info.

Stay out of the sun for three days after PDT

WIN IT!

HEALTHY HAIR HOW-TO

Nothing restores luster to parched hair faster than a leave-in treatment. Be one of 100 readers to score a free bottle of **Ojon Hair Restorative Leave-In Treatment** (\$29; qvc.com), which features the nourishing oil of the tropical Ojon tree, by logging on to shape.com/hair from May 25 to June 21.

Apply pre-beach to keep hair well-hydrated

insider tip

SHOW-OFF HANDS

Orly celebrity manicurist Jenna Hipp (**Jennifer Aniston's a client**) suggests keeping cuticle oil in your glove compartment. Apply when you're stuck in traffic and in no time you'll have terrific tips. We love Décléor Aromessence Ongles Strengthening Concentrate for Nails (\$52; decleordirect.com).

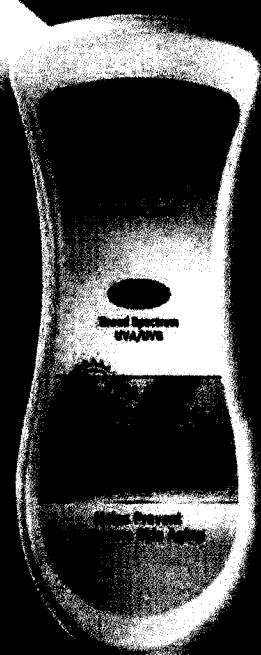


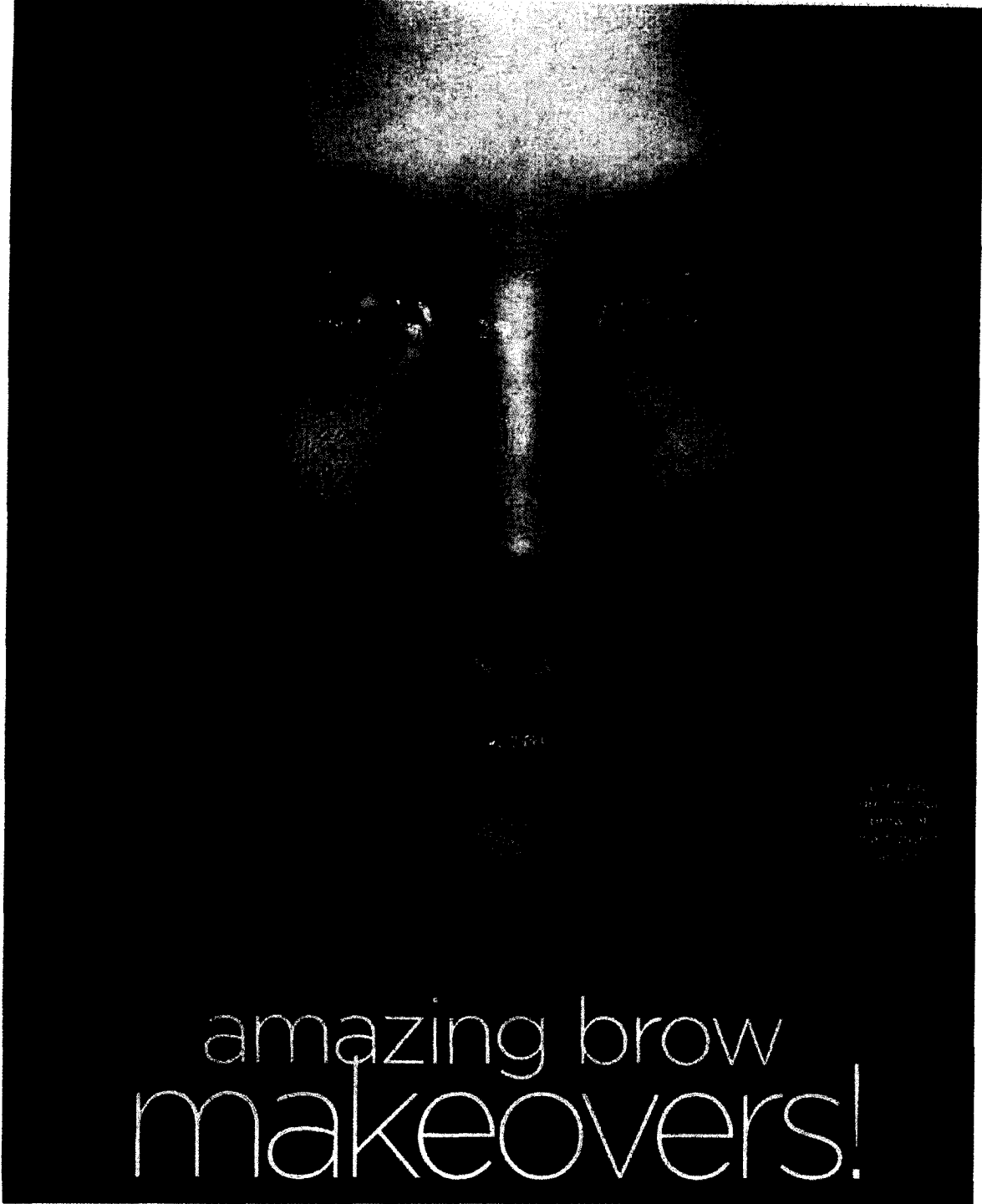
Aniston favors a natural nail look

SCORE BEAUTY AWARDS: JENNIER ANISTON

antioxi
omote n

Some of the damage in the UV photo may not be caused by sun exposure.





amazing brow makeovers!

Altering your arches can make a big difference in your looks—
as it did for these *Shape* readers. BY ELLEN MILLER

➤ If your eyes are the window to your soul, then think of your eyebrows as the curtains. After all, simply finding the right thickness and arch for your face can add polish to any look. Even better, "perfectly groomed brows can take years off

your face by lifting your eyes and making you appear more awake," says Tina Turnbow, a celebrity makeup artist in New York City. Two women with common flaws learned how easy it is to get beautiful brows—and now you can too.

GREY DELVES: HAIR: MOK/CUTLER NYC; FOR REDKEN; MAKEUP: TINA TURNBOW/BEAUTY.COM



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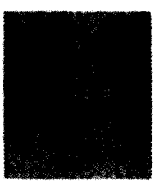
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BEFORE



AFTER

TRIA BEAUTY

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beauty school



BEFORE

AFTER
I'm amazed
by how
wide a this
simple
trick
improved
my look!

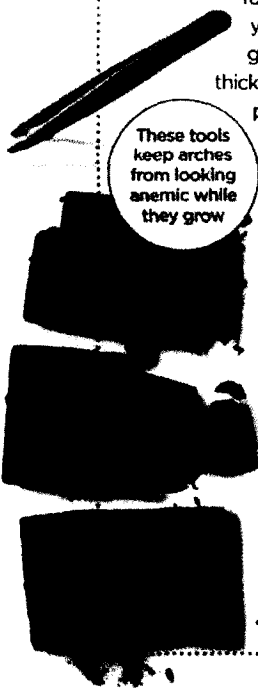
Help! I'm an over-plucker!

Amanda Ashe, 30
public relations executive, New York City

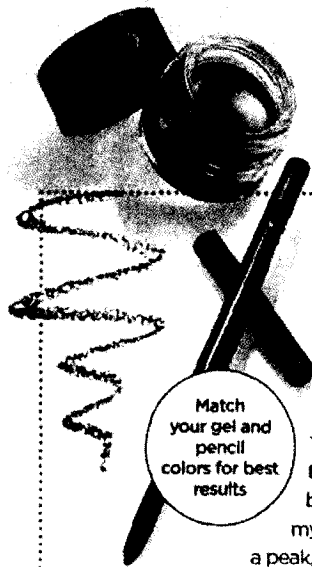
BROW BLUNDER "I was teased constantly in high school for my bushy brows, so I went overboard with tweezing in my 20s. Now I have bald spots, even when I skip plucking for months."

EXPERT ADVICE "Heavy tweezing can damage the follicles, but a steroid cream prescribed by your dermatologist can encourage new growth," says Turnbow. "In the meantime, thicken your brows with makeup. Start by penciling in the bald areas, then use a slanted brush to fill in the rest with matching powder." Check out Clinique Superfine Liner for Brows (\$13; clinique.com) and Chanel Perfect Brows palette in Brun (\$65; chanel.com). Keep hairs in place with a clear gel, like Revlon Brow Styling Gel (\$6; at drugstores). And next time you pluck, use slant-tip tweezers, like the Anastasia Beverly Hills Precision Tweezers (\$28; anastasia.net), which grip one hair at a time.

THE VERDICT "Now I get so many compliments on my eyes," says Amanda. "I learned that thicker brows really suit my face."



These tools keep arches from looking anemic while they grow



Match your gel and pencil colors for best results

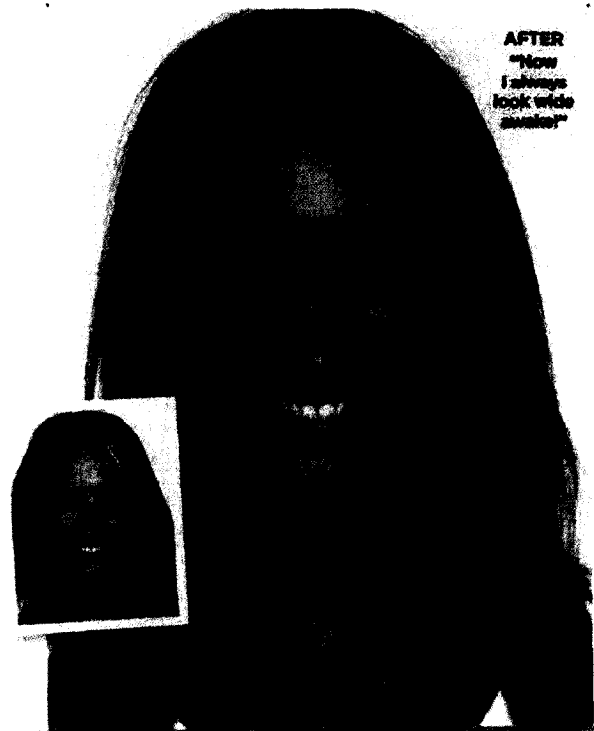
My arches are shapeless.

Katie Engle, 26
financial analyst,
New York City

BROW BLUNDER "My brows go straight across my face. They don't have a peak, so my eyes seem droopy. I'd love to learn how to create shapelier arches that stand out but don't look fake."

EXPERT ADVICE "The trick to making brows look believably curvier is to emphasize the existing line but build some extra lift above the iris, where the natural arch would be," says Turnbow. Start by directing all the hairs downward with an eyebrow brush. This will expose the highest point of what you have naturally. Then, using feathery strokes, trace along this line with a slant-tip brush dipped in a tinted brow gel, like Laura Mercier Brow Definer (\$20; lauramercier.com). Next, sweep your eyebrow hairs upward with the brush and use a pencil, like Avon Glimmersticks Brow Definer (\$6; avon.com), to draw in a little added height at the apex. Last, apply a highlighter, like Mally Beauty Lightwand Eye Brightener (\$25; mallybeauty.com), along your brow bone to intensify the effect.

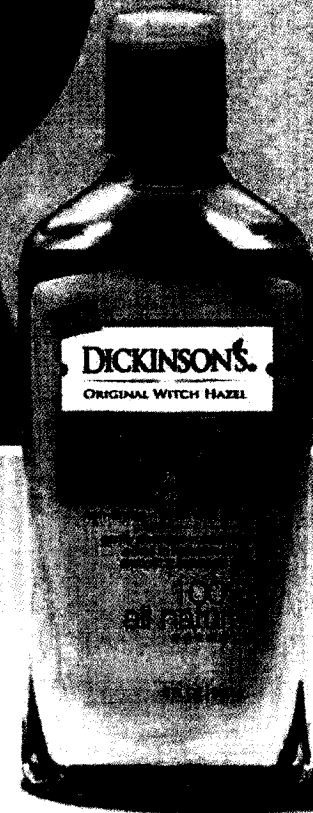
THE VERDICT "Changing the shape of my brows really defines my eyes," says Katie. "Following these easy steps every morning is going to save me time, since I won't have to apply so much shadow."



AFTER
"Now
I always
look wide
awake!"

STYLING: BOCCA AGRISSE

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fashion bonus

BIKINI BODY SPECIAL

the best suit for *your* body

We helped five women turn their body issues into assets.
Follow these easy styling strategies and you'll
make waves on the beach this summer too! BY JACQUI STAFFORD

☞ I'm an A cup.
How can I look bigger
on top? ☞

—Stephanie, 43, Fairfield, Connecticut

STYLE SOLUTION Create the illusion of a fuller chest with textured fabrics and embellishments.

SMALL CHEST



Guess top (\$49) and bottoms (\$39; guess.com)

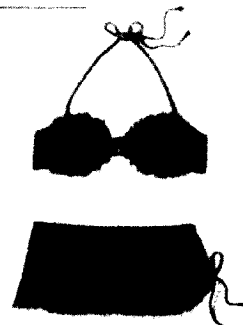
LOOK FOR:

- ☞ **cleavage-enhancing structure**—think underwire, molded demicups, or built-in padding—to lift what you have and add volume where it's lacking.
- ☞ **ruffles, bows, or ruching**. Extra fabric means extra bust-amplifying inches.
- ☞ **a halter-style neckline**, which has a push-up effect.
- ☞ **lighter shades**—even white—to give you a more voluptuous appearance. (Ditch darker shades on your upper half, as they have a diminishing effect.)
- ☞ **cleverly arranged cutouts**. These design elements let you "cheat" some curves, making your waist look narrower and your bust bigger by comparison.

BUST BOOSTERS



Tommy Hilfiger top (\$59) and bottoms (\$47; tommy.com for stores)



Joe Boxer top (\$17) and bottoms (\$17; kmart.com)

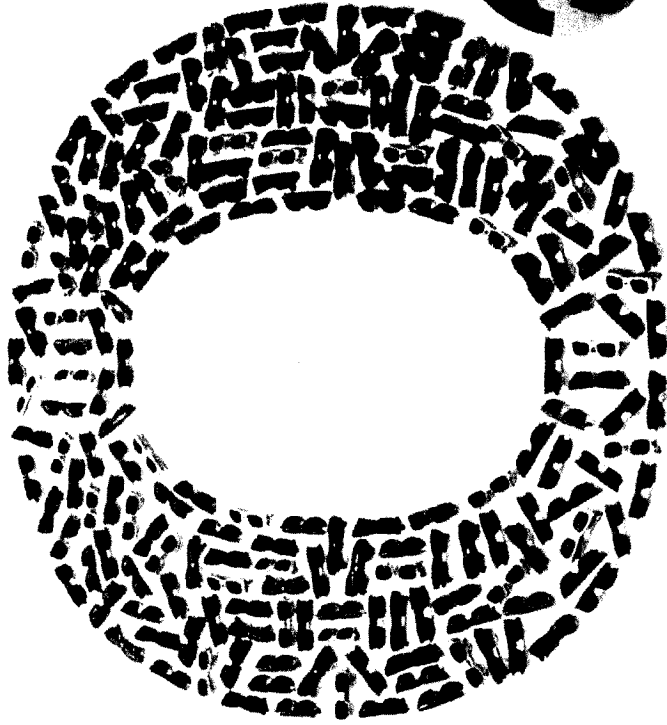
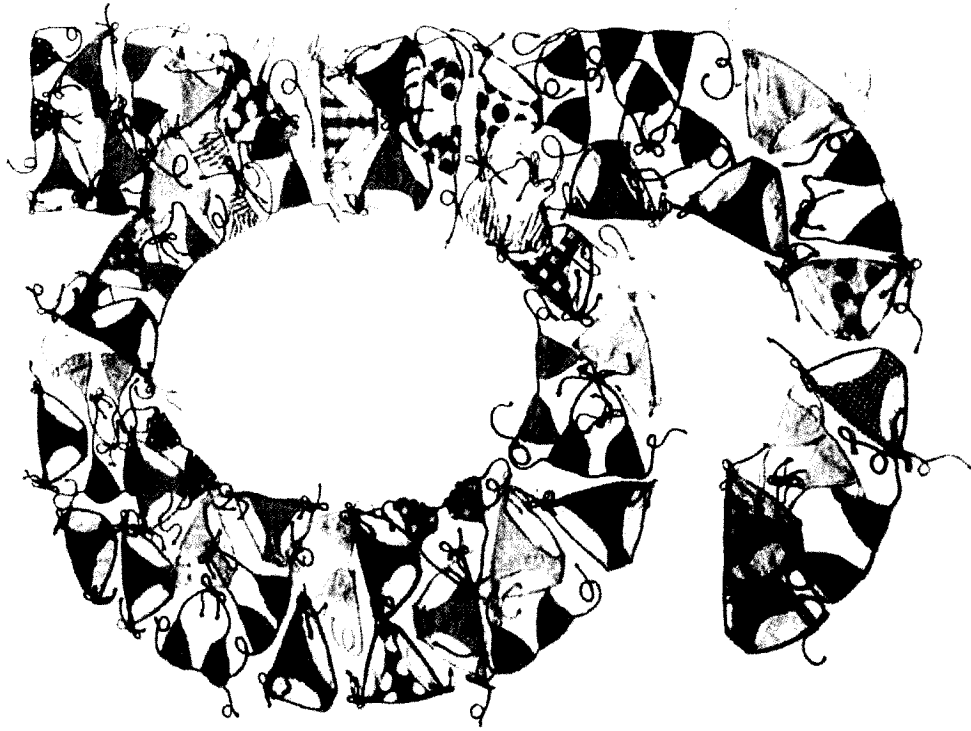



C-Girl for Carla's Closet bikini (\$110; carlascloset.com)



Calvin Klein Swimwear tank (\$94; macys.com)

is itsy-bitsy, teeny-weeny in this weekend's forecast?



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fashion bonus

CURVY HIPS



I'm pear-shaped.
How can I look
less bottom-heavy? *by*

—Tryetta, 38, New York City

STYLE SOLUTION Divert attention away from hips and thighs, putting the focus on a flat tummy or sexy décolletage.

LOOK FOR:

- an eye-catching neckline, like a deep V-neck, a bandeau (if you're an A or B cup), or an asymmetrical style.
- an embellished empire waist, defined by a sleek belt, a bow, or hardware, to elongate your midsection
- bold patterns or stripes above the waist to balance your frame.
- simple, solid bottoms, preferably in a darker hue. (Steer clear of light colors and prints, as well as side ties and other widening details.)
- generously cut bottoms, like a low-slung hipster style or boy short. (High-on-the-thigh cuts can accentuate bulges.)

Trina Turk tank (\$147; Trina Turk Boutique, Palm Springs, Calif., 760-416-2856)

HIP SLIMMERS



ANA by J.C. Penney tank (\$68; jcp.com)



Arizona by J.C. Penney top (\$26) and bottoms (\$26; jcp.com)



DKNY top (\$76) and bottoms (\$60; macys.com)



Jag top (\$54) and bottoms (\$48; dillards.com)

TUMMY TRIMMERS



Nike tankini top (\$40) and bottoms (\$40; nike.com for stores)



Magicsuit exclusively for Victoria's Secret tank (\$132; victoriasecret.com)



It Figures! Boho Tummy Thinner tankini (\$110; itfigures.com for stores)



Sonioma Life + Style halterkini top (\$38) and bottoms (\$38; kohls.com)

Help! I recently had
a baby and haven't been
able to lose my belly. *by*

—Jenny, 27, New York City

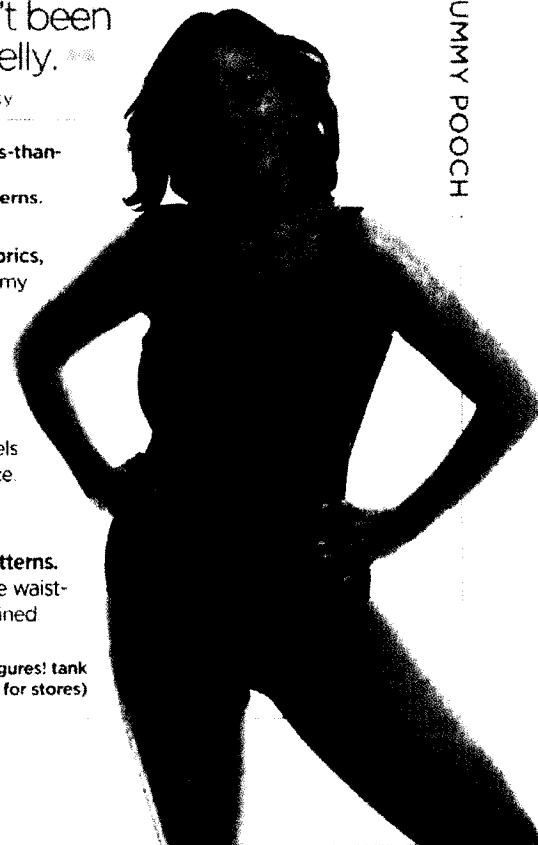
STYLE SOLUTION Conceal less-than-perfect abs with strategically placed design details and patterns.

LOOK FOR:

- finely pleated or ruched fabrics, which camouflage a fuller tummy without adding bulk.
- V-neck or strapless styles to draw the focus up.
- figure-shaping stretch fabrics, like nylon-spandex blends, or tummy-control panels to give you a toned appearance.
- a tankini that skims loosely over the midsection.
- diagonal color-blocking patterns. These trick the eye, making the waistline look smaller and more defined.

It Figures! tank (\$80; itfigures.com for stores)

TUMMY POOCH



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fashion bonus

FULL FIGURE



I love my curves. What styles are most flattering for me?

—Janet, 41, Brooklyn, New York

STYLE SOLUTION Celebrate your super-feminine shape with a silhouette that makes the most of your favorite body parts—and covers the rest.

LOOK FOR:

- **wrap or crisscross styles**, which visually whittle your middle, exaggerating an hourglass figure.
- **a plunging V-neck** to put the spotlight on your décolleté.
- **a dark, solid hue below the waist** to make your torso look longer and leaner.
- **a simple, continuous pattern** to give you a more streamlined appearance.
- **a swim dress that drapes loosely** over your midsection while flaunting toned shoulders and legs.

Trim Swim by Jantzen tank (\$110; dillards.com for stores)

CURVE ENHANCERS



IF by It Figures! Bond Girl tank (\$104; itfigures.com for stores)



ANA by J.C. Penney tank (\$68; jcp.com for stores)



Athena Pick Your Fit tank (\$97; macys.com)



IF by It Figures! swim dress (\$120; itfigures.com for stores)

CHEST MINIMIZERS



Victoria's Secret top (\$29) and bottoms (\$29; victoriasecret.com)



Shoshanna top (\$116) and bottoms (\$66; saks.com)



C-Girl for Carla's Closet top (\$55) and bottoms (\$55; carlascloset.com)



La Blanca top (\$75) and bottoms (\$71; swimnsport.com)

I need a suit that supports my large chest but still looks sexy.

—Kathryn, 26, Mays Landing, New Jersey

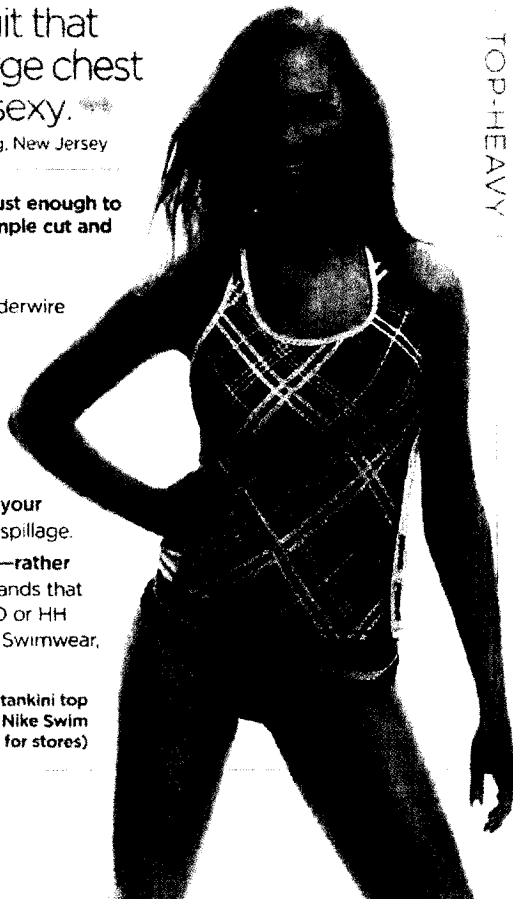
STYLE SOLUTION Leave just enough to the imagination with an ample cut and stealthy structural details.

LOOK FOR:

- **built-in support**, like underwire or a shelf bra.
- **a halter-style neckline**, which allows you to adjust for lift and comfort.
- **wide straps** to prevent pinching.
- **enough fabric to cover your breasts**—and prevent side spillage.
- **a cup size that encases**—rather than squashes—boobs. Brands that specialize in sizes up to a D or HH cup: La Blanca, 2 Bamboo Swimwear, Fantasie, and Freya.

ZeroXposur Action-Back tankini top (\$38; kohls.com) and Nike Swim bottoms (\$42; dillards.com for stores)

TOP-HEAVY



new

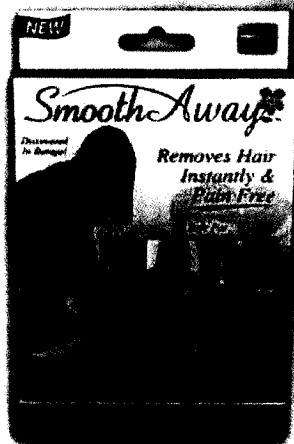
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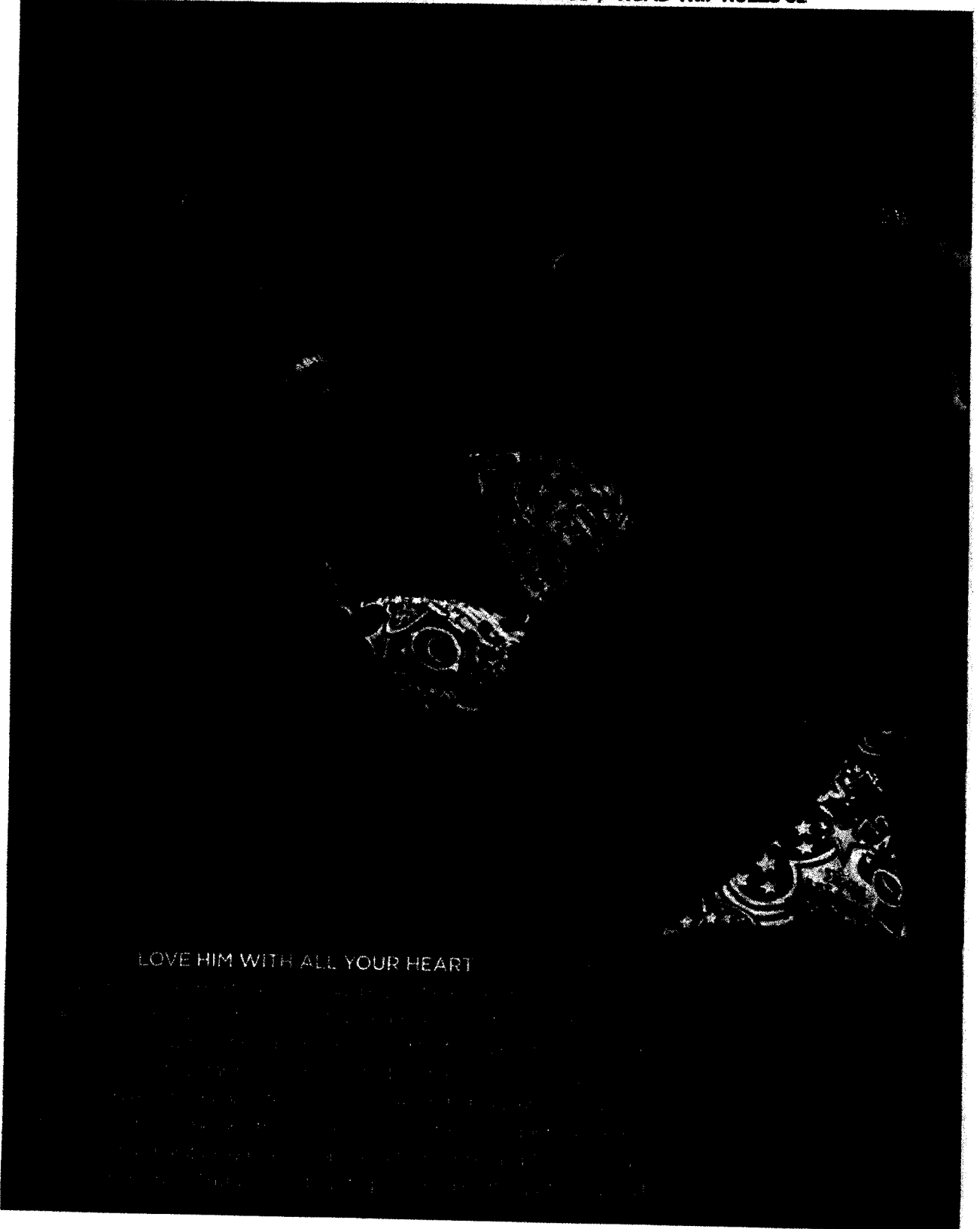
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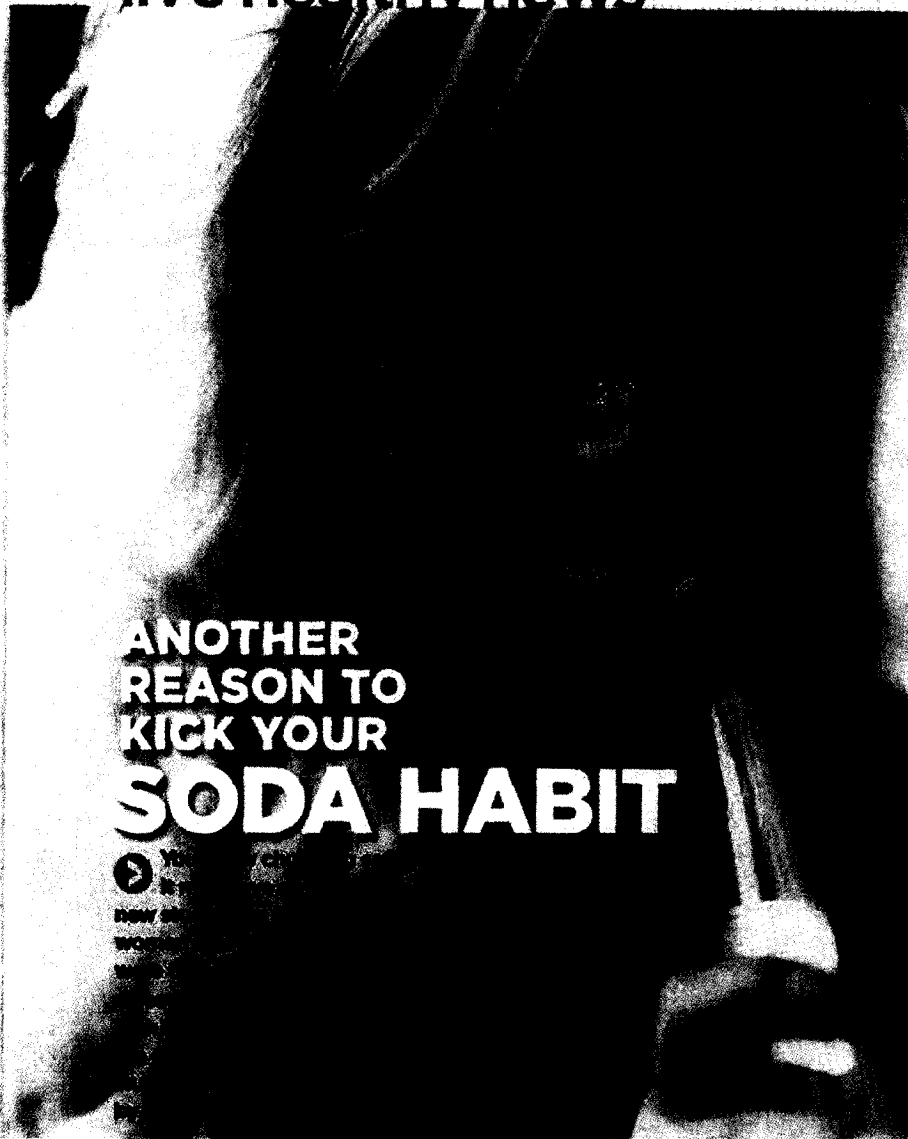
A SMARTER WAY TO SIP 58 / PREVENT UNSIGHTLY BRUISES 58 / ROAD TRIP RULES 62



LOVE HIM WITH ALL YOUR HEART

ERICKA M. CONNELL

live healthy news



ANOTHER REASON TO KICK YOUR SODA HABIT

NEW
WOMEN

banish your bruises

Believe it or not, you can avoid looking like a banged-up banana the next time you bump your knee. "When you injure yourself, blood vessels break and the blood pools beneath the skin, bringing on a bruise," explains Alicia Barba, M.D., a dermatologist in Miami. **To lessen the swelling and discoloration, apply a cold compress immediately for five minutes to help constrict the vessels. Then use a topical cream that contains arnica or vitamin K to speed healing. To prevent these marks from cropping up in the future, up your intake of vitamin K-rich foods, like dark, leafy greens and brussels sprouts.**

—CARLY CARDELLINO

Bruises on the legs take longer to heal

ask the expert

Q Is it safe to have sex in a hot tub?

A Yes. You don't have to worry that the bacteria or chemicals in the water will cause infection; the vagina's natural self-cleaning system will prevent that. But you *do* need to keep a few things in mind. Unfortunately, getting passionate in a whirlpool may lead you to soak for longer than 20 minutes, which ups your risk of dehydration and even heat stroke (hot tub temps can reach 160°F).

Having underwater sex (in a hot tub or swimming pool) may also increase your chances of getting pregnant or catching an STD. Contrary to popular belief, neither the heat nor chlorine will kill sperm or infection-causing viruses. Wearing a condom isn't a guarantee either, as water makes it more likely to slip off or break.

Finally, keep in mind that sex in a hot tub may sound a whole lot sexier than it feels. The water can dry out and irritate the vagina, so you may want to use a lubricant. Choose one that's silicone-based, such as Pink Silicone Lubricant for Women (\$16; drugstore.com); water-based ones will just rinse away.

Carol Livoti, M.D., is an ob-gyn in New York City and the co-author of *The Stress-Free Pregnancy Guide* with her daughter, Elizabeth Topp.

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

FRANK M. CONNEL / BOTTOM LEFT: GUY W. LAWRENCE / GETTY IMAGES

64 calories speaks for itself.

"I love MGD64. Just last night I ran 4.75 miles, and the only beer I had was an MGD64!!! No lie!"

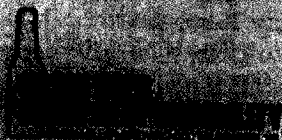
Tom Kowalski, WI

"I made a new discovery for me..I decided to try the new MGD64 and am absolutely delighted in its flavor its general light taste and low calories and carbs..heretofore unheard of (by me) in a light beer. My friends at MillerCoors, as a beer lover of many years..I have found the beer for me. It suits my taste..."

Thomas A. Payne, Tifton, GA


"...MGD64 has allowed me to still enjoy the great taste of beer without all of the calories. I never miss a chance to tell my friends, and many of them have made the switch."

Bill Thomas, KY



Per 10 oz., MGD64 contains 64 cal., 2.4g carbs, < 1g protein, 0.0g fat.

live healthy news



a new way to

test your fertility

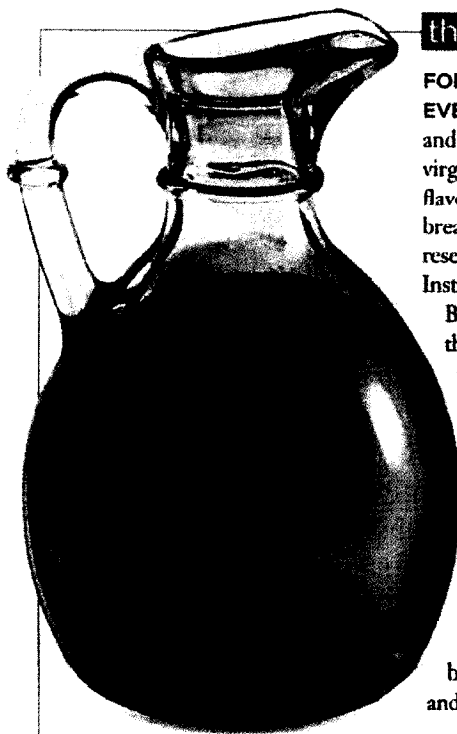
About 10 percent of couples have problems getting pregnant

SOURCE: JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION

STEPHANIE RAUBER, BOTTOM; DE VICO DE CAMPICHI, STOCK; FOODMUNCH, STOCK/CONTOUR

Even a few grams of the fat daily can raise your heart disease risk, so scan ingredients lists on packaged foods, like cookies and crackers, for trans fat aliases, such as vegetable shortening and partially hydrogenated oil.

SOURCE: JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION



this just in

FORGET BUYING WHICHEVER OLIVE OIL IS ON SALE and invest in a bottle of extra-virgin. In addition to being more flavorful, it may protect against breast cancer, suggests new research from Spain's Catalan Institute of Oncology.

Because extra-virgin olive oil is the least processed—it comes from the first pressing of the olives—it contains higher levels of antioxidants called lignans than the pure, light, or virgin kinds. **Scientists found that these compounds may block a protein that encourages breast tumor growth.** To reap the most benefits, seal the bottle tightly and store it in a cool, dark place.

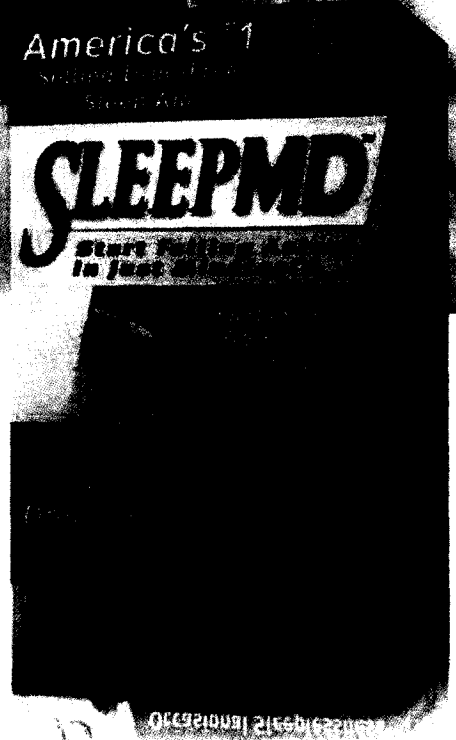
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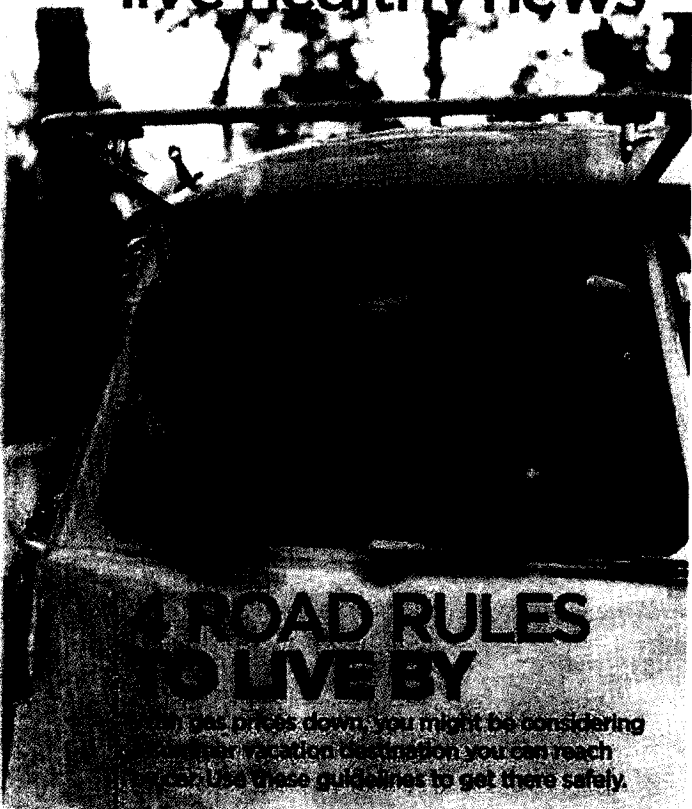


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*Based on IRI F/D/MX sales data. †Formulated by a medical doctor employed by Iomedix. †In a detailed analysis of multiple studies conducted by sleep researchers (where objective testing measures included polysomnography [PSG] and actigraphy), it was found that melatonin, the primary ingredient in Sleep MD™, significantly advanced sleep onset. Read entire label before use. Individual was remunerated. © 2009

live healthy news



ROAD RULES TO LIVE BY

When gas prices drop, you might be considering a longer vacation destination you can reach. Use these guidelines to get there safely.

1 STRETCH IT OUT "When you sit for hours, blood pools in your legs," says Joanne Lichten, Ph.D., R.D., the author of *How to Stay Fit on the Road*. "That can lead to stiffness or even a harmful blood clot." (Women who are pregnant or taking oral contraceptives are particularly vulnerable.) Hit a rest stop every few hours.

2 DON'T CHECK YOUR PHONE A Clemson University study found that drivers who text-messed while driving were 10 percent more likely to swerve out of their lane than those who didn't. If you want to read a text, have a passenger do it for you—or pull off the road.

3 PACK SNACKS Rest stop fare is loaded with fat and calories, so bring your own healthy, nonperishable eats, like dried fruit, trail mix, or energy bars, says Lichten.

4 SLATHER ON SPF "While car windows do block UVB rays, they afford little protection against UVA rays, which raise your risk for skin cancer," says David Bank, M.D., a dermatologist in Mt. Kisco, New York. Reapply sunscreen to exposed skin every two hours.

shape tested

ARE THESE PRODUCTS WORTH THE HYPE?

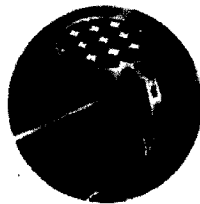
With claims like "fewer colds" and "easy weight loss," it's no wonder a new batch of health gadgets are getting attention. We put three of them to the test.



Nozin Nasal Sanitizer

The promise Apply the fluid to your nostrils with a cotton swab to kill cold and flu viruses before they spread.

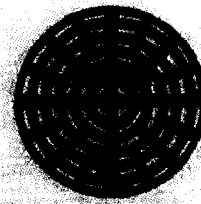
Worth it? Maybe. It probably does destroy germs in the nasal passages, say experts, but colds are also spread through the eyes and mouth. "I used Nozin three times a day, but I still caught my boyfriend's cold," said one tester. "Still, I might use it for extra protection the next time I'm on an airplane." The proven way to defend yourself: Wash your hands with soap and water or use a hand sanitizer.



Luxe Link

The promise Affix this purse hook to a table or desk to keep your bag off the floor—and away from the bacteria that cause colds and stomach problems.

Worth it? Yes. "The stainless steel hook is strong enough to support my work bag, which is always jam-packed with files and gym clothes," said a tester who brought the Luxe Link with her to a restaurant. The only catch: Because the chain is just 3 inches long, it doesn't fit around thicker countertops and tables.



The Appetite Control Button

The promise The peppermint and menthol fragrance released by this pin tells your brain your stomach is full, which helps you eat less throughout the day.

Worth it? Not really. "The smell, which reminded me of a cough drop, kind of turned my stomach," said one tester. "While that had the effect of making me less hungry, it wasn't such a pleasant way to go through the day." Curb your hunger by eating a nutritious low-calorie snack, like fruit and yogurt, instead.

Traditional Herbal Therapies of Malaysia to Help Maintain Feminine Balance

Ancient Secrets of the Rainforest Captured in Ramuan



The search for holistic health & beauty aids has found surprising discoveries in the rich herbal traditions of Malaysia. Boasting remarkable biodiversity, the Malaysian rainforests are among the world's oldest. It's only natural that the indigenous peoples experimented with this wealth of resources to create herbal balms and tonics, refining their rejuvenating properties over thousands of years.

SHAPE & BALANCE

Influenced by strong cultural beliefs, generations of Malaysian women have relied on traditional methods to promote inner health, which is believed to be fundamental to outer beauty. Kacip Fatimah (*Labisia pumila*) has long been part of this tradition, used to enhance vigor and support feminine vitality. Modern scientific methods are now enabling extraction of this valuable herb's essence, to better target feminine health. Other Malaysian rainforest herbs (see sidebar below) are equally valued to promote overall wellness and healthy aging. Generations of use supports the benefits of these traditional ingredients, with many now found to contain naturally-occurring antioxidants and phytonutrients.

Today, Malaysia's cherished and colorful history of healthful rainforest botanicals is gaining a wider audience,

with new adaptations being produced using modern manufacturing techniques, and made available to the public for the first time. The new products reflect Malaysia's traditional herbal usage practices, packaged into easy-to-use formulas.

CROSSROADS OF HOLISTIC HERBAL CULTURE

Malaysian herbal traditions are unique in all the world. Located at Asia's crossroads, Malaysia's practices combine the wisdom of Chinese herbalists, Indian ayurvedics and traditional Malay healers. This blending of influences has instructed Asia's most exciting holistic practices, sharing common goals – the improvement of vitality, sexual fitness, stress reduction and personal balance.

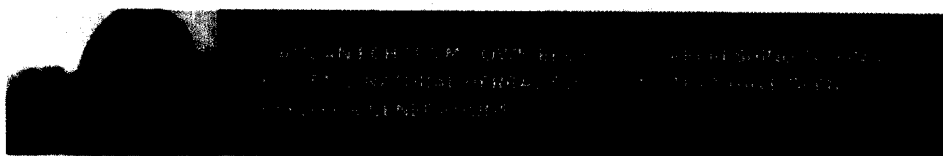
RAMUAN - THE ART & SCIENCE OF BLENDING

In Malaysia, Ramuan is a carefully selected blend of botanicals, traditionally gathered from the fertile rainforest climate. In practice, Ramuan means that the beneficial ingredients combine to create balanced results. Generations of Malaysian women have sought radiant inner health, youthful beauty and hormonal balance with herbal ingredients derived from native plants. Each Ramuan blend follows time-honored principles to achieve its results.



Learn More About Malaysian Traditions of Holistic Health

The first book of its kind – *Health and Beauty from the Rainforest: Malaysian Traditions of Ramuan* – is a must-have guide on Malaysia's age-old wisdom in promoting health and enhancing beauty & vigor. Written by a team of Malaysian and international scholars, scientists, physicians and traditional practitioners, it contains a wealth of encyclopedic information about herbal practices from Malaysia's confluence of Asian cultures, which have developed over thousands of years. Hundreds of lavish color photos highlight the chapters, illustrating a wide range of topics. 256 pages, hardcover. \$29.50 plus shipping and tax at RamuanMalaysia.com



Traditional Malaysian Herbs for Feminine Vitality & Well-Being



Kacip Fatimah (*Labisia pumila*) The best-known among Malaysia's herbal treatments for women, the leaves and other parts are commonly sought to promote feminine vitality and reproductive health.



Roselle (*Hibiscus sabdariffa*) Rich in phytochemicals that act as antioxidants, a portion called the calyx is used to make a hot tea, believed to support healthy circulation and urinary tract health.



Asam Gelugor (*Garcinia atroviridis*) An extract from the fruit contains hydroxycitric acid or HCA, commonly used to support vitality and metabolism. Many consider it valuable for weight control.



Pegaga (*Centella asiatica*) Leaves of this tender, creeping perennial are used to produce an extract, often recommended by Malay practitioners to support healthy aging.



Mas Cotek (*Ficus deltoidea*) Also known as mistletoe fig, it is traditionally used for sexual vitality, with additional uses to revitalize the body.

weight-loss workbook

icy treats for 150 calories or less!

We put the latest crop of frozen desserts to the test and found six that truly satisfy. BY JUNO DeMELO

Purely Decadent Passionate Mango

150 calories*
7 g fat

Made with organic coconut milk, agave nectar, and mango purée, this dairy-free dessert only tastes sinful. (\$5 per pint)

Ben & Jerry's Strawberry Banana Fro Yo

150 calories
2 g fat

Love smoothies but hate drinking your calories? Spoon up this frozen yogurt and you'll get chunks of fruit with every lick. (\$4 per pint)

Breyers Smooth & Creamy in Chocolate Chocolate Chip

140 calories
5 g fat

This creamy indulgence gives you a double dose of chocolate for half the fat of regular ice cream. (\$6 for 1.5 quarts)

Häagen-Dazs Cranberry Blueberry Sorbet

100 calories
0 g fat

This tangy blend of frozen fruit is not only rich in cancer-fighting antioxidants, it's also fat-free. (\$4 per pint)

Turkey Hill Light Recipe Cookies 'n Cream

120 calories
3 g fat

You can't go wrong with this combo—especially when it's fortified with vitamin D and calcium for stronger bones. (\$5 for 1.5 quarts)

Edy's Slow- Churned Yogurt Blends in Tart Honey

100 calories
2 g fat

Stop cooling your heels in the long lines at Pinkberry and make a beeline for this tangy treat. (\$6 for 1.5 quarts)

*ALL NUTRITIONAL INFORMATION IS PER HALF-CUP SERVING.

QUENTIN RACON; FOOD STYLING: ALISON A. TENBROUUGH; PROP STYLING: PAMELA TROVATI/SILVER



High protein from **MUSCLE MILK** essential amino acids

weight-loss workbook

STAY-TRIM PARLOR TRICKS

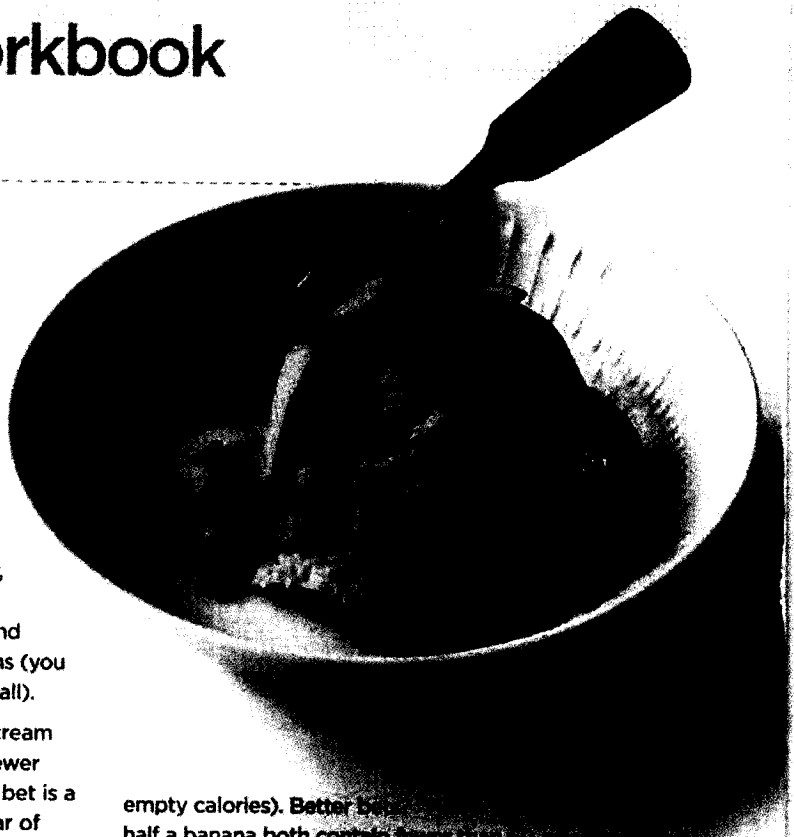
Before placing your order, heed these waistline-saving strategies.

1 EAT LIKE A KID "Usually a single scoop is pretty close to the recommended half-cup serving size," says Gloria Tsang, R.D., a nutritionist in Vancouver, Canada. She recommends asking for a small or even a children's scoop if the person behind the counter is doling out softball-size portions (you want yours to be about the size of a tennis ball).

2 BE CONE-CONSCIOUS Order your ice cream in a dish, cup, or cake cone, which has fewer than 20 calories, says Tsang. Your next best bet is a sugar cone, with just 40 calories. "Steer clear of waffle cones, especially ones that have been dipped in chocolate," she says. "With the coating, they can have as many as 320 calories."





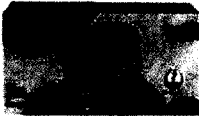
3 DON'T BE TOP-HEAVY Cookie dough, chopped candy bars, and even sprinkles often contain partially hydrogenated oil (not to mention loads of

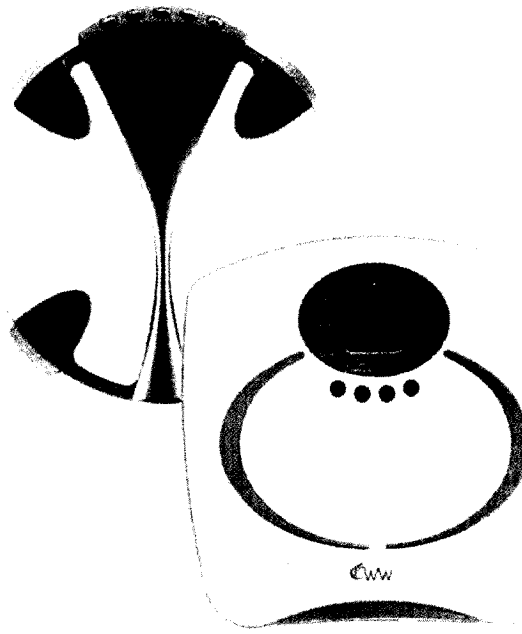
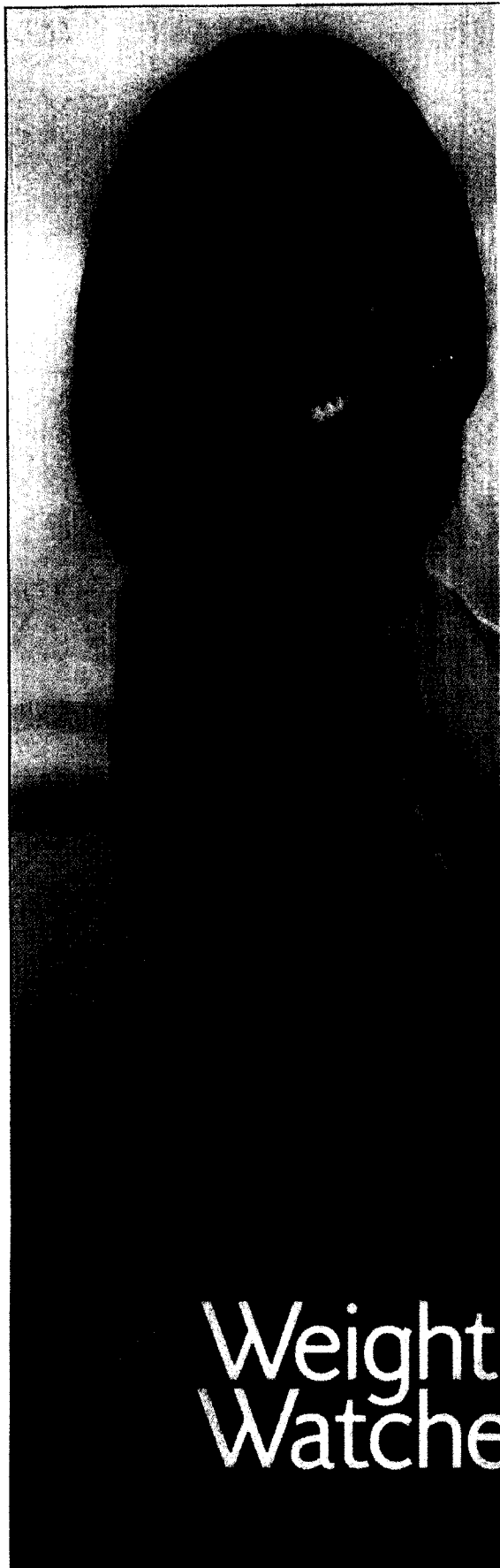
empty calories). Better yet, half a banana both contains fewer than 50 calories and they have fiber and nutrients," says Joanne Larson, R.D., the founder of *dietitian.com*. Tsang even sanctions sundae toppings—in moderation. "Walnuts, pecans, and almonds all have healthy fats," she says, "while chocolate syrup and whipped cream have fewer than 75 calories and less than 1 gram of fat per tablespoon."



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100 CALORIES 2 g fat	105 CALORIES 0 g fat	130 CALORIES 6 g fat	140 CALORIES 7 g fat	140 CALORIES 2 g fat
These decadent-tasting fudge bars are surprisingly low in calories—and pack 12 percent of your fiber. (\$5 for 6)	To get 80 percent of your vitamin C, dig in to this sweet-tart sorbet (there's a spoon tucked under the lid). (\$2 each)	Get a piece of the pie—minus the calorie-laden crust—with these soy-based sweets. (\$4 for 8)	The classic chocolate-lined sundae cone in a slightly scaled-down version. (\$5 for 10)	Chocolate wafers and lowfat mint ice cream make for a rich and refreshing combo. (\$5 for 6)



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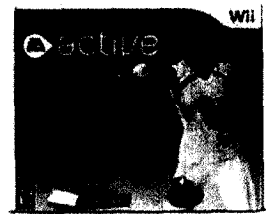
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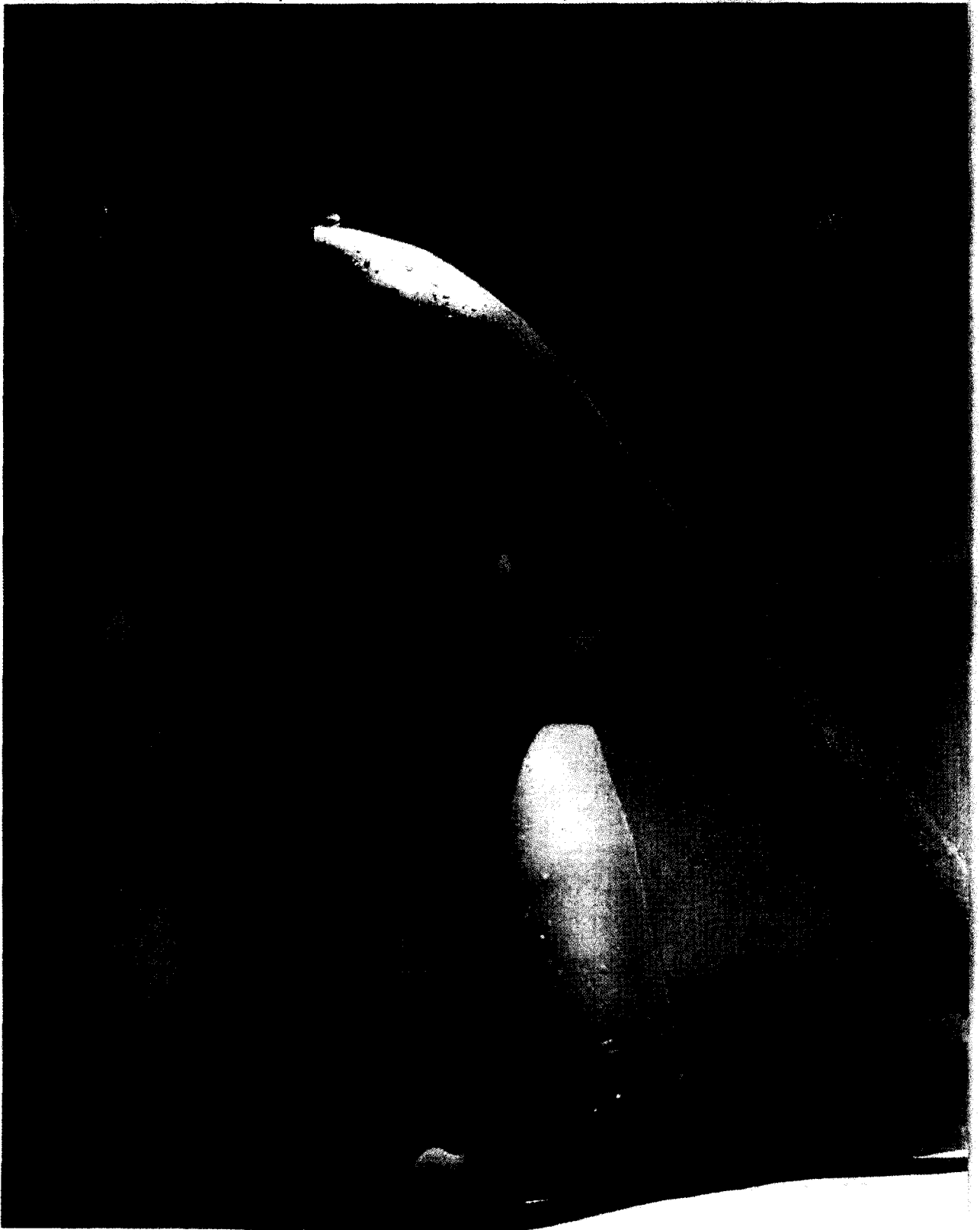
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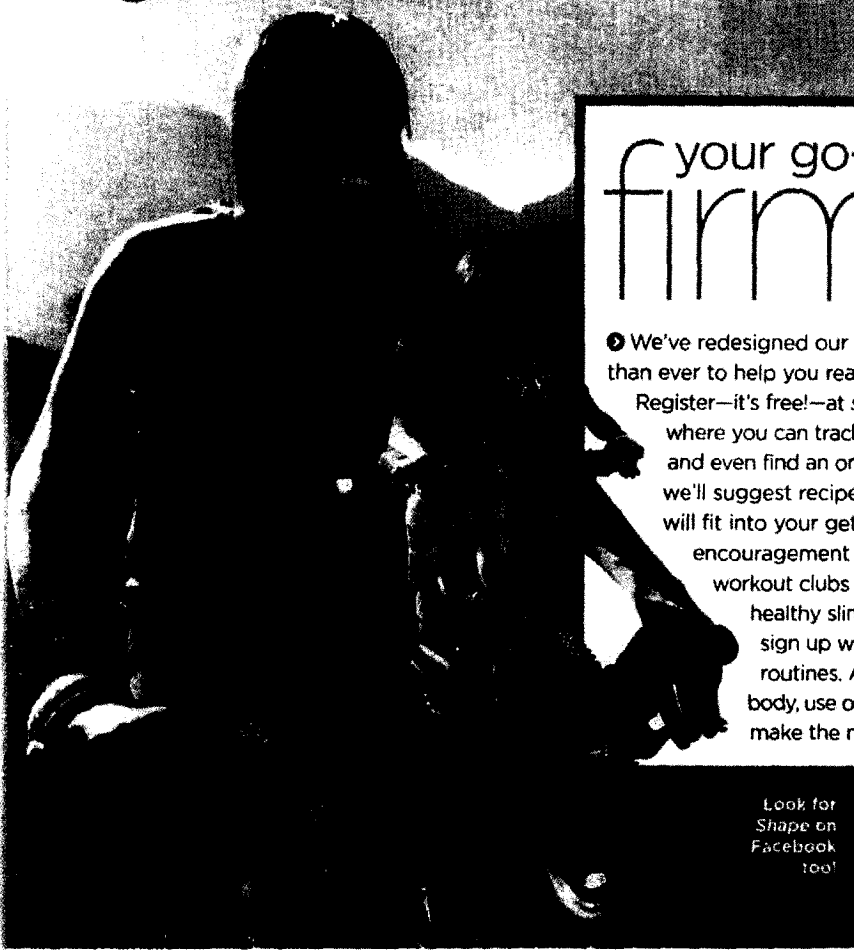
GET

A NEW WAY TO SHAPE UP 70 / NIX WORKOUT MISTAKES 72 / "I LOST 102 POUNDS!" 76



JULIA KLEIN/ORBIS

get fit news



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➊ We've redesigned our Web site, and it's more interactive than ever to help you reach all your fitness and health goals. Register—it's free!—at shape.com to create a MyShape profile, where you can track your weight, record your workouts, and even find an online gym partner. Each time you log on, we'll suggest recipes, exercises, and articles we think will fit into your get-healthy strategy. If you need some encouragement along the way, you can join online workout clubs or weight-loss support groups to swap healthy slim-down secrets with other e-users, or sign up with a virtual trainer to create fresh gym routines. And while you're working on that toned body, use our beauty and style coverage to help you make the most of the new you! —KRISTEN MAXWELL

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green living

COMPETE IN THESE RACES— AND YOU'LL HELP SAVE THE PLANET

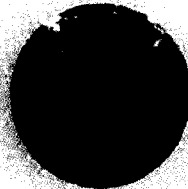
Overflowing trash cans and streets littered with cups are the *not* so inspiring, yet all too familiar, parts of racing. That's why these distinctly eco-conscious competitions caught our eye. What they're doing to protect the planet:



Wonders of Walking 10K (Eugene, Oregon, July 18; wondersofwalking.com) Organizers use 100 percent recycled paper and soy ink for all race materials. Walkers can toss com-based water cups into compost piles at the start and finish line.



The San Francisco Marathon (July 26; runsfm.com) Runners can register for Pickup Pal (pickupal.com)—a service that helps coordinate race-day carpooling—and bring their used sneakers to the race for recycling (last year's collection brought in 1,000 pairs!).



Mt. Werner Classic Trail Run (Steamboat Springs, Colorado, August 1; runningseries.com) Every entrant gets an eco-friendly water bottle with an adjustable hand strap to run the 12-mile trek with; post-race, athletes can fill up on an all-organic meal.

the write way to move more

➤ Keeping track of your progress may be all you need to rev up your routine. When pedometer-wearing walkers were asked to record their daily steps, **they took 9 percent more strides than those who didn't write down their counts.** "Logging the numbers created a challenge to beat the previous day's total," says Stacy Clames, Ph.D., the study's lead author and a lecturer in the department of human sciences at Loughborough University in England. **Whether you're walking or lifting weights, keep a record to see better results.**



Check out dailyfooddiary.net for our new favorite workout journal

juntos

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"It's time to kick it up a couple of notches!"

Lirida, 27 Jason, 34

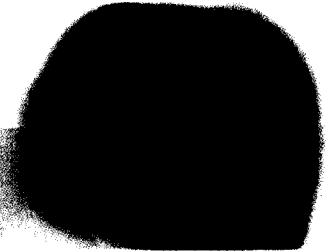
Premium Silicone Lubricant



"Sometimes I want to last longer for both of us."

Mike, 45

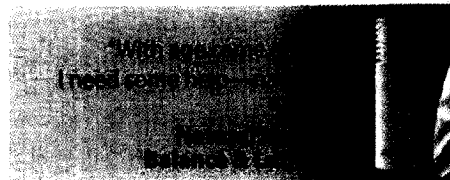
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"I just lost a lot of weight, and unfortunately, a lot of friction."

Feminine Rejuvenation Cream

Rhonda, 29



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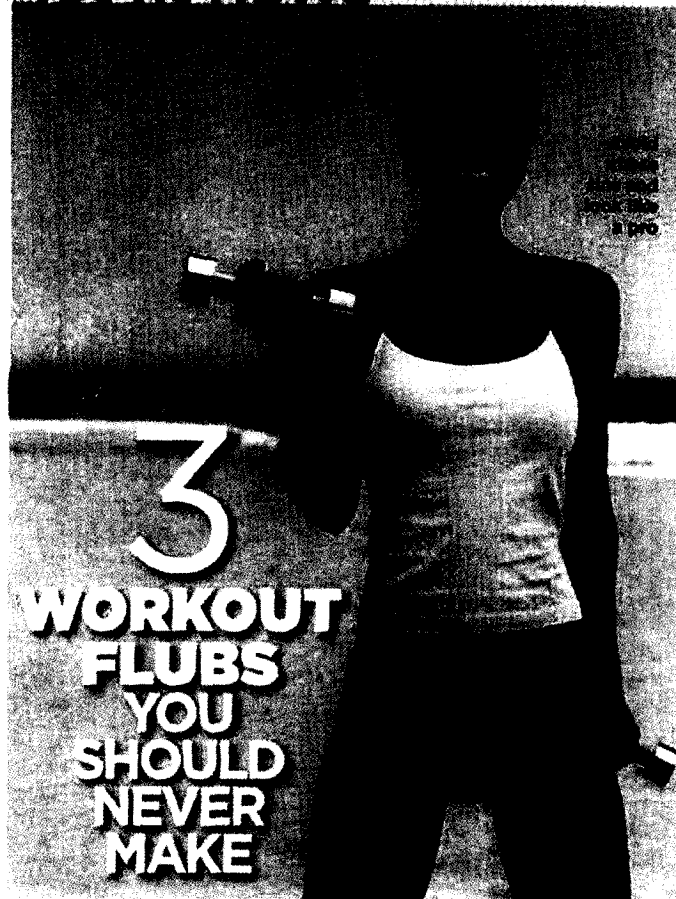
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get fit news



Celebrity trainer Gunnar Peterson (clients include J. Lo and Angelina) shares how to right the fitness wrongs he sees most often.

1 QUICKLY CRANKING OUT CRUNCHES "Take five seconds to lift and five to lower," says Peterson. "A slow-as-molasses pace forces your abs to contract longer, which means they work harder."

2 THINKING CARDIO IS THE ONLY WAY TO BLAST CALORIES "Lifting weights torches 200 in just half an hour," he says. If you've never strength-trained before, try out a group fitness class that uses dumbbells or weighted bars to help ease you into it.

3 GOING TO THE GYM WITHOUT A PLAN "Do that and you're likely to default to your standby routine," says Peterson. This will sabotage your progress. Instead, take a few minutes beforehand to organize your session and try to work in something new.



fit baby on board!

Here's what to wear to the gym when you're expecting: stylish, bump-flattering maternity pieces that are comfortable, functional, and have performance features. Try out our new favorites—and look like one hot mama.



➤ **Zobha Maternity Jayne halter** (\$66; zobha.com) The hip-length, flowing top ensures full belly coverage, while the superstretchy material means you can wear it for all nine months.



➤ **BornFit Wilder maternity skort** (\$58; bornfit.com) The waistband is extra-thick to fit snugly without digging into your skin. When you're out for a walk, store your keys and ID in the skort's hidden pocket.



➤ **Jakfish Eamon hoodie** (\$106; jakfish.com) Wind-resistant fabric makes this an ideal layering piece for those blustery beach days. Zippers along the sides adjust for your growing waistline.



➤ **Prana Luna capris** (\$64; prana.com) You'll feel comfortable from warm-up through cooldown thanks to the moisture-wicking material and roll-down waistband on these pants.

reader to reader

"HOW I KEEP MY WORKOUT FRESH"

"I always stash sneakers and socks in my car. I'm amazed how many opportunities I have to squeeze in a 10- or 20-minute walk! In the past two weeks, I've logged a dozen extra miles by being ready to lace up and go wherever I am. Besides the extra exercise, hitting the pavement during my daughter's dance lesson or when I'm early for a doctor's appointment helps me avoid unhealthy choices, like grabbing a soda or bag of chips."

—**FAITH**, 36, a social-media executive and copy director in Boston, likes: The mother of two logs five runs a week, plus strength workouts

S: STAFFORD/GETTY IMAGES

Get the Body You Want — in Half the Time !

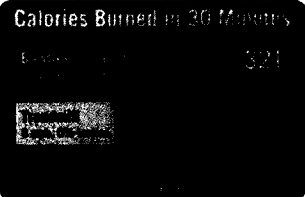
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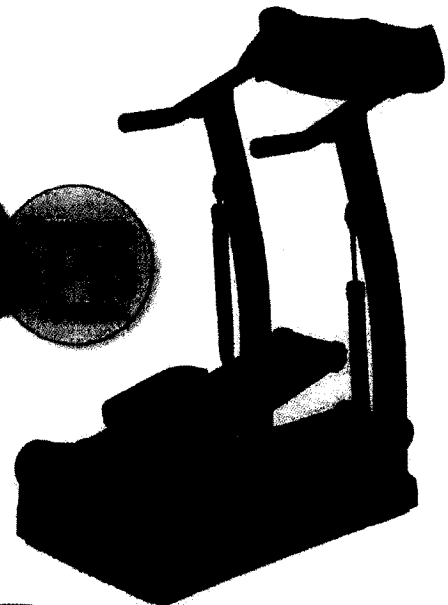
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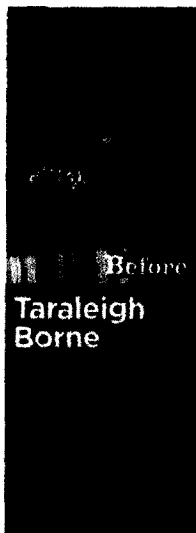
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success stories

"I changed my weight destiny"

This reader thought she'd always be heavy. But a few simple tweaks showed her just how much power she had over her body. BY ALICE OGLETHORPE



Taraleigh's challenge
Growing up Taraleigh spent hours in front of the TV eating fast food—resulting in a constant struggle with her weight. She continued her unhealthy ways through college and became even more sedentary upon landing a desk job. Soon she was 185 pounds.

"That was such a blow to my self-esteem, I became determined not to have to shop in a plus-size store."

Finding what works

Taraleigh slowly began to make more nutritious eating choices. "First I traded soft drinks for water, then I started to snack on fruit instead of chocolate," she says. She also began cooking for herself instead of eating prepackaged dinners and takeout. "I never realized how easy it could be to make a fresh, healthy meal," she says. "If I buy precut veggies and cooked chicken, I can throw together a delicious salad in less than 10 minutes." Without much effort, the weight started coming off; Taraleigh dropped 15 pounds in just two months.

Her quick progress gave Taraleigh the confidence she needed to start exercising regularly. She began slowly, taking 45-minute walks around the neighborhood. And over the following three months, she lost an additional 20 pounds. "I was so sure I would hate

working out, but as I got fitter, it became easier and more fun," she says. When a friend suggested running a half marathon together, Taraleigh agreed to give it a try. "If I signed up, I knew I'd have to keep my word," she says.

Charting a new course

The training was hard, but Taraleigh stuck with it, doing a combination of running and walking. After eight months, she ran the 13.1 miles in 3 hours and 25 minutes. "When I crossed the finish line, I felt amazing. I couldn't believe being active could be so rewarding," she says.

Taraleigh has kept up her new hobby, running on the roads near her home a few times a week. "Back when I was a couch potato, I never would have imagined that I could actually look forward to exercising," she says. "But I'm not the same person I was then."

Reaching her limits

Taraleigh figured that because most of her family was heavy, there was nothing she could do about her size. But three years ago, while shopping at the mall, Taraleigh was handed a reason to change her attitude: "I asked for another pair of pants because the ones I was trying on were snug," she says. "The salesperson said I already had the largest size they made." Taraleigh went home and cried.

3 stick-with-it secrets

- › **Don't be afraid of speed demons** "Walk with people whose pace is faster than yours. You'll push yourself to keep up, and the conversation will make the time fly."
- › **Give in to your cravings** "If I'm at a restaurant and fries come with my dish, I ask for half an order with a small salad. I get a taste without eating a huge portion."
- › **Start a new tradition** "Family get-togethers used to revolve around food. Now I suggest activities, like playing Wii, that let us bond without bulking up."

Weekly workout schedule

- › **Cardio** 45 minutes/2 days a week
- › **Strength training** 15 minutes/1 day a week
- › **Stretching** 10 minutes/2 days a week



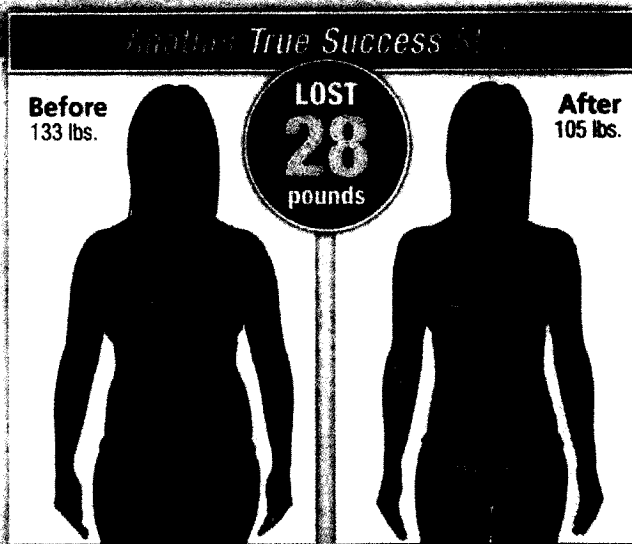
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Joanne Mata
Joanne Mata
Renton, WA

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*In two 8-week studies in which all groups followed a diet and exercise plan, subjects using key ingredients (Garcinia cambogia, chromium polynicotinate, Gymnema sylvestre) lost, on average, significantly more weight than subjects using a placebo (14.99 vs. 3.06 lbs. and 12.54 vs. 3.53 lbs.). Individuals were remunerated. †Based on IRI F/D/MX sales data for Hydroxycut® caplets. Read entire label before use. Sensible diet and exercise are essential for healthy weight loss. © 2009

success stories

"I lost 102 pounds!"

Fed up with feeling heavy and sluggish, this woman took charge of her life—and dropped the weight for good. BY ALICE OGLETHORPE



Before

Renee Zabel

Renee's challenge

Renee had always stayed slender without really trying. But that changed when, at 25, she met her future husband. "We'd watch sports, eat pizza, and drink beer," she says. Over the next three years, the pounds kept piling on until, eventually, the scale hit 225.

watching TV and craving a snack, but I felt too tired to even get up for food," she says. "I hated the lazy, inactive person I'd become."

Learning healthy habits

The next day, Renee went online and printed out a list of good-for-you foods (like dark green vegetables, whole grains, and fish), threw out anything in the kitchen that wasn't on it, and headed to the grocery store. "That trip took three hours—I literally needed to retrain myself to shop," she says. To make sure she didn't eat fast food or visit the vending machine while at work, Renee cooked a week's worth of lunches—like grilled salmon and broccoli—on Sundays.

Knowing that exercise was just as important as eating well, Renee bought a treadmill and spent her evenings there instead of on the sofa. For the first year, Renee didn't even go near a scale. "I didn't want to get discouraged, so I went by how my

clothes fit," she says. When she was down to a size 14, she finally felt secure enough to weigh herself. "It read 165 pounds, which proved my hard work was paying off." Eager to see what she could accomplish with a more intense exercise routine, Renee joined a gym. "All the new equipment and fun classes—especially Bikram yoga—kept me motivated," she says. She worked off the last 42 pounds over the next six months.

The ultimate compliment

Renee was thrilled to have lost so much weight, but she didn't realize just how far she'd come until she went back to see her husband's family. "I gave his grandfather a hug and, this time, he told me I looked like a movie star," she says. "I cried because I could see how proud everyone was of me—and because I was so proud of myself."

Sitting in limbo

Renee pretended being a size 26 didn't bother her. But while visiting her husband's family, she was forced to admit she'd been living in denial. "His grandfather gave me a huge hug. Then he said, in front of everyone, 'I can't fit my arms around you,'" says Renee. "I wanted to disappear." A few weeks later, Renee resolved to change. "I was

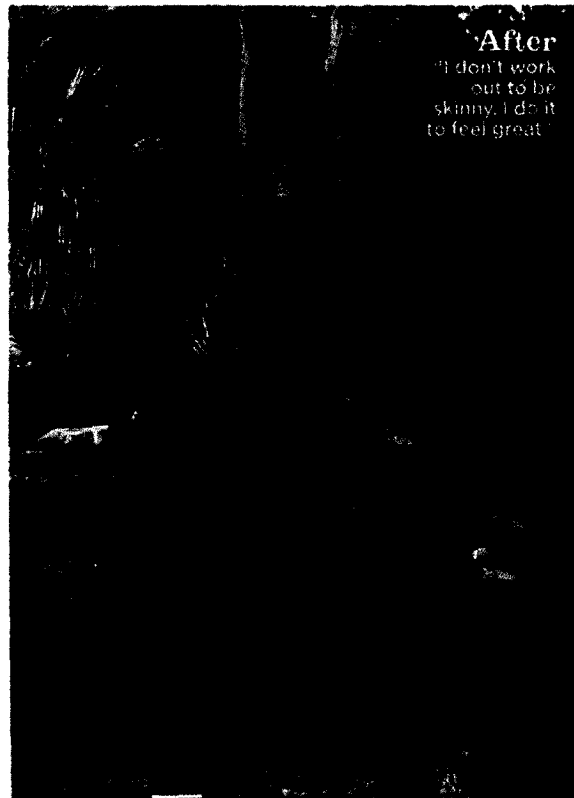
3 stick-with-it secrets

- **Start off small** "I love to snack, so I keep my treats around 100 calories. I nosh on an apple or orange first. If that doesn't satisfy me, then I'll have a Greek yogurt."
- **Add a twist** "I cool my water with frozen lime wedges instead of ice. The flavor keeps me from craving soda."
- **Just say no** "I used to feel like I had to have cocktails while I was out. Now I have one and switch to seltzer so I'm not loading up on empty calories."

Weekly workout schedule

- **Cardio** 45 minutes/3 days a week
- **Weight training** 45 minutes/3 days a week
- **Yoga** 90 minutes/3 days a week

Do you have a success story? Share it with us at shape.com/model.



After
"I don't work out to be skinny. I do it to feel great."

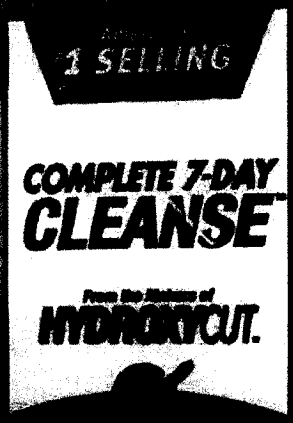
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weight-loss diary

month
7

learning a painful lesson

When I got injured recently, I had to make some quick adjustments so I could keep working toward my goals. BY AURY WALLINGTON

Talk about a dream day for a run: The weather was gorgeous, my legs felt strong, and I was making good time. But two miles in, I stepped down the wrong way on my right foot and felt a sharp pain in my ankle. I was barely able to limp home because it hurt so much. After an X-ray, my doctor gave me some frustrating news: I had tendonitis, inflammation that was most likely caused by overuse, and I'd have to take it easy for at least two weeks. I blamed myself. My trainer, Lauren Kern from Equinox, had been telling me about the importance of having at least one rest day a week, but I ignored that advice, figuring that the more I exercised, the better. This injury was the wake-up call I needed to change my workout plan—and my attitude.

Variety hour

During my weekly session with Lauren, I told her I was worried that my forced hiatus from running would slow down my weight loss. She assured me that not being able to pound the pavement didn't mean I had to lounge on the couch. If anything, this was a perfect opportunity to try out new exercises and focus on weaker parts of my body, something I know I should have been doing anyway. That day, since I couldn't do my typical lunges and

squats, I spent the entire hour working my arms and abs. (I've never done so many different types of crunches!)

Later, after Lauren checked with my doctor, she split my cardio sessions between the elliptical and the stationary bike. I hadn't used either machine much before, and afterward I ached all over. Lauren said to keep mixing up my workouts even when I get back into running. Rounding out my fitness regime, she said, will help me avoid injuring myself in the future. She also wants me to work in some low-impact activities, like yoga and Pilates, to stay strong and flexible.

But still, since I'd be missing the calorie-torching benefits of running, I knew I'd have to switch up my diet too. I looked for places I could cut back without feeling deprived. One easy way to save 200 calories was to drink water with dinner rather than my usual glass of red wine. I barely noticed what was missing, but the swap helped me continue to shed 1 to 2 pounds a week.

Treading carefully

As my ankle started to feel better, I had to make an effort to stop myself from jogging too soon. I knew that if I rushed my recovery, I risked getting re-injured, which might mean taking a couple of months off. Right now my body is telling me I need to take good care of it, and I hear the message loud and clear.

MONTH 7

Weight 187 lbs.
Pounds lost 48
Body fat 28.9%
Body fat lost 6.8%

WEIGHING IN



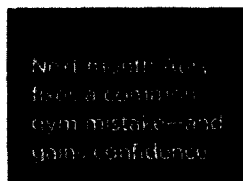
Month 1

Height 5'8"
Weight 235 lbs.
Body fat 35.7%
VO₂ max 27.2 mL/kg/min.
Aerobic fitness fair
Resting blood pressure 125/82 (normal)
Cholesterol 188 (normal)



Month 6

Weight 193 lbs.
Pounds lost 42
Body fat 28.9%
Body fat lost 6.8%



Not in month 6, I fix a common gym mistake—and gain confidence.

* VO₂ max testing performed at the Center for Human Nutrition at the University of California, Los Angeles. For more info, go to cellinteractive.com/ucla.

ART: MICHELSON HAIR AND MAKEUP; MISTY YAMAGUCHI; REST: THE AGENCY

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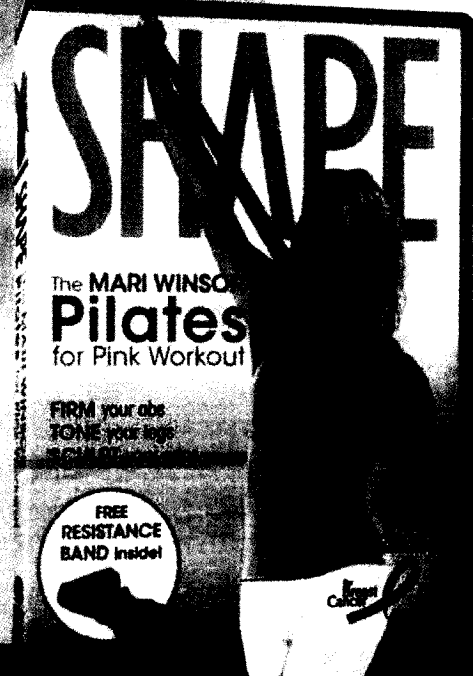
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workout express



30-minute slim-down

Burn mega calories and get allover sculpting with this one simple workout. BY JEANINE DETZ

Your mission

We're all guilty of playing favorites with our workouts, especially when it comes to cardio machines. But a one-and-only strategy can cause strength imbalances (check out the bulging quads of a cyclist for proof), overuse injuries, and boredom. So during this routine, you'll hit the Stepmill, treadmill, and elliptical. Doing quick stints on each machine makes it easier to work at a higher intensity—and that burns more calories. When you feel like quitting, just tell yourself, "Less than 10 minutes left!" Give this switch-hitting plan a try, and don't be surprised if it becomes your *new* favorite.

How it works

Warm up on the Stepmill, then alternate climbing with an easier recovery period. Next, switch to the treadmill, where you'll walk briskly and run. Last up is the elliptical, and you have to push it hard for only a few minutes before it's cooldown time. On every machine, adjust your speed, level, and/or incline to meet the rate of perceived exertion (RPE*). Finish with the must-do move.

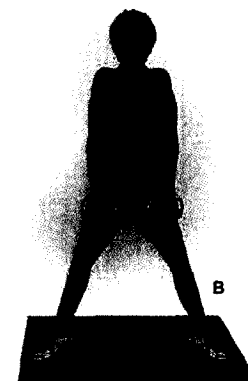
your workout plan				
	time (mins.)	speed/level	Incline	RPE (1-10)
STEPMILL	0-4	3	—	3-4
	4-7	8-10	—	6-7
	7-8	4-5	—	5
	8-10	10-12	—	7-8
TREADMILL	10-12	3.7	2	5
	12-15	6-6.5	2	7
	15-17	4	2	6
	17-20	6.5-7	2	7-8
ELLIPTICAL	20-22	6	4	5
	22-24	8	4	6
	24-26	10	6	7-8
	26-30	2	2	3-4

Workout intensity moderate to hard
 Equipment needed Stepmill, treadmill, and elliptical machine
 Total time 30 minutes
 Calories burned 280**

*See page 120 for RPE chart.

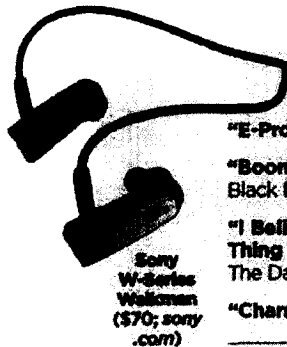
**Calorie burn is based on a 145-pound woman.

Strengthen your calves (which will help increase your endurance), as well as your butt, thighs, and back, with this **must-do move**.



plié shrug

- Hold a 5- to 8-pound dumbbell in each hand in front of thighs and stand with feet wide, toes turned out.
- Squat [A], then straighten legs and rise up onto the balls of your feet as you squeeze your shoulder blades together and shrug your shoulders toward your ears [B].
- Return to start position and repeat. Do 3 sets of 10 to 12 reps.



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Shape's 30-minute playlist

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"E-Pro" Beck (3:22)

"Boom Boom Pow" Black Eyed Peas (4:12)

"I Believe in a Thing Called Love" The Darkness (3:36)

"Charmed" Owl (3:08)

"Right Now" Ryan Star (3:38)

"Wild Orphan" Vox Jaguars (4:11)

"AA 24/7" Dance Area (5:26)

"All Dressed in Love" Jennifer Hudson (3:23)

Total time: 30:56

Go to shape.com/playlist to buy and download this mix and others.

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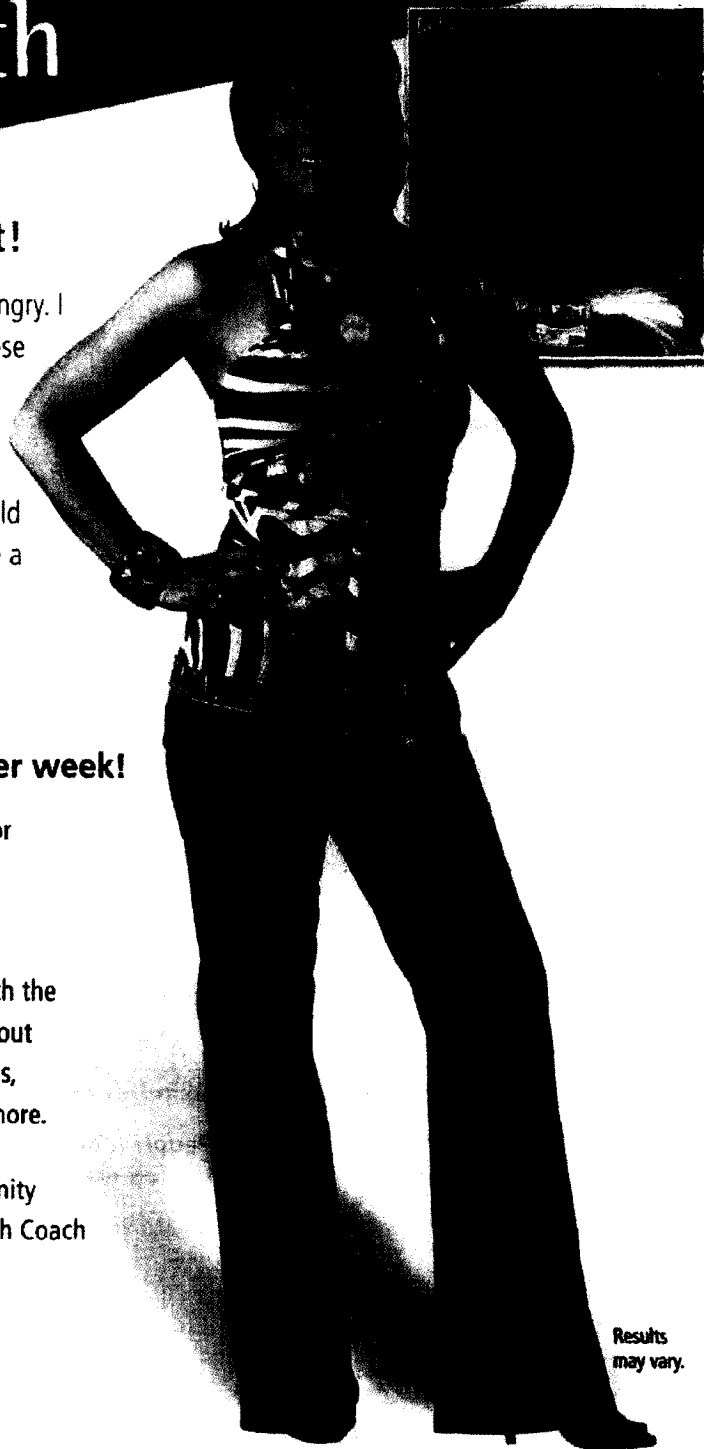
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SparkPeople is helping REAL people achieve their goals every day – here are just a few examples of the stories members are telling every day:

"Though my journey with SparkPeople started out as a quest to lose weight (I'm down 49lbs) it has turned into so much more... at 36 I'm now overcome with the feeling that a very large part of me just grew up."

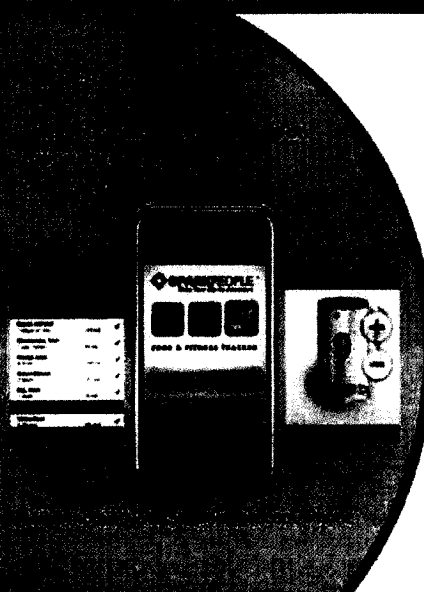
- Actual SparkPeople Member

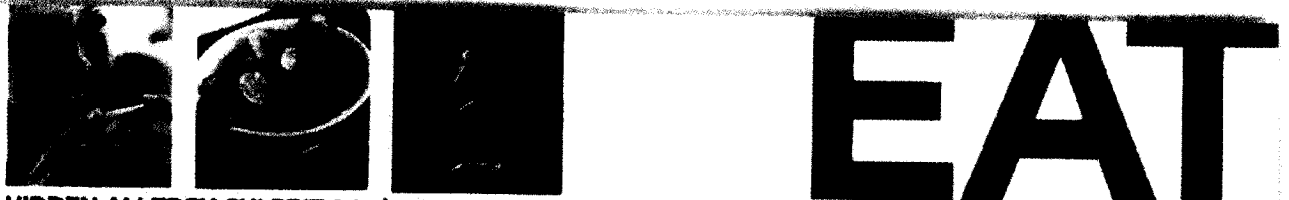
*"SparkPeople continues to amaze me... I am a health care provider and recommend it to my patients often... **SparkPeople is the best and most frequent prescription I write.**"*

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HIDDEN ALLERGY CULPRIT 84 / WHY YOU SHOULD EAT JUST ONE 84 / TURN OVER A NEW LEAF 86



THE HEARTY

Step aside, blueberries. It's time for a new star to take the scene. A study from Johns Hopkins University found that one ounce for ounce, plums contain 10 times more antioxidants than blueberries. "Plums are a source of disease-fighting antioxidants called polyphenols, compounds that may protect against breast cancer and heart disease," says David Byrne, Ph.D. At just 30 calories and a cost of 25 cents, that's certainly a win.

DAVE MALOSH



are you allergic to fruit?

Pollen season is taking a breather, yet you're still suffering. What gives? Surprisingly, the culprit may be your snack. Nearly one in three people with allergies is sensitive to proteins in certain fruits, vegetables, and nuts. "They can trigger the release of histamines in the body, causing your mouth, tongue, and throat to itch," says Clifford W. Bassett, M.D., an allergist in New York City. The components in ragweed, for instance, are related to chemicals in bananas and zucchini; grass pollen is linked to peaches and tomatoes. If a food is giving you grief, Bassett suggests cooking it, whenever possible, as heat can break down the proteins.

Grilled peaches are sweeter and may be safer.

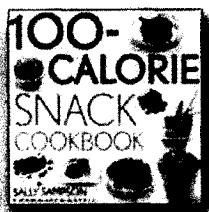
expert q&a

Q I've heard potato chips can cause cancer. Is this true?

A There's no hard evidence—yet. While a few studies suggest that acrylamide, a chemical in foods cooked at high temps, may up your risk, others find no such connection. Still, new research from Poland's Warsaw Medical University found that people who ate chips every day experienced more inflammation, a marker of heart disease, than when they had a similar snack without the compound. "Acrylamide has a toxic effect on cells and nerves," says study author Marek Naruszewicz, Ph.D. Play it safe by limiting yourself to 1 ounce a week.

DIET-FRIENDLY SNACKS

The ideal treat is one that fills you up without filling you out. You can find more than 200 ideas to whip up options to curb every desire—from salty to sweet—in Sally Sampson's *100-Calorie Snack Cookbook*. We've picked three of our favorites.



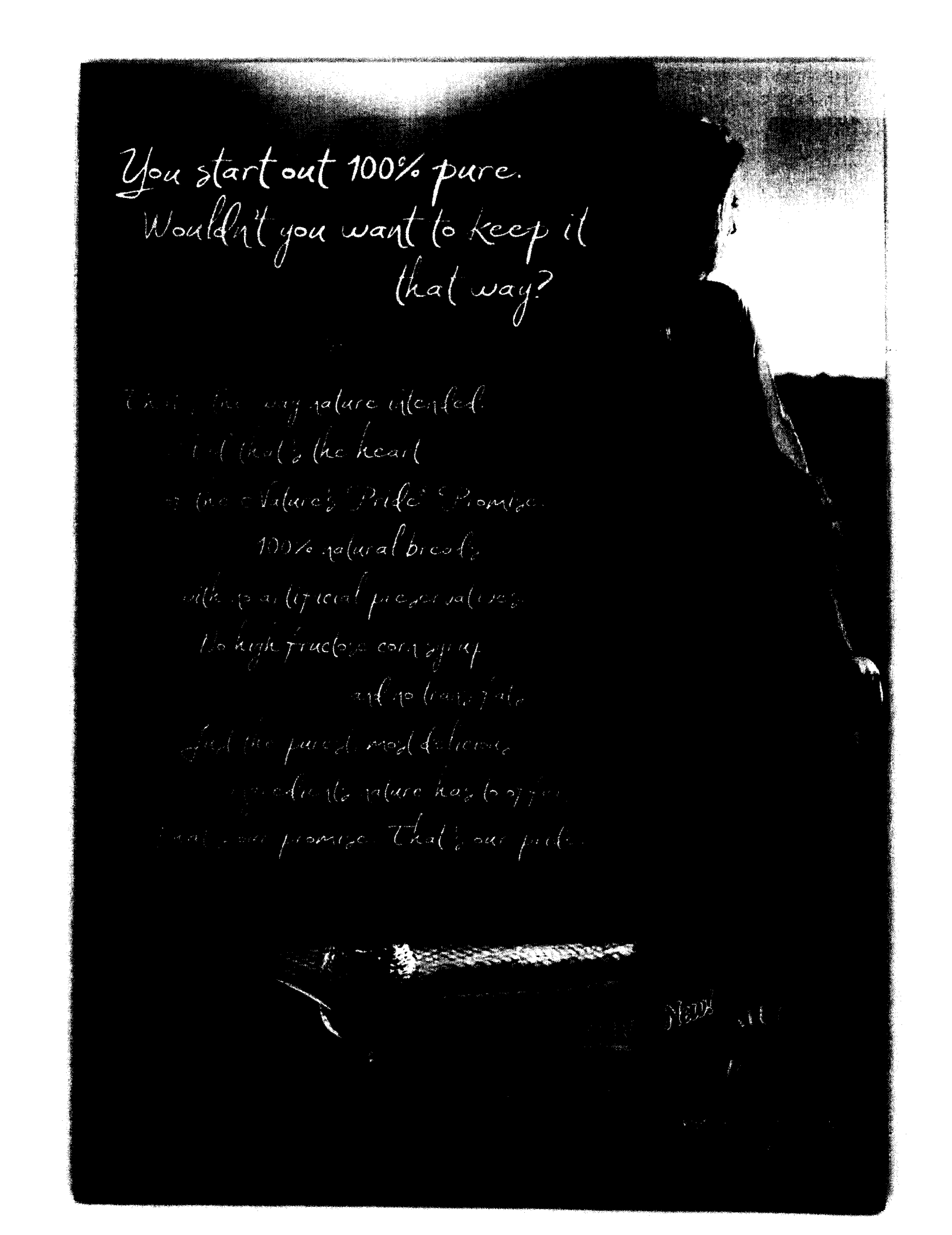
◊ YOU CRAVE SALTY Toss 2½ cups air-popped popcorn with ½ tsp. canola oil, ¼ tsp. chipotle chili powder, ¼ tsp. kosher salt, and ¼ tsp. cumin.

◊ YOU CRAVE SWEET Quarter 2 fresh figs and place in a bowl with 10 raspberries. Top with 1 tsp. honey and

1 tsp. Greek yogurt. Sprinkle with ½ tsp. cocoa powder.

◊ YOU CRAVE CREAMY Mash 1 oz. goat cheese. Slowly mix in ¼ cup buttermilk, ¼ tsp. chopped fresh basil, and ½ tsp. chopped sun-dried tomatoes until smooth. Use as a dip for veggies. —JENNA AUTUORI





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eat right news

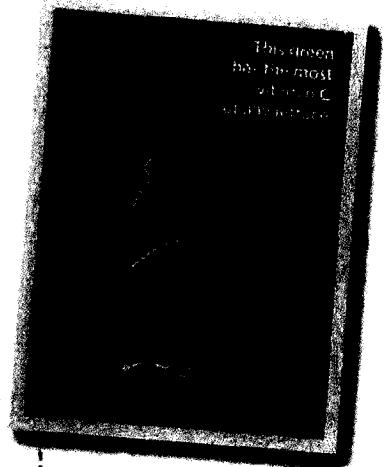
CANCER Winter

MOM ALWAYS TOLD YOU TO DRINK YOUR MILK.

Now there's more reason to heed her advice: According to a new study from the National Cancer Institute, women who got the most calcium daily from foods like lowfat dairy slashed their odds of developing stomach, esophageal, and colon cancers by about 23 percent. "Calcium binds to bile and fat in the digestive tract," says study author Yikyung Park, Sc.D. "That, in turn, may prevent them from damaging the protective lining, which can up the risk for cancer."

To protect yourself, consume at least 1,300 milligrams of calcium daily. Get that amount by adding a serving of lowfat dairy, like skim milk or lowfat yogurt, to every meal.

A lowfat milk shake provides 36 percent of your daily needs.



THE HEALTHY FOOD YOU HAVEN'T TRIED

mâche lettuce

IF YOUR SALADS CONSIST ONLY OF ROMAINE, it's time to turn over a new leaf. "Also known as lamb's lettuce, mâche has a sweet, nutty flavor and velvety texture," says John Brand, the chef at Las Canarias in San Antonio. His tips:

Buy It For the freshest bunch, look for bright green leaves about the size of your thumb.

Store It "Wrap leaves in a wet paper towel, then place them in a zip-top plastic bag," says Brand. Keep in the fridge for up to three days.




Serve It Whisk together 1 tablespoon each lemon juice and olive oil, 1/2 tablespoon honey, and salt and pepper to taste. Thinly slice half an avocado and half a grapefruit; toss with 2 cups mâche and dressing.

IN 1 CUP, RAW: 20 calories, 48 mg vitamin C, 500 mcg vitamin A

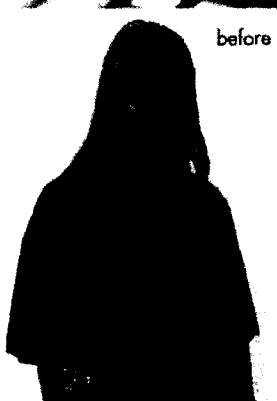


BETTER BRUNCH FOODS

Between the French toast and sausages, this meal can undo a week of virtuous eating. Wake up your taste buds with these options.

MORNINGSTAR FARMS Maple-Flavored Veggie Sausage Patties	QUAKER Oatmeal Pancake Mix	KASHI GoLean Strawberry Flax Waffles
		
80 CALORIES, 2 G FAT PER PATTY (\$4 for 5) These savory-sweet sausages contain 76 percent less fat than traditional pork varieties.	220 CALORIES, 2 G FAT FOR 2 PANCAKES (\$3 for 32 oz.) With 4 grams of fiber per serving, these fluffy pancakes give you all the goodness of hot cereal.	160 CALORIES, 3 G FAT FOR 2 WAFFLES (\$3 for 6) Flecked with fruit, these toaster waffles are so tasty, you won't need to pour on sugary syrup.

KATE POWERS/GETTY IMAGES; TOP RIGHT: DAVID MALOSH



before

after



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quick & healthy

beyond burgers and hot dogs

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quick barbecue recipes that are
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LIMONCELLO TUNA AND ASPARAGUS

Limoncello is a slightly sweet Italian liqueur made with lemon zest.

Serves 4

 Prep time: 10 minutes
Total time: 25 minutes

- 1/2 cup extra-virgin olive oil
- 1/2 cup limoncello
- 1 tablespoon chopped parsley
- 2 teaspoons chopped chives
- 1 teaspoon chopped rosemary
- 1 1/2 pounds yellowfin tuna steak, about 1 inch thick
- Salt and freshly ground black pepper
- 1 1/4 pounds asparagus spears, trimmed
- Lemon slices (optional)
- 5 cups mixed baby lettuce

- 1/3 cup thinly sliced shallots
- 1 tablespoon lemon juice

Whisk together olive oil, limoncello, and herbs. Reserve 1/4 cup of the mixture and put the rest in a 1-gallon zip-top bag. Add tuna and chill for 2 hours, turning occasionally.

Discard marinating liquid and season tuna with salt and pepper. Sear on a lightly oiled grill for 1 to 2 minutes on each side for rare or until tuna reaches desired doneness. Grill asparagus and lemon (if using) until tender; season

with salt and pepper.


In a large bowl, toss lettuce, shallots, lemon juice, and reserved marinade; divide among 4 plates. Slice tuna against the grain and arrange over lettuce. Serve asparagus on the side and garnish with lemon slices, if desired.

Nutrition score per serving (6 ounces tuna, 1 1/2 cups salad, 8 asparagus spears, and 1 tablespoon dressing): 404 calories, 16 g fat (35% of calories), 2 g saturated fat, 15 g carbs, 44 g protein, 4 g fiber, 94 mg calcium, 5 mg iron, 76 mg sodium

CHIMICHURRI FLANK STEAK AND POTATOES

Flank, a lean cut that benefits from long marinating, has the best texture when medium-rare.

Serves 4

 Prep time: 15 minutes
Total time: 35 minutes

- 1/2 cup red wine vinegar
- 1/3 cup chopped parsley, plus extra for garnish
- 4 garlic cloves, chopped
- 2 teaspoons dried oregano
- 1/2 to 1 teaspoon crushed red pepper
- 1/2 cup extra-virgin olive oil
- 1 pound flank steak
- 1 pound white or red potatoes
- 3 beefsteak tomatoes
- Salt and freshly ground black pepper

Pulse vinegar, parsley, garlic, oregano, and red pepper in a food processor until combined. With processor

running, pour olive oil through the tube. Reserve 1/4 cup of the chimichurri; cover and refrigerate. Put steak in a 1-gallon zip-top bag and top with remaining marinade. Refrigerate for at least 8 hours (or up to 24), turning occasionally.

When you're ready to grill, peel potatoes and slice them into 1/4-inch rounds. Cut tomatoes into thick slices and set both aside.

Discard marinating liquid, pat steak dry, and season with salt and pepper. Cook on a lightly oiled grill until an instant-read thermometer reaches 145°F for medium-rare, about 4 minutes per side. Let rest for 5 minutes; thinly slice against the grain.

Meanwhile, grill potatoes for about 5 minutes per side or until tender and lightly browned, brushing with reserved marinade. Briefly grill tomatoes to heat through and brush with marinade. Season veggies with salt and pepper. Serve steak over veggies, drizzle with remaining chimichurri, and garnish with parsley.

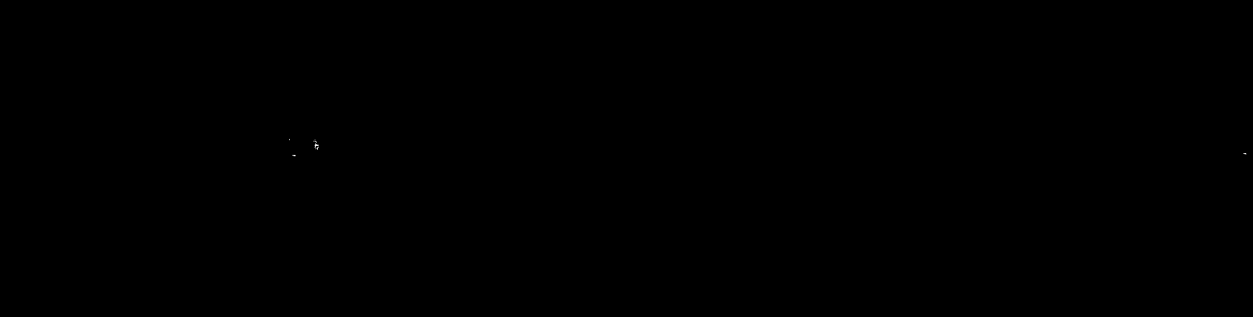
Nutrition score per serving (4 ounces steak, 4 potato slices, 3 tomato slices, and 1 tablespoon dressing): 384 calories, 23 g fat (54% of calories), 6 g saturated fat, 17 g carbs, 27 g protein, 4 g fiber, 49 mg calcium, 3 mg iron, 340 mg sodium

JULIE O'HARA is a writer and recipe developer in Fort Lauderdale, Florida.

Click to get your *Shape* shopping list: You can print out a list of all the ingredients you'll need to make these healthy grilled dishes at shape.com/quickandhealthy

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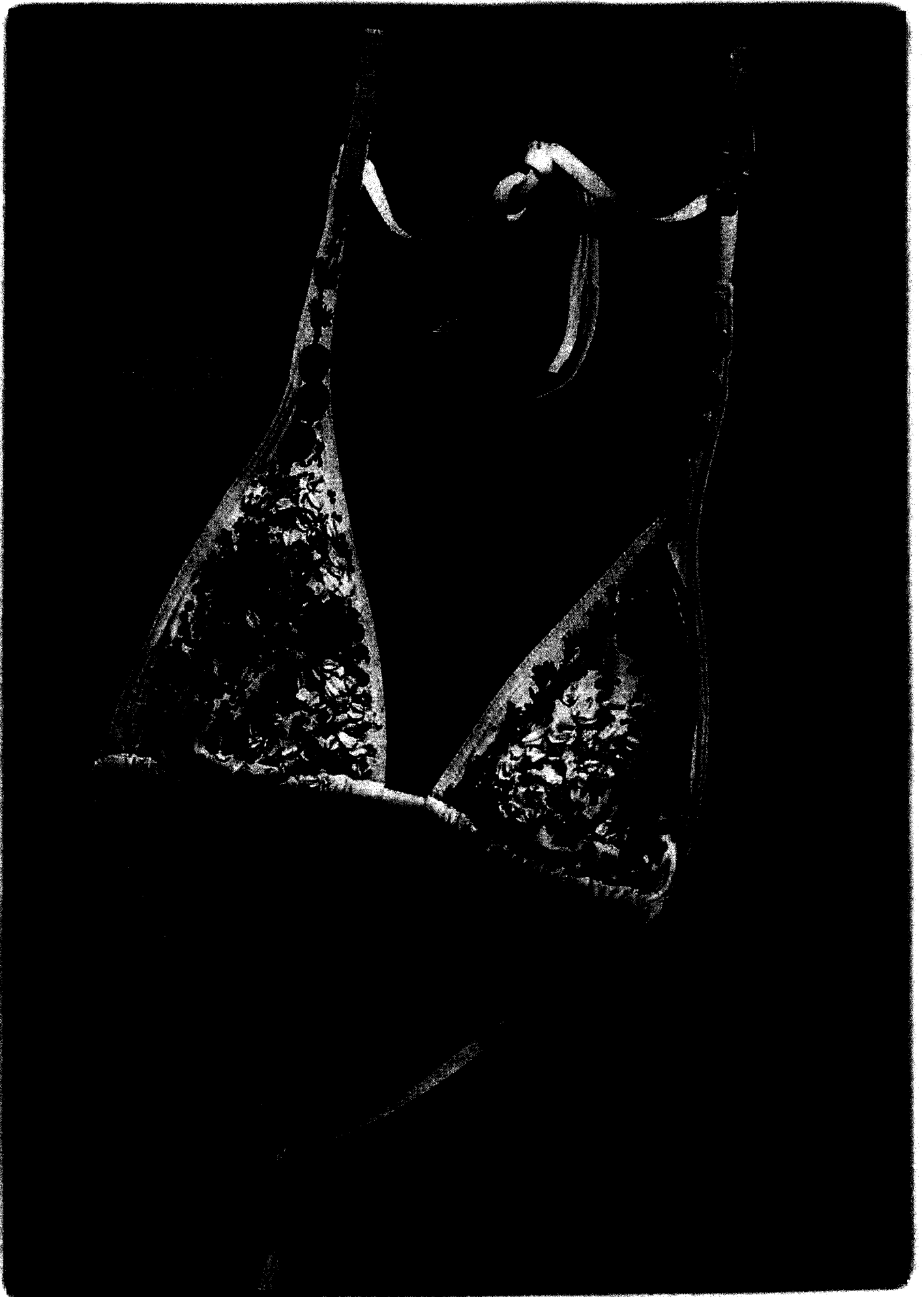


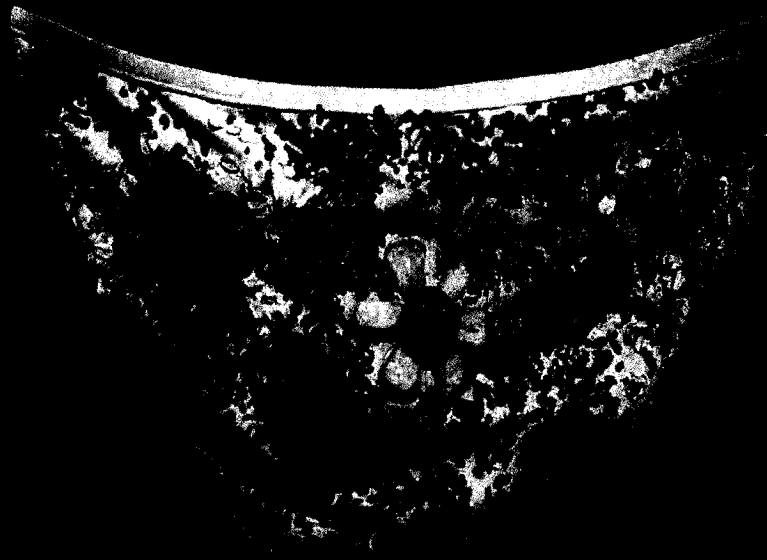
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BIKINI BODY SPECIAL

No fasting, no cleansing, just 14 simple clean-eating strategies that will help you detox your diet without feeling deprived.

BY CYNTHIA SASS, R.D. PHOTOGRAPHY BY ALEX CAO

You've trained hard; filled your fridge, freezer, and pantry with healthy fare;

and been diligent about getting your H₂O. But despite all that, a little bit of flab lingers. Don't give up! These 14 simple strategies will help you drop 10 pounds in just a month. (Do at least one a day for the first two weeks, then continue using the ones that work best for you for the next two.) You can't get around cutting calories—just don't go below 1,200 a day; 1,500 if you're also doing our bikini body workout, page 98—but the process won't be painful. The tips are designed to boost satiety, banish bloat, rev up your metabolism, and strip away unnecessary additives that can make you retain weight and feel sluggish.

DAY 1 DRIZZLE ON SOME OLIVE OIL

A University of California, Irvine, study found that **oleic acid, found in "good" fats, curbs hunger pangs** by triggering the production of a compound called oleoylethanolamide in your small intestine.

Two of the best sources: olives and olive oil. Use a teaspoon of olive oil on grilled vegetables, pop a few seasoned Greek olives as an appetizer, or whip up these olive-enhanced lettuce wraps: Fill two large romaine leaves

with 2 tablespoons each roasted-red pepper hummus and chopped cucumber, five sliced black olives, and 1 teaspoon toasted pine nuts; roll up the leaves. They make a quick, cool, low-calorie meal—perfect for post-workout noshing on a warm summer night.

DAY 2 DON'T RUSH YOUR MEALS

You've heard it before, but new research confirms it—**eating slowly can help you eat less but feel just as satisfied.** And that keeps you slim. A study

involving more than 3,000 men and women published in the *British Medical Journal* showed that speedy eaters are three times more likely to be overweight than those who are slower-paced. Additional research at the University of Rhode Island found that leisurely eaters took in four times fewer calories—while the people who gobbled down their food reported feeling unsatisfied after their meal, despite eating more in less time.

"Give yourself at least 20 minutes to eat. Putting your fork down or taking a sip of water between bites will help you slow down and will let you really focus on the flavors in your food," says Christine Gerbstadt, M.D., R.D., a spokeswoman for the American Dietetic Association. "It sounds so simple, but most of us don't do it."

DAY 3 FLATTEN YOUR BELLY WITH FIBER

Excess body fat isn't the only thing that leads to tummy bulge: About 80 percent of us struggle with constipation at some point. While brief periods of irregularity are normal, they can make the scale creep up and cause that little extra pooch.

The easy solution: Up your intake of soluble fiber, found in apples, citrus fruits, beans, and edamame. "This sticky fiber soaks up water to form a gel-like substance that stimulates the muscles of your digestive system so they contract and push waste through faster," says Gerbstadt. A simple way to boost your intake is to sprinkle chia seeds (found at health food stores) or ground flaxseed into yogurt or a smoothie.

DAY 4 ADD HEALTHY BACTERIA

Yogurt and kefir contain probiotics, such as acidophilus, which may be a hidden factor in weight control. Everyone has bacteria in their digestive system, but in obese people, the blend of those bugs may cause them to extract more calories from the food they eat, and therefore contribute to their being overweight. **"Getting more probiotics in your diet can change the balance**

speedy eaters are three times more likely to be overweight than those who are slower-paced.

of bacteria," says Steven Pratt, M.D., author of *SuperHealth*. And that can lead to weight loss.

DAY 5 EAT FIRST THING IN THE A.M.

"Having breakfast is my No. 1 tip for dropping pounds," says Mark Hyman, M.D., author of *UltraMetabolism*. The best meal option is a combination of slow-burn foods (foods that are low on the glycemic index), which raise your blood sugar gradually. A bowl of oatmeal with berries, a yogurt smoothie and slice of whole-wheat toast, or scrambled egg whites and veggies rolled in a corn tortilla are all good bets.

A recent British study showed that **this type of meal increased production of a potent satiety hormone called GLP-1 by 20 percent**, so you take in fewer calories but feel fuller longer.

DAY 6 CRANK UP THE FAT BURN

Capsaicin, the natural substance in peppers that gives them their heat, helps you use more calories, even at rest—and every little bit helps. "Studies show that **eating the amount of capsaicin found in one small chili pepper at meals may boost metabolism by 23 percent** in the short term," says Julie Upton,

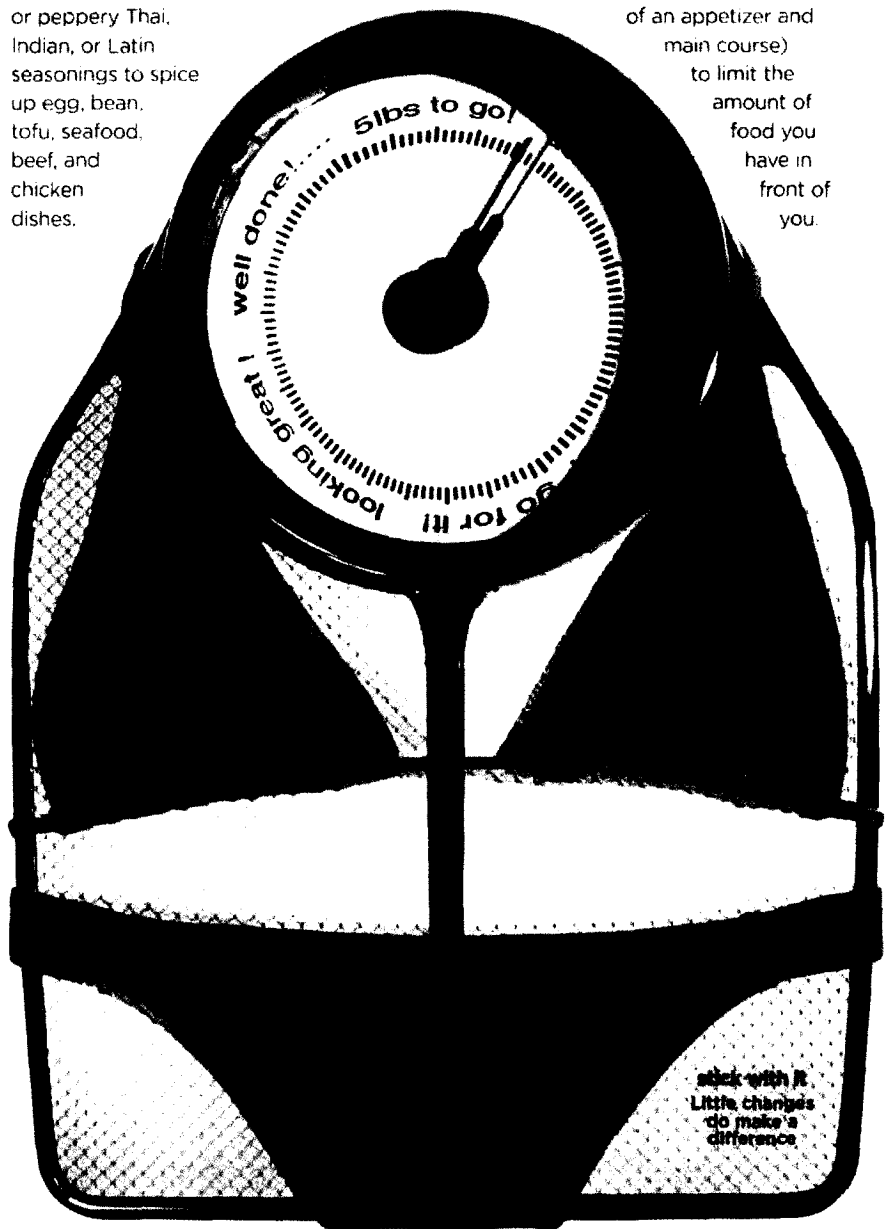
M.S., R.D., co-author of *Energy to Burn*. In other research, people who got about a gram of red pepper in capsule form or stirred it into tomato juice before they sat down to eat cut their calorie intake by 16 percent over the course of the day but didn't feel deprived. Try using fresh chilies or peppery Thai, Indian, or Latin seasonings to spice up egg, bean, tofu, seafood, beef, and chicken dishes.

DAY 7 GO SOLO AT SOME MEALS

Seven out of 10 office workers regularly eat lunch at their desks, according to an American Dietetic Association survey—and that's not a bad thing. "In general, if you eat with someone else, you'll

take in 35 percent more food than you would if you ate alone," says Brian Wansink, Ph.D., John Dyson professor of consumer behavior at Cornell University. **Conversation distracts you, and you tend to sit at the table longer.**

Overcome the effect by ordering small dishes (try two starters instead of an appetizer and main course) to limit the amount of food you have in front of you.





Indulge!
You don't
have to deny
yourself
chocolate to
drop
pounds

DAY 8

DE-JUNK YOUR SWEETS

Ditch the processed Frankencandy—many treats are made with unwanted additives, including refined sugar and partially hydrogenated oil (read: trans fat). A recent Wake Forest University study found that, even at the same calorie and fat level, a diet rich in trans fat led to four times

more weight gain and 30 percent more belly fat than a diet without it. Our healthier picks:

Theo Organic Fair Trade 70% Cacao Bars With Cherries & Almonds (\$4;

theochocolate.com) and **Seeds of Change Santa Catarina Dark Chocolate With Mango, Toasted Coconut, and Cashews** (\$4; seedsofchangefoods.com for stores). You want to stick to a small piece, but that shouldn't be a problem: A new Danish study found that dark chocolate is more filling than the milk variety. Still, if you can't trust yourself with a big bar,

Endangered Species Organic Dark Chocolate Bug Bites (\$1 for two; wholefoods.com for stores) are one-third of an ounce, perfect for portion control.

DAY 9

EAT MORE SPINACH

One cup of this leafy green (about the size of a baseball) packs just 41 calories—

five times less than a cup of cooked brown rice or whole-wheat pasta. **This superfood may be light on calories and carbs, but it's rich in more than a dozen stress-fighting antioxidants.** Try it sautéed in 1 teaspoon olive oil with chopped red bell pepper, garlic, and a dash of chili oil. Or serve it raw in a salad with strawberries and a little minced onion.

DAY 10

"C" YOURSELF SLIMMER

Summer vegetables and fruits—like strawberries, red peppers, and leafy greens—are rich in vitamin C, which can help you get more out of every sweat session. A study in *Nutrition & Metabolism* found that **exercisers who skimp on the vitamin burn 25 percent less fat during workouts.** "Vitamin C helps produce carnitine, an amino acid that helps you use fat for energy. If there is too little carnitine in your tissues, your body will use carbohydrates or protein for fuel," says lead study author Carol S. Johnston, Ph.D., R.D., professor and chair of the department of nutrition at Arizona State University, who published the study. "Not only does this reduce the amount of fat you burn, but you're also more likely to feel fatigued when exercising," Johnston advises aiming for at least 100 milligrams

daily, the amount in 10 large strawberries, one small red pepper, or 1 cup of cooked broccoli.

TURN TO 'SHROOMS

According to research from the Johns Hopkins Bloomberg School of Public Health, **replacing ground beef with chopped mushrooms in a single meal saved more than 400 calories and 30 grams of fat**, but the meal testers felt just as satisfied and didn't compensate by eating more food later in the day. Make mushrooms the main event at mealtime: Sliced or minced 'shrooms are a great stand-in for meat in burritos, sloppy joes, and wraps, or as a pizza topping.

INDULGE IN POTATO SALAD

Spuds are high in resistant starch (RS), a filling, fiber-like substance that, as it passes through your digestive system, releases compounds that enhance satiety and blast fat. "One study found that **replacing about 5 percent of your total carbs with RS resulted in a 20 to 30 percent**

5 THINGS YOU SHOULD DO EVERY DAY

Make this a healthy slim-down by following these guidelines.

✓ **Banish the bottle** Giving up alcohol forever may not be realistic, but a break can help you see how it affects your appetite and sleep schedule. Not getting enough zzz's has been linked to weight gain in studies.

✓ **Drink water** H₂O is the ultimate detoxer. It's required for every bodily function. Think of your day in three segments: wake-up time to noon, noon to 4 p.m., and 4 p.m. to bedtime. Aim for about three 8-ounce glasses per time period.

✓ **Keep the caffeine** Detox plans typically ban coffee and tea, but these beverages can actually help you drop pounds. When you drink caffeine about 30 minutes before a workout, it helps you push harder and

longer. Caffeine also stimulates your digestive tract, so it eases bloating.

✓ **Put a cap on sugar** Foods that contain natural sugar, like fruit and milk, come bundled with fiber, antioxidants, and protein. But refined sugar can stoke hunger and cause bloating. Read nutrition labels and cut back on foods that have any form of sugar high on the ingredients list.

✓ **Don't ban carbs** Whole grains are linked to lower body weight, less belly fat, increased satiety, and better blood sugar control. The magic number is five to six servings per day. One serving is half a cup of cooked oats, brown or wild rice, whole-grain pasta, barley, or quinoa; or one slice of whole-wheat, oat, or rye bread.

bump in fat burning after meals," explains Christopher Mohr, Ph.D., R.D., owner of Mohr Results, a nutrition consulting company in Louisville, Kentucky. RS forms when starchy foods are cooked, then cooled. The best sources are perfect for summer recipes: potatoes, beans, lentils, rice, and pasta. Add half a cup of chilled beans or cubed red potatoes to a salad; or toss lean protein, like shrimp, chicken, or tofu, with

chopped veggies, light vinaigrette, and half a cup of brown rice or whole-grain pasta.

HAVE FRUIT FOR DESSERT

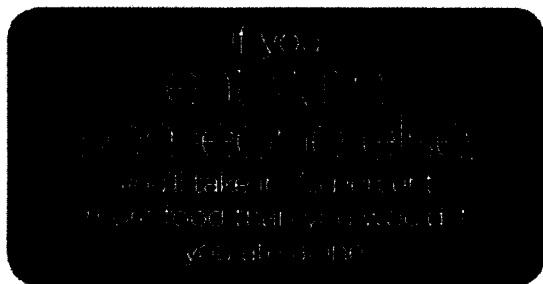
The enzymes bromelain (in fresh pineapple) and papain (in fresh papaya) **ease digestion by breaking down proteins in meat, tofu, dairy, and beans**, so food moves through your system faster, which can decrease bloating. So end your meals with one of these fresh, sweet treats.

SLICE UP AN AVOCADO

This fruit is rich in potassium, a mineral that helps you lose the pooch by flushing out excess

sodium and reducing water retention. **Per ounce, avocados pack 60 percent more potassium than bananas**, and their healthy fats blunt hunger by keeping you fuller longer. Try serving avocado-mango salsa over chicken, fish, or tofu: Chop a quarter of an avocado and toss it with a quarter cup fresh mango, 1 tablespoon lime juice, fresh cilantro, and 1 teaspoon minced jalapeño. Or, for a double hit of potassium, try avocado-banana salsa: Chop a quarter of an avocado and half a small banana and combine with 1 tablespoon minced onion, 1 tablespoon lime juice, and freshly ground black pepper.

CYNTHIA SASS, R.D., is a New York City nutritionist and Shape contributing editor.



1000
1000
1000

BIKINI BODY SPECIAL

Our fat-blasting, muscle-toning workouts will have you braving the dressing room—and the beach—with confidence to spare.

WELL, DAY + RIDAYS, WARM RAYS, AND
the pink and blue summer afternoons
are here. You need a bikini-stud if you
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make track, our plan will help you put the
beaming beaches on your shape. If you
don't have a bikini body, we'll do it for

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in 14 days. In just 14 workouts, you'll
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We'll combine strength, cardio, and
rapid workouts. Follow our plan, and
those Fourth of July fireworks will be
next to the reactions you'll be getting.

14-DAY FAT-BLASTING, MUSCLE-TONING BIKINI BODY PLAN — THE PLAN

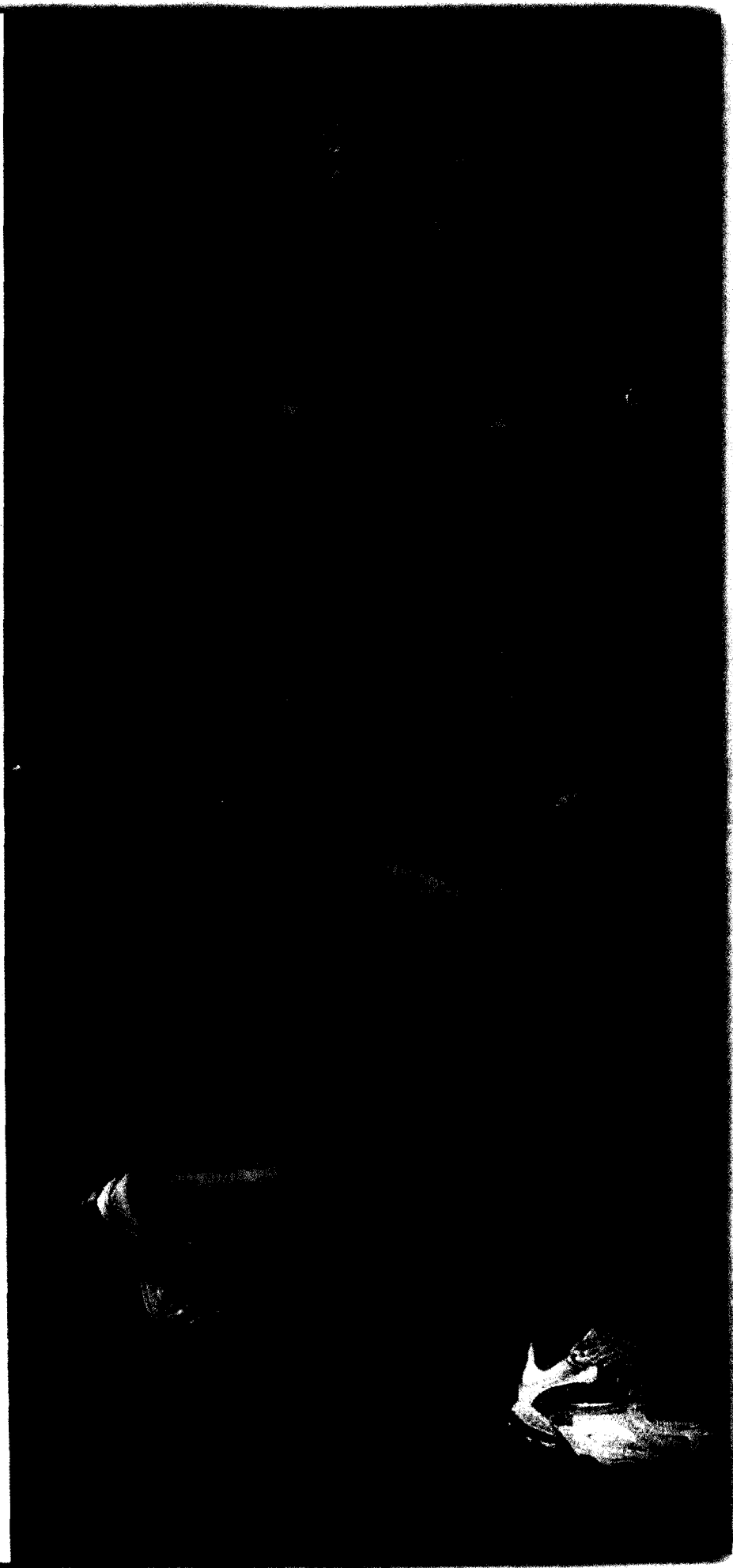
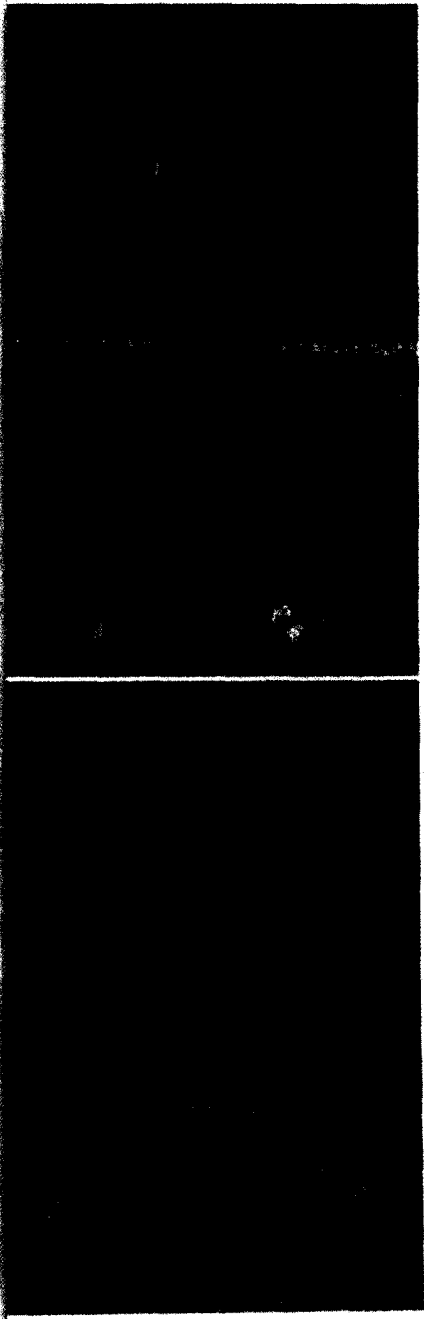
- ✓ DO THE STRENGTH ROUTINE 3 times a week (not on consecutive days) after a warm-up.
- ✓ ON DAYS 1 AND 3, do 3 sets of 10 to 20 reps (unless otherwise noted) of each move, with lighter weights.
- ✓ ON DAY 2, do 3 sets but halve the number of reps, and increase the weight you're using for resistance.

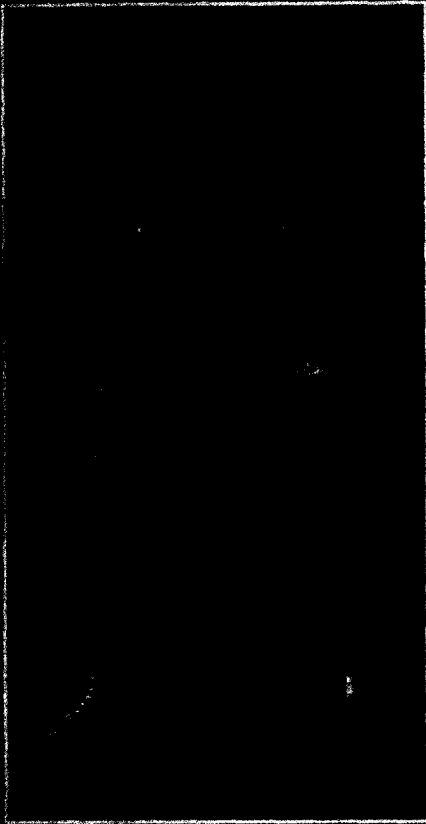
A pair of 5- to 6-pound and 10- to 12-pound dumbbells, a stability ball, and 2 resistance tubes. Find them at any sporting goods store.

1 Star jump

WORKS BUTT,
LEGS, AND CORE

Stand with feet slightly wider than shoulders, wrists crossed in front of hips [A]. Lower into a squat, then jump as high as you can, spreading arms and legs so your body looks like an X [B]. Return to squat (try to land softly) and repeat.





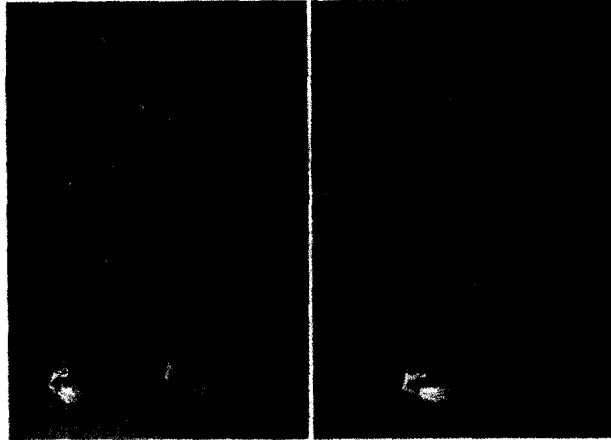
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3 Side squat with dead lift

WORKS BUTT, LEGS, AND BICEPS

Holding a dumbbell in each hand at sides, stand with feet hip-width apart. Step right foot 6 inches out to right and squat as you curl weights to shoulders [A].

Rise up, stepping right foot in, and lower arms as you bend over from hips and bring weights toward toes, back flat [B]. Push hips forward as you rise up. Repeat to left side on the next rep.



YOUR SUCCESS CHECKLIST

✓TAKE PRIDE IN WHAT YOU'VE ACCOMPLISHED

If you've been with us since month 1, you've done a lot more than lose weight and tone up—you've created positive change in your life by committing to a long-term plan. You've made yourself a priority. Maintain this new mindset to help you stay focused on being healthy all year long.

✓BE A PART-TIME VEGETARIAN Eating a mostly plant-based diet can slim you down—for good. A review of 18 studies published in *Nutrition Reviews* found that vegetarians weigh about 15 percent less than meat eaters. Not willing

to go, um, cold turkey? "Two out of three vegetarians occasionally eat meat, chicken, and fish," says Dawn Jackson Blatner, R.D., author of *The Flexitarian Diet*.

"Start with two meat-free days per week and work up to three or four."

✓TRY A SUNLESS TANNER WITH SHIMMER ModelCo Body Meringue Bronze Glow (\$38; sephora.com) is loaded with the glistening mineral mica, which helps hide imperfections, such as cellulite and stretch marks. It also contains SlimFit LS 9509, a caffeine-like ingredient that is purported to help break down fatty acids and tighten and tone skin.

TURBOCHARGE YOUR WORKOUT

Short on time? Perform 1 set of the first 4 moves without resting, then sprint on a cardio machine for 1 minute. Rest for 2 to 3 minutes, then repeat with the remaining 3 moves. Totally toned in just 12 minutes!

4

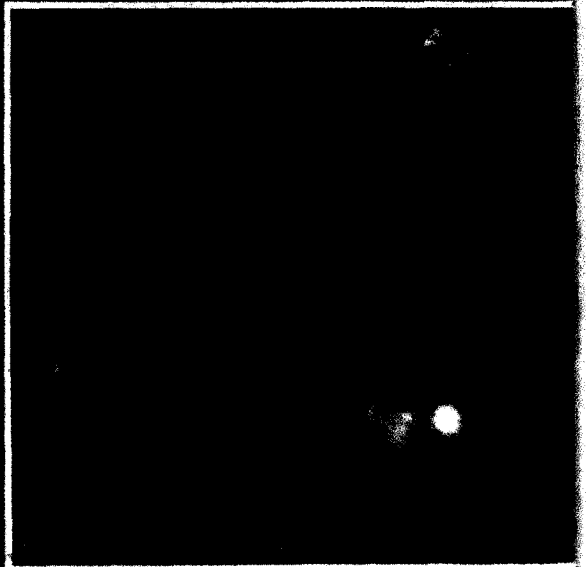
Ball push-up

WORKS CORE, CHEST, SHOULDERS, AND TRICEPS

Place your hands on a stability ball and step feet wide so body is straight from head to heels [A]. Lower chest toward ball [B], press up, and repeat. Place ball next to a wall for balance if necessary.



Log on to shape.com/bikinibodycountdown to see trainer Dominique Hall demonstrating each move. And don't forget: It's your last chance to enter to win a six-night stay for two at the Fairmont Acapulco Princess in Mexico (airfare included). Sign up by June 21!



KICK UP YOUR CARDIO

Warning to flab: You're not wanted around here! Blast it off by doing each of these workouts once a week (find another one at shape.com/bikibody/countdown); choose any activity you like. On 2 other days, do 30 minutes to an hour of moderate-intensity exercise.

METABOLISM BOOSTER

If you really want to drop pounds, you need to work out in your *discomfort* zone at least part of the time. If you can't maintain the hard efforts for a minute, cut them in half and work up.

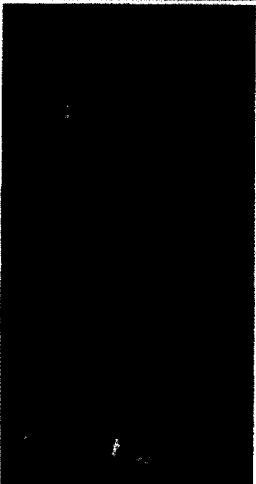
MINUTES	WHAT TO DO	RPE*
0-5	Warm up	4
5-6	Increase to very hard intensity	9-10
6-7	Decrease to hard intensity	7-8
7-8	Return to very hard	9-10
8-9	Decrease to hard intensity	7-8
9-10	Increase to very hard intensity	9-10
10-15	Recover at an easy level	4
15-35	Repeat minutes 5-15 twice	4-10

EXTEND YOUR BURN

You only have 4 hard bursts—just 2 minutes total!—to get through here, so maintain your focus and energy as you visualize leaving your cover-up at home.

MINUTES	WHAT TO DO	RPE*
0-5	Warm up	4
5-5:30	Increase to an all-out intensity	9-10
5:30-10	Decrease to somewhat hard intensity	7
10-15	Recover at an easy level	4
15-45	Repeat minutes 5-15 three times	4-10

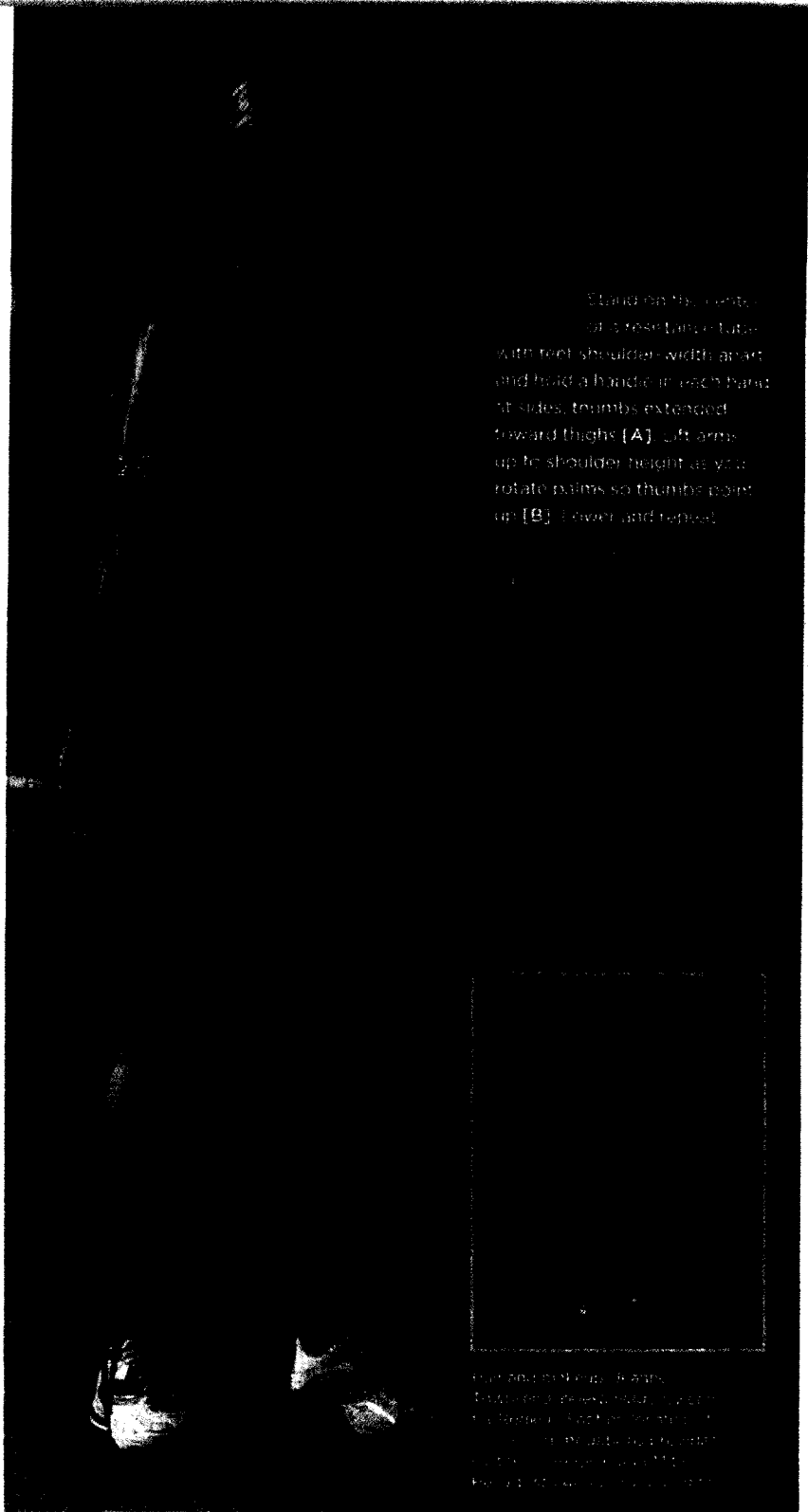
*See page 120 for RPE chart.



6 Arm duo

WORKS BICEPS AND TRICEPS

Anchor a resistance tube high on a sturdy object in front of you and hold it with left hand at chest. Stand on another tube with right foot and hold handle in right hand [A]. Bring right hand up as you straighten left arm at your side [B]. Return to start and repeat. Switch sides to complete set.



Stand on the center of a resistance tube with feet shoulder-width apart and hold a handle in each hand at sides, thumbs extended toward thighs [A]. Lift arms up to shoulder height as you rotate palms so thumbs point up [B]. Lower and repeat.



Photo: David LaRocca
Illustration: David LaRocca
Styling: David LaRocca
Hair: David LaRocca
Makeup: David LaRocca

LAST-MINUTE AB TONING! Be sure your belly is its most bare-able by adding these moves to your routine a few times a week. "When your core is strong, you have more power and strength during other exercises too," says trainer Dominique Hall, who designed this workout.

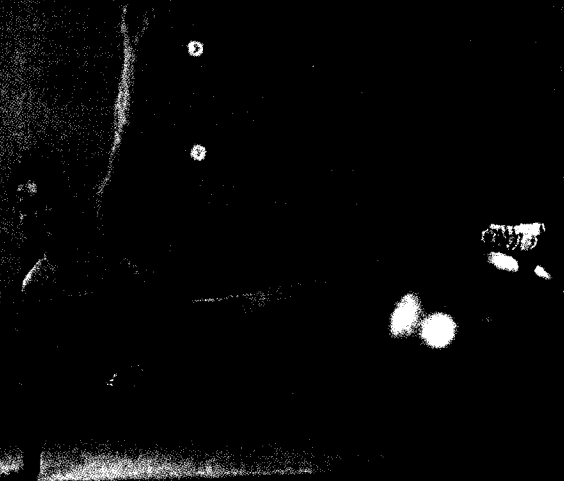
YOU'LL NEED A stability ball, Bosu balance trainer, weighted bar, and mat. Do 1 set of each move, resting for up to a minute in between.

SHAPE



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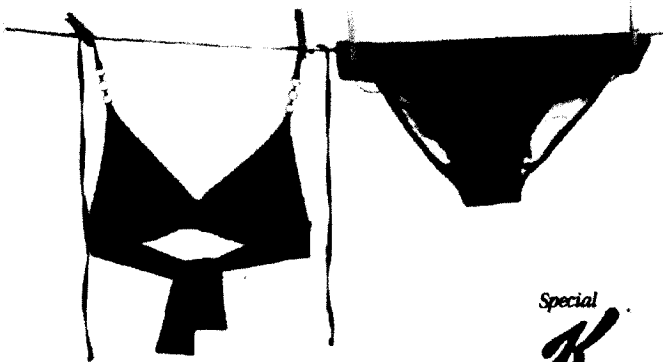
SHAPE



FOR MORE TONING MOVES, GO TO SHAPE.COM/WORKOUTS

KEEP YOUR EYE ON THE PRIZE

Find the swimsuit you want to wear. Hang it in your kitchen. Think of it as your opponent.



Special
K

TAKE THE SPECIAL K CHALLENGE™

Lose 1 inch off your waist in 2 weeks* with The Special K Challenge™. It's simple:

Meal 1: Start your day with a serving of Special K® Cereal with 2/3 cup skim milk and fruit.

Meal 2: Replace a second meal with a Special K™ Protein Meal Bar, Protein Shake or another serving of cereal.

Meal 3: Eat your 3rd meal as you normally do.

Snacks: Enjoy two great-tasting Special K® snacks throughout the day. Consume fruits and vegetables for additional snacks. Drink beverages as you normally do.



Special
K

*When part of the Special K Challenge™. Consult your physician before starting any diet or exercise program. Average waist circumference reduction when replacing meals with two cereal meals at 1.3 inches. Weight loss may vary.

NO NEED TO CHEAT

Keep a tasty Special K® Strawberry Cereal Bar nearby. At 90 calories, it's a guilt-free indulgence.



Special
K

KEEP MOVING

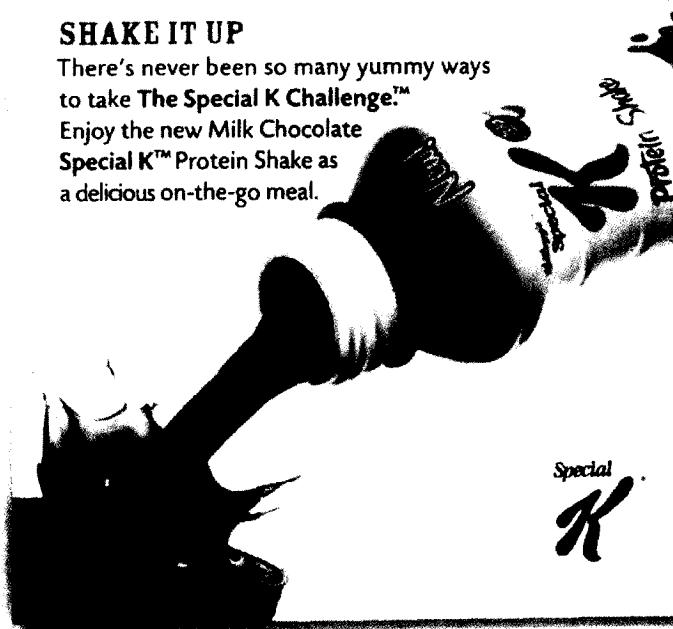
Throughout your day, look for little ways to sneak in some exercise. Take the stairs. Walk, don't ride. Dance—even if it's just you and the mirror.



Special
K

SHAKE IT UP

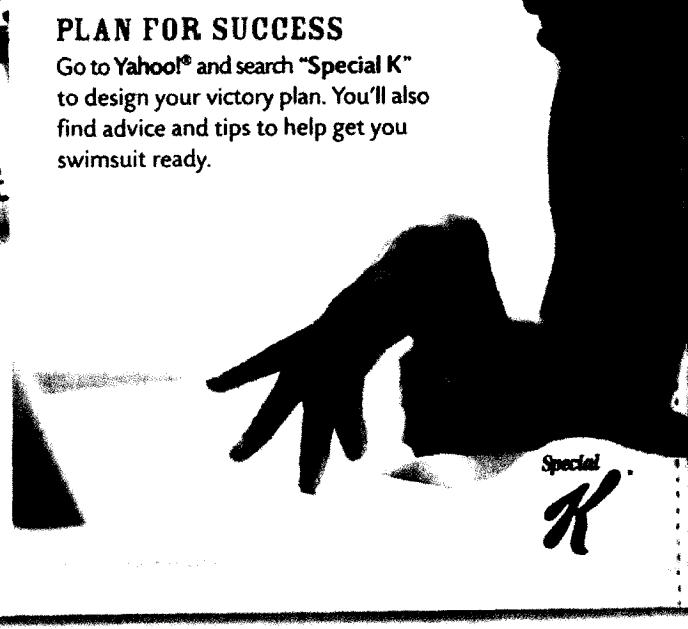
There's never been so many yummy ways to take The Special K Challenge™. Enjoy the new Milk Chocolate Special K™ Protein Shake as a delicious on-the-go meal.



Special
K

PLAN FOR SUCCESS

Go to Yahoo!® and search "Special K" to design your victory plan. You'll also find advice and tips to help get you swimsuit ready.



Special
K



★ ★ ★ THE SPECIAL K CHALLENGE ★ ★ ★

YOU VS THE SWIMSUIT


GOAL: LOSE 1 INCH FROM YOUR WAIST IN 8 WEEKS

Consult your physician before starting any diet or exercise program. Average waist circumference reduction when replacing meals with two cereal meals is 1.3 inches. Weight loss may vary.

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BIKINI BOTT SPECIAL



Work a
cellulite cream,
like RéVive's,
into skin
using moderate
pressure

1 Glow for it Applying self-tanner has a near-instant slimming effect. "It's how some stars fake a toned body," says Shaw. For streak-free bronzing, start by exfoliating with a body scrub in the shower. Be sure to pay special attention to elbows, knees, and ankles, since rough spots will absorb more DHA, the chemical ingredient that interacts with skin to turn it tan. Try **MD Skincare Creamy Cleansing Polish** (\$38; mdskincare.com), which sloughs with jojoba beads and papaya extract, from the neck down, and **Olay Dual Action Cleanser + Pore Scrub** (\$7; at drugstores) on your face.

Next, smooth on self-tanner "in circular motions, one section of the body at a time to make sure you don't miss a spot," says Cindy Barshop, owner of the Completely Bare salons in New York City. "And be sure to keep your fingers pressed together as you apply, since the spaces between them can cause unevenness." We love **Estée Lauder Bronze Goddess Golden Perfection Tinted Self-Tanning Gelée** (\$29; esteelauder.com), which gets skin golden in six hours, and **Jergens Natural Glow Foaming Daily Moisturizer** (\$9; at drugstores), a gradual formula that builds your tan over several days. For instant results, smooth on a tinted body lotion, like **Sue Devitt Microquatic Tinted Body Moisturizer** (\$36; barneys.com), which washes off in the shower.

2 Steer clear of bobs and pixies "Long, layered styles will make your face look more slender," says Matthew James, a hairstylist at the

Sam Brocato Salon in New York City. Ask your stylist for chunky layers that skim the face to chisel your cheekbones. To keep your piece-y cut in place, run a dime-size drop of silicone serum, like **Paul Labrecque Straight Style Anti-Frizz Smoothing Balm** (\$22; paullabrecque.com), through damp strands before blow-drying. And because blunt-cut bangs can make your face appear rounder, ask for sideswept fringe that falls at about nose level. "Any longer and it will just call attention to any weight you're carrying at the jawline," says James.

3 Do away with "orange peel" Look more svelte by temporarily reducing the appearance of cellulite with a skin-smoothing cream. "Cellulite appears when swollen fat cells bulge up against the top layers of skin while fibrous bands of collagen pull down, much like the buttons on a mattress," says Howard Sobel, M.D., a cosmetic dermatologist in New York City. "Anticellulite creams contain caffeine and other diuretic ingredients to temporarily constrict fat cells, as well as antioxidants and peptides to tighten the top layer of skin over time." Since these creams provide only a temporary reduction in dimpling, you'll have to reapply them for prolonged effects. Check out **Tarte CelluFight** (\$40; sephora.com), which has caffeine derived from green tea and is tinted to give your skin a golden glow, or **RéVive Cellulite Erasure** (\$210; reviveskincare.com), which also contains caffeine, as well as silica to reflect light and make skin appear smoother. The **Nivea Good-bye Cellulite 30-Day Body Beauty Program** (\$19; at

drugstores) takes things a step further by packaging the brand's caffeine-infused cream with dietary supplements that contain L-carnitine, which is said to promote lean muscle mass.

4 Distract with dye The next time you head to the salon, ask your colorist for face-framing lowlights. "Darker hues make your face appear more narrow," says Sharon Dorram, co-owner of Sharon Dorram Color at Sally Hershberger salon in New York City. If you'd rather not shell out the cash for a pro, get the look for less with an at-home kit, like **Revlon Custom Effects Lowlights** (\$11; at drugstores). "Just select several pencil-width strands and paint on a color that's two shades deeper than the rest of your hair," says Dorram. Read the instructions on the back of the box to determine how long to leave the dye on, then rinse. Note: Lowlights can turn an unflattering shade of orange after sun exposure; use a sun-protective hair product before heading out, or at least wear a hat.

5 See a spray-tan technician A professional airbrush treatment can give the illusion of sculpted muscles, a butt lift, and even thinner thighs, thanks to clever shading techniques. "An aesthetician will first spray on a base tan, then go back with a darker shade to spray on a six-pack or define whatever you want enhanced," says Melanie Mills, chief makeup artist for *Dancing With the Stars*. Check out the **Completely Bare Sculpted Tan** (\$75; completelybare.com for salons) or the **St. Tropez Ultimate Tan**

Tanners with shimmer, like Estée Lauder's, give skin a luminous look



WORK
THE
ANGLES



(prices vary; sttropeztan.com for salons). Results will last for about a week, but moisturizing daily will keep the color fresh longer.

6 Highlight your best features Calling attention to what you'd like people to notice will naturally direct eyes away from what you don't want them to see. If you love your eyes, for example, play them up by going for a natural, defined brow shape and using mascara or falsies to boost your lashes. To accentuate lips, slick on a bright gloss to reflect light and create fullness. Try **Sally Hansen Miracle Care Lip Saver** (\$8; at drugstores), which comes in seven flattering shades. Or try using a sparkly bronzer, like **Guertain Terracotta Pearly Shell Illuminating Sun Powder** (\$65; neimanmarcus.com) or **Yves Saint Laurent Trésor D'Afrique Collector Sun Powder** (\$72; sephora.com), between your breasts to build major cleavage. Another option: Emphasize your décolleté by dusting on translucent shimmer powder and wearing a top with a tastefully low neckline. We love **Molton Brown Heavenly Gingerlily Soft Body Shimmer** (\$45; moltonbrown.com), which scents skin with notes of tuberose and sandalwood.

7 Chisel your cheeks "When women drop pounds, their cheeks immediately stand out more," says Shaw. Re-create the look by using highlighter and bronzer to sculpt the sides of your face. First, with a soft blush brush, sweep a bronzer two shades deeper than your skin tone directly underneath your cheekbones. Try **Chanel Soleil**

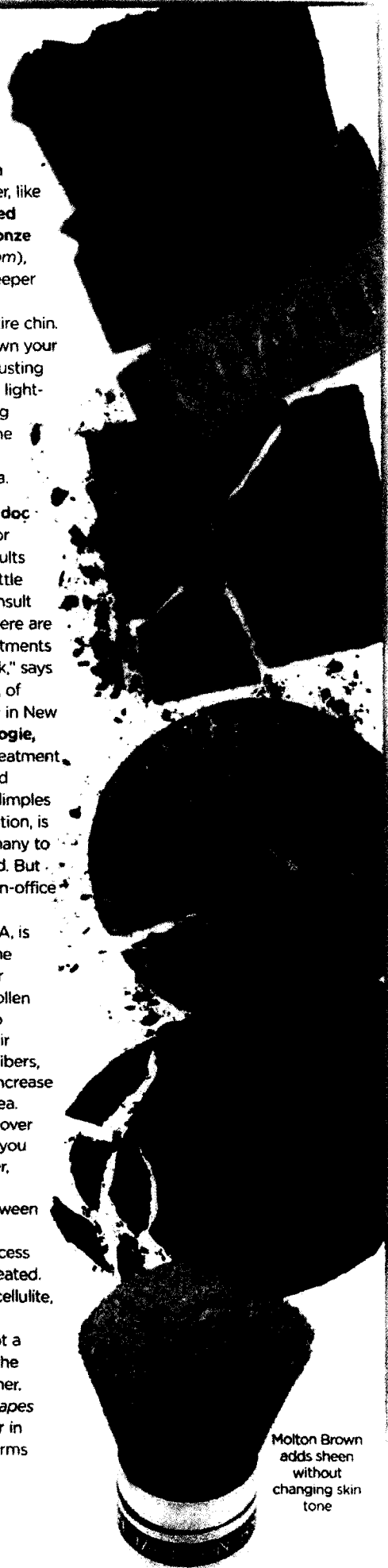
Tan de Chanel 4 Facettes Bronzing Powder (\$65; chanel.com). Next, dust a white, shimmery highlighting powder, such as the one in the **Clarins Instant Sun Light Shimmer Palette** (\$36; clarins.com), directly above cheekbones. Finally, apply blush between the bronzer and highlighter, then use a clean powder brush to blend all the shades together. For a smooth application, choose a powder formula, such as **Almay Pure Blends Blush/Bronzer** (\$11; at drugstores).

8 Pump up your volume "Extra oomph at your crown slenderizes your face," says Paul Labrecque, owner of the Paul Labrecque Salon in New York City. No matter your current length, start by cleansing hair with a clarifying shampoo, since product buildup can weigh it down. We like **Fekkai Marine Clean Detox Shampoo** (\$23; sephora.com). Next, massage a golf ball-size puff of mousse, such as **VOS Weightless Volumizing Mousse** (\$3; at drugstores), into your roots before wrapping nearly dry hair around Velcro rollers, like **Goody Self-Holding Rollers** (\$4; at drugstores). Last, blast your head with a blow-dryer. When hair is dry, unravel rollers and use your fingers to fluff up your do.

9 Define your jawline "Extra jiggle at the chin and neck is easy to disguise," says Jamie Kern Lima, a makeup artist and owner of It Cosmetics. While slackened skin isn't always related to weight gain, the extra tissue can make you look heavier. But a little bit of bronzer is all you need to help it fade into the

background. Apply a shimmer-free bronzer, like **Laura Mercier Pressed Powder in Matte Bronze** (\$32; lauramercier.com), that's two shades deeper than your skin tone underneath your entire chin. Extend the color down your neck and finish by dusting your jawbone with a light-reflective highlighting powder to "create the illusion of depth and definition," says Lima.

10 Visit your doc Looking for lasting results in your battle against cellulite? Consult a dermatologist. "There are several in-office treatments that may do the trick," says Cheryl Karcher, M.D., of Sadick Dermatology in New York City. **Endermologie**, an FDA-approved treatment, that uses suction and massage to plump dimples by increasing circulation, is still considered by many to be the gold standard. But **SmoothShapes**, an in-office procedure recently approved by the FDA, is showing promise. The device relies on laser energy to shrink swollen fat cells, LED light to strengthen and repair distended collagen fibers, and a massager to increase blood flow to the area. After eight sessions over a four-week period, you can expect smoother, tighter-looking skin. Treatments cost between \$200 and \$300 per session, and the process may need to be repeated. "If you have severe cellulite, you'll see noticeable improvement but not a total eradication of the problem," says Karcher. Log on to smoothshapes.com to find a doctor in your area who performs the procedure.



Molton Brown adds sheen without changing skin tone

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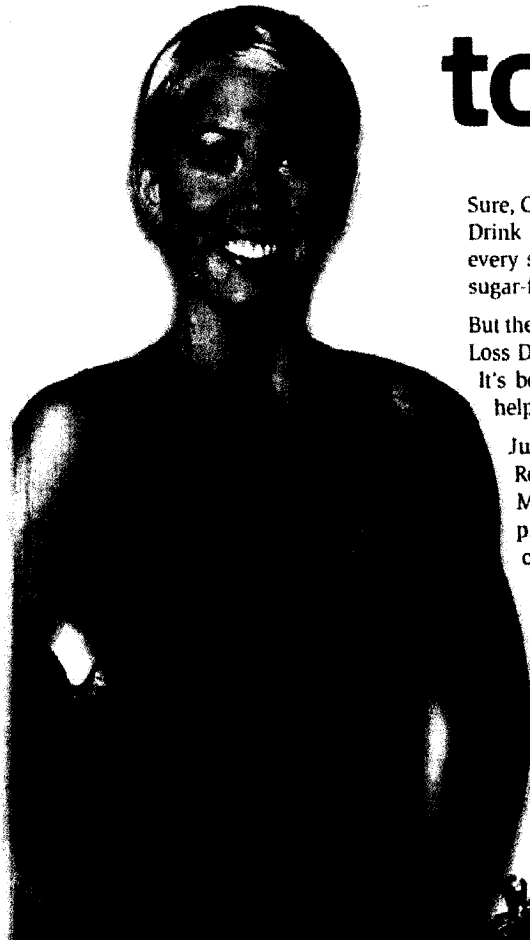
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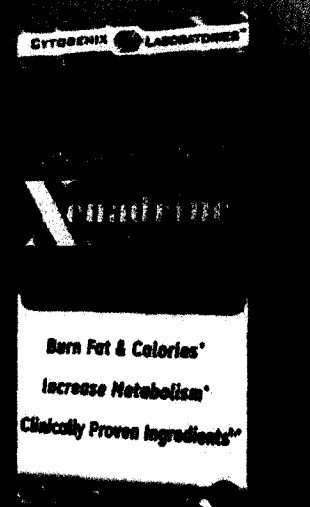
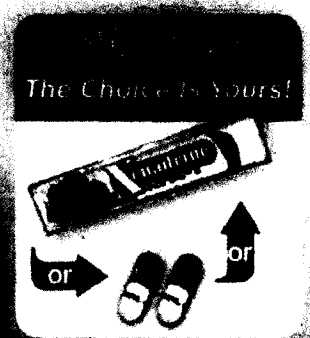
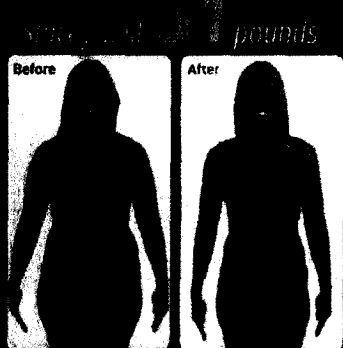
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†Average weight loss of 15 lbs. and 12.5 lbs. respectively with key ingredients (*Garcinia cambogia*, chromium polynicotinate, *Gymnema sylvestre*) vs. an average of 3.1 lbs. and 3.5 lbs. with placebo in two 8-week studies. All groups dieted and exercised. Sensible diet and exercise are essential for healthy weight loss. Individual was remunerated. Read entire label before use. © 2009

SHAPE SPOTLIGHT

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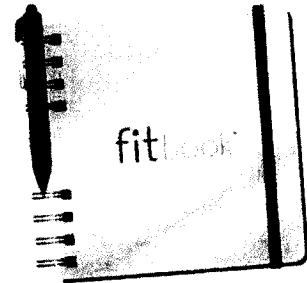
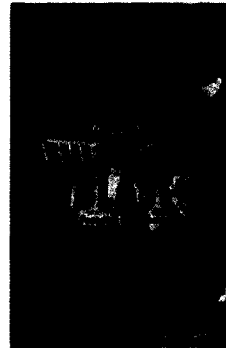


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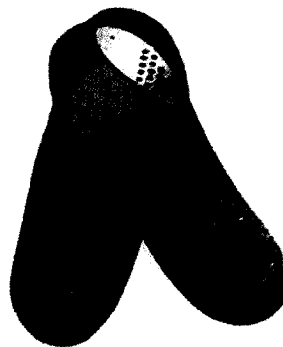
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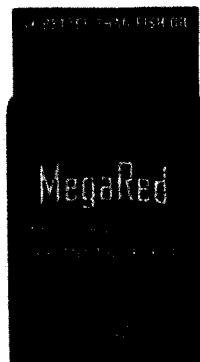


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MELTDOWN
FAT ASSAULT

BURNS FAT 6+ HOURS!

Fat Loss, not Weight Loss, is the key to looking Sexy, Shapely and Toned!

If you want a sexy, lean and toned body, it's about losing body FAT not body WEIGHT! Look at the photos of the women in this ad -- they all lost body fat while maintaining muscle to get a sexy, shapely and toned body.

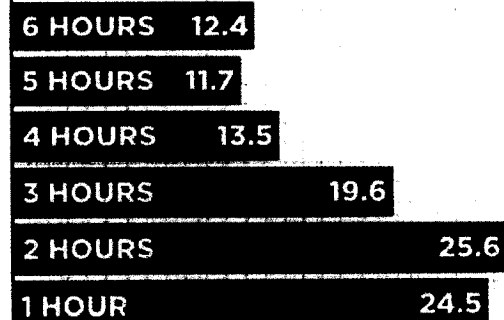
With a 56% metabolic shift in fat burning and a 29% increase in thermogenesis, MELTDOWN is your only answer to losing body FAT fast along with diet and exercise. We discovered that women on the Performance Ready team lost on average of 10 lbs of fat weight while dropping an average of 6% body fat! That's right -- they did NOT lose a single pound of lean muscle! What's the worst thing that happens when you try to lose weight? You lose muscle. It's important for women to understand that the weight lost during a diet has to be fat loss to get a toned and lean, sexy body. University research shows that Meltdown shifts your metabolism to burn pure fat by 56% in just minutes and continues to burn fat for more than 6 hours!

One University Study graph shows you that just three MELTDOWN capsules increases metabolic rate 972% greater than 20 mg of Ephedrine! This is important because before ephedrine-based fat burners were banned, these were the most powerful weight loss agents available. Meltdown is the world's only fat burner proven to burn pure fat while maintaining muscle. Because Meltdown means massive metabolic increases to burn calories and fat faster than any fat burner on the planet, YOU will get better research proven results than any fat burner ever made. Meltdown is the potent Fat Assault Matrix for fast fat loss and a leaner and sexier body for you NOW! Not only will you burn fat faster, but the newest university study proves that you will burn fat longer! In fact you will burn fat for more than 6 HOURS with Meltdown!

Look at the other ads in this magazine -- there is NOT one single ad that has a university proven or clinically proven finished fat burning product. Read the ads carefully and you will see that the actual finished products depicted are NOT tested! Meltdown is backed by 5 University research studies that proves that it is the fastest fat burning product and longest lasting fat burner ever made -- all backed by authentic university research you can trust to rapidly lose fat and look great!

A 5th NEW University Study Proves Meltdown Burns Fat for more than Six Hours!

MELTDOWN® ELEVATES METABOLIC RATE OVER 6 HOURS!



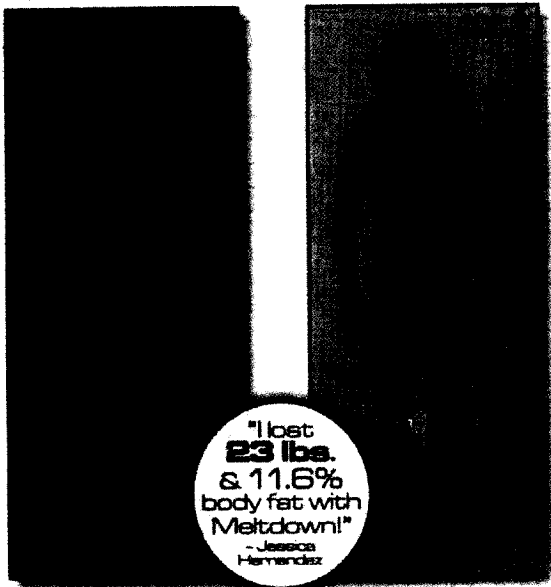
Meltdown starts working by jacking metabolism and continues to work for 6+ hours.

"I began using VPX Meltdown just after my daughter turned five months old in a desperate attempt to get myself back into the shape I was before. With the help of Meltdown and daily diet and exercise I was able to lower my body fat back to contest levels, increase my lean-muscle-mass, and do this all before my daughter's nine-month birthday! I truly believe that there is no way I could have accomplished this so quickly without the help of Meltdown! Thank you VPX for helping me get a piece of my life back!"
- JESSICA PALMER, IFBB Pro Athlete & new mom

"I lost
13 lbs.
& 9.3%
body fat with
Meltdown!"
- Jessica Palmer

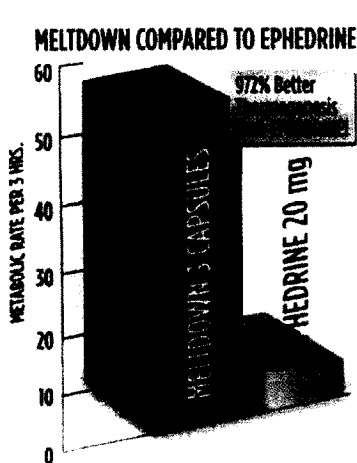


THE DIFFERENCE IS FAT LOSS, NOT WEIGHT LOSS

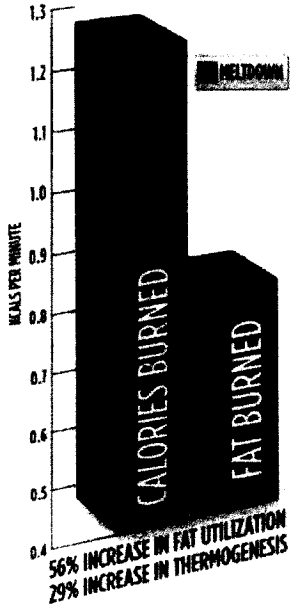


"When I started using Meltdown along with a healthy diet and exercise, I felt changes in my mood and energy levels almost immediately. I take my Meltdown in the morning and with my instant energy boost I am able to get in a longer and more intense morning cardio session. As a marathoner who is always training to improve my time, Meltdown became my favorite running partner!" - JESSICA HERNANDEZ Winner, Meltdown Challenge

THE DIFFERENCE IS FAT LOSS, NOT WEIGHT LOSS!
UNIVERSITY STUDY ON MELTDOWN FAT BURNER



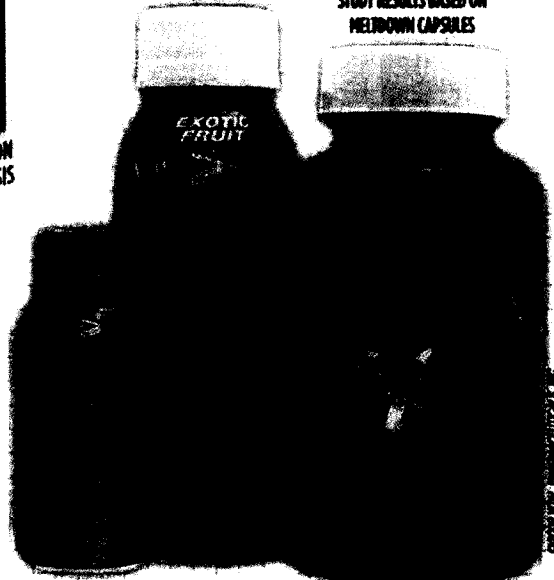
Metabolic Rate equals calories burned above normal resting levels per three hours.
 REFERENCES: Metabolism, 40(3):323-329, 1991. MELTDOWN data was presented at the 2008 International Society of Sports Nutrition Conference. www.issn.com



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"When combined with increased exercise and a reduced calorie diet. Use only as a dietary supplement. Results not typical. Models have been remunerated. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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It's all about Cat-itude

Delicate glass cats infused with jewel-like colors convey the unique qualities of our feline friends.



A charming collection of sleek and sassy cats!

Bold or bashful, sweet or saucy, mischievous or cuddly, cats are loaded with *purr*-sonality and no small amount of *cat-itude*! Often, you can sense their moods by something as simple as their contented, half-closed eyes... by a luxurious pose that says "I'm the reigning monarch of the house," or by a twitching tail and a little dance that say, "Let's play!" Now, you can express your love for felines and their many emotions with a collection of graceful cat figurines exquisitely hand-crafted in the medium of crystal-clear glass infused with jewel-like color. These small "gems" are captured in typical feline poses. They represent the many moods that kitties can display in a single day... and may even match some of your own feelings, however fleeting, sassy, or serene!

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Each set of two figures in the *Cat-itudes* collection is strictly limited, and strong demand is expected. To order the entire collection, act now. Begin with Set One ("Sly" and "Coy") at the \$29.95* per-set issue price, payable in two installments of \$14.98 each. Send no money now. Just return the Reservation Application. Your purchase is protected by our 365-day money-back guarantee, and you can cancel at any time by notifying us.

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RPE 1-2: Very easy, you can converse with no effort

RPE 3: Easy, you can converse with almost no effort

RPE 4: Moderately easy, you can converse comfortably with little effort

RPE 5: Moderate conversation requires some effort

RPE 6: Moderately hard conversation requires quite a bit of effort

RPE 7: Difficult, conversation requires a lot of effort

RPE 8: Very difficult, conversation requires maximum effort

RPE 9-10: Peak effort, no talking zone

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OPINION

They call it a "Butt Lift" because

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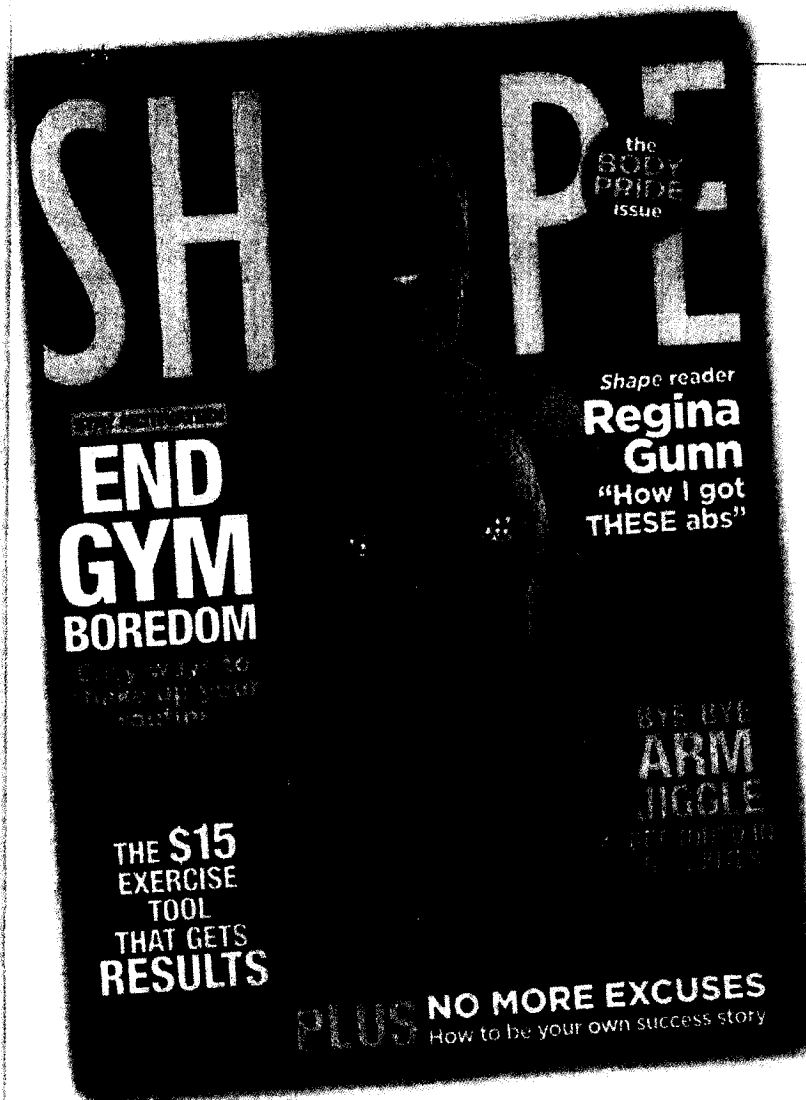
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YOU...in Shape!



a passion for life

This *Shape* reader has made a living out of teaching others her get-fit tricks—and now she's sharing the best of them with us (and you!).



> KEEP YOUR COOL

"I used to have a hard time relaxing: I'd constantly be worrying about things that were going to happen the next day, week, or month. Now when I'm anxious about something, I write down a plan, then let the worry go. It gives me something concrete to focus on and keeps me from feeling out of control."

> TAKE OWNERSHIP

"While other people can help you reach your goals, you have to motivate yourself. As a personal trainer, I push people to work out and eat well, but if you don't grab the reins and take responsibility for your actions, all the advice in the world won't help you succeed."

> PUSH YOURSELF

"Don't get me wrong—I love the gym. But I needed a break from my usual routine, so I started training for triathlons last year. Preparing for them is tough, but nothing beats the sense of accomplishment I get as I cross the finish line. That feeling sticks with me and helps

carry me through the next round of training."

> WORK AT HOME

"You don't need a ton of expensive equipment to strength-train at home. I love resistance bands: They cost around \$15 and you can use them to target every major muscle group. You can even take them with you on trips, since they weigh next to nothing."

"MY FAVORITE RESISTANCE-BAND MOVE"

This works your chest and arms.

"Grab a resistance band and have a workout buddy hold the center of the band at chest height. Face away from your partner and grab an end of the band in each hand at chin level. Punch with right hand, return to start, and repeat with left hand. Do 40 reps, alternating arms. Exercising solo? Simply anchor the center of the band in a doorjamb."

Regina Gunn North Carolina personal trainer

Age 26 • *Shape* reader 6 years

Regina is one dedicated exerciser. "I feel blessed that every morning I wake up healthy and able to work out," she says. Her typical 90-minute routine includes an elliptical warm-up followed by 10 total-body exercises. She alternates strength moves (think squats with shoulder presses) with core exercises and plyometrics, like jump lunges. Some other ways she stays fit and happy:



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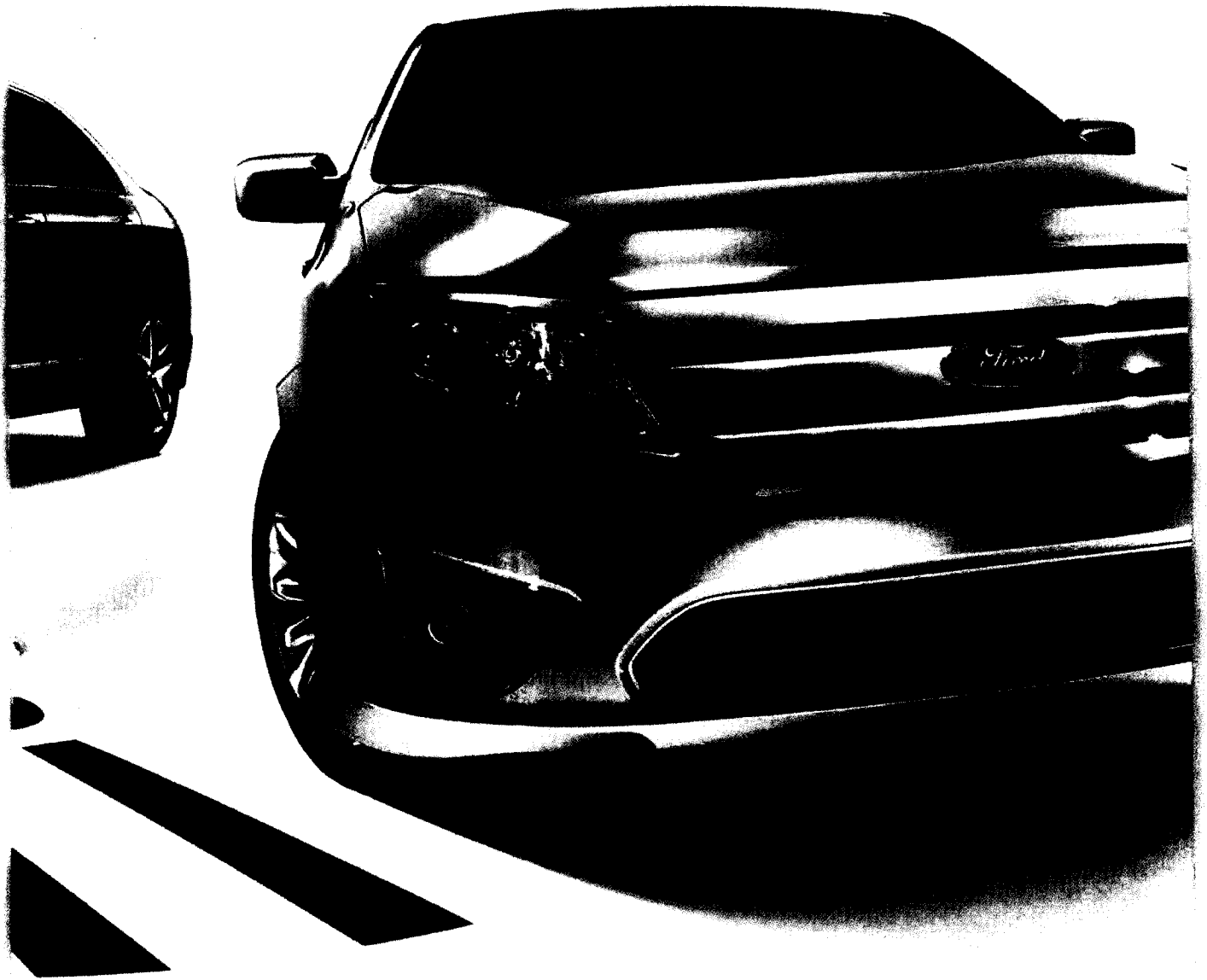
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