

# IT'S ARRIVED

[ IN JUST 3 DAYS, REFIRM AND RESURFACE SKIN TEXTURE FOR YOUNGER-LOOKING SKIN 1



TECHNOLOGY TWO POWERFUL INGREDIENTS UNITE AT THE LAST MOMENT

CLINICAL RESULT

IN JUST 3 DAYS, SKIN IS FIRMER, LOOKS SMOOTHER WITH IMPROVED ELASTICITY IN 1 WEEK, WRINKLES ARE VISIBLY REDUCED

FORMULA WITH

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# SHAPE

#### FIT FASHION

Lisa Marie Fernandez Farrah Neoprene Maillot (\$395, Iisamariefernandez.com). Hearts on Fire Illa Pendant Necklace (\$990 and up, heartsonfire.com). Jennifer Meyer Mini Palm Tree Earrings (\$425, net-a-porter.com).



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#### On our cover

Photograph by Arthur Belebeau. Styling by Amy Berlin Dubin; hair by Bridget Brager/The Wall Group for Sachajuan; makeup by Shane Paish/Crosby Carter Memt for Lancôme Grandiose Extrême: manicure by Stephanie Stone/Nailing Hollywood for Chanel: spray tan by Jimmy Coco. On Michelle: Tracy Reese Cropped T (\$248, tracvreese.com), Mikoh Diamond Head Top (\$128) and Malibu Pier Bottom (\$128, mikoh.com). Jennifer Meyer Mini Palm Tree Earrings (\$425, net-a-porter.com). Hearts on Fire Illa Pendant Necklace (\$990 and up, heartsonfire.com). Makeup: To get Monaghan's gorgeous cover look, try Maybelline New York Master Camo Color Correcting Palette (\$13, drugstores), Maybelline New York The Colossal Big Shot Mascara (\$9, drugstores), Maybelline New York Brow Precise Fiber Volumizer in Deep Brown (\$10, drugstores), Maybelline New York Baby Lips Balm in Quenched (\$4, drugstores). Back Cover: Lisa Marie Fernandez Farrah Neoprene Maillot (\$395, lisamariefernandez.com). Hearts on Fire Illa Pendant Necklace (\$990 and up, heartsonfire.com).



Molly Burke



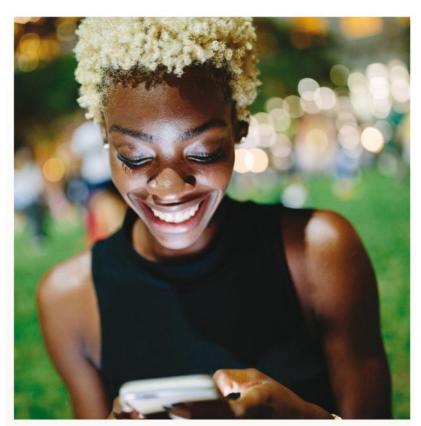
Welcome to a shower in the clouds. Pump. Spread. Enjoy!

Designed with a unique blend of gentle cleansers and NutriumMoisture<sup>TM</sup> Technology, this premium body wash instantly blooms into a weightless airy foam, gently cleansing your skin leaving it feeling light, nourished and cared for. Experience a shower like no other with new Dove Shower Foam.





 $Do\,a\,gear\,cleanse \\ {\tt It's\,time-de-funk\,your\,boxing\,gloves,\,disinfect\,your\,yoga\,mat,\,and}$ nix earbud grime. Watch the video how-tos for getting the gross out in our tutorials at fitnessmagazine.com/clean.



# Whoa, you look great!

Stick with Shape all through 2017 to make it your most boss year ever. Each month we'll give you the tools you need to optimize your mind and body. Our latest leg-up: Revamp your wellness routine with expert tips for finding a workout that speaks to you and an eating plan that suits your lifestyle. Get started now at shape.com/personalbest and use the hashtag #mypersonalbest to share your wins along the way.



# Let's hear it: #LoveMyShape

Cover star Michelle Monaghan snapped this selfie to help Shape spread the body positivity. Your turn! Follow us @shape to be inspired by her confident vibe and to share your own posts on Instagram or Facebook using the hashtag #LoveMyShape.





We've teamed up with Partnership for a Healthier America (PHA) to help solve the childhood obesity crisis and work toward a fitter future. Join us by racking up activity during our three-month Move to Improve campaign! Download the free Charity Miles app and select PHA as your charity to earn cash for the cause when you work out. Learn more at charitymiles.org/movetoimprove.



# Locker Room Secret Weapons

The secrets to a successful sweat session are in the bag—your fully stocked gym bag, that is. NYC fitness star & founder of WorkoutBean.com, Jera Foster-Fell, shares her can't-live-without picks that make her daily transition from sweaty to ready effortless.



#### MASTER YOUR BEAUTY BASICS

Since I spend most of my day covered in sweat, my makeup routine is minimal. But when I take 30 seconds to dah on cream blush and apply eyebrow gel between classes, I feel armed to take on the next challenge.

No rubbing or rinsing! Just a few swipes of a cotton pad and I'm ready to go.

> - JERA, on Garnier SkinActive's Micellar Cleansing Water

#### SNACK SMART (AND SWEET!)

Keep stocked with snacks that boost your fitness and support recovery. Pre-workout, I'll grab a handful of dried fruit (my faves: apricots or mangos), to heighten my energy with simple carbs.



#### ELECTROLYTE YOURSELF

Get your body back into pre-workout harmony. I stash a pack of electrolye tablets into my bag and dissolve in my H20 throughout the day to avoid muscle fatigue later on.

SARNIER'

SKINACTIVE

Micellar

leansing

(NO) of shoots



#### SIMPLIFY YOUR SKINCARE Garnier SkinActive's Micellar Cleansing

Water is the locker room savior I've been waiting for. There's nothing quite like the feeling of an epic sweat session-but knowing that I have this all-in-1 cleanser & make-up remover waiting for me at the other end is a close second.

This multi-tasker is quick, convenient, and specially created for sensitive skin so it combats sweat gently. Before each class, I clear my skin of makeup and impurities to feel fresh as I take the stage. And when it's time to spruce up for my next activity, all I need is a quick swipe on my face, chest and underarms to quickly cleanse and refresh.

Learn more about America's #1 Micellar Water at GarnierMicellar.com























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/lovemyshape. Look for the

unplug bonus content.

#### LE<mark>TTER **FRO**M ELIZABETH</mark>

# **Sporty chic**

"I FEEL MOST ME WHEN I'm in spandex and sneakers, so I'm usually wearing one or both. Layers are a great way to mix styles, and I love wearing a sporty bomber jacket over a silk blouse or tank. Another favorite go-to? All-black clothes with a statement sneaker. Metallic, sparkly, wedge—anything goes!"

JACLYN EMERICK, FITNESS DIRECTOR mobile phone icon throughout the issue to shop the pages and

"I LIKE TO GO 'HALF IN' with athleisure (so it looks like I actually showered and changed after the aum): a sportu sweatshirt over a leather skirt, a vintage-y running shirt under a blazer.' KIERA AARON, DEPUTY EDITOR,

SHAPE.COM

"THE ADVENT OF 'WORKLEISURE' and, more specifically, the tregging has been a complete godsend for my wardrobe. The trouser-legging hybrid is as comfortable as wearing yoga pants but with an officeappropriate cut—and stylish enough to wear to happy-hour drinks. Talk about a win-win.

KYLIE GILBERT, ASSISTANT EDITOR, SHAPE.COM

"WHEN I WANT TO LOOK SPORTY but not sloppy, it's moto leggings and a zip-up bomber jacket or cropped sweatshirt. And I always pair them with trainers! Running shoes feel silly when I'm not planning to go for a run."

SARA ANGLE, ASSOCIATE EDITOR

"MY GO-TO IS A BLAZER paired with black wide-leg drawstring athletic pants that are so comfy and totally pass for work trousers. I tie it all together with a bright lip, a topknot, and a thin workout headband that I wear close to my hairline.

> KATE SANDOVAL BOX, BEAUTY DIRECTOR

Not so long ago, on a casual Friday, I wore a loose silk blouse to work paired with leggings and No.6 clog boots. I planned to take a yoga class at lunch, and I wanted to make the transition from office to mat as seamless as possible. Each piece of this outfit was carefully calibrated for maximum lunchtime workout ease. The top was the Classic Tucker blouse designed by Gaby Basora, our Mover & Shaper this issue. It's drapey and comfy and ultraflattering on all body types, and easily glides over a sports bra without creating obvious uniboob. And it covers some of my butt. The leggings were the perfect straight-leg silhouette, not too flared, not formfitting down to my ankles, with just enough fabric to semi-tuck into the boots so they made my legs look long and strong. The boots? They're fur-lined and so comfortable you can wear them without socks. I kicked the boots off right outside the studio, made a quick swap of the blouse to a tank top, and was good to flow.

This is the definition of athleisure, and as a fashion trend, it's here to stay. Mostly because it makes sense: Our workouts are nonnegotiable, and the clothes that help us shift from life to exercise need to work just as hard as our bodies do. Plus, it's cute. And while sporty style isn't super new (if you don't remember the '80s leg warmer craze, Google-image it), these days it's all about evolving the idea to suit you—making it your own in a way that supports your active, sweaty lifestyle. I'm calling

that personalization your "athlook" (the term athleisure is due for an upgrade), and I want you to share how you're working your workout wardrobe, so to speak. Tag@shape and use #myathlook. In the meantime, here's how a few Shape staffers are doing their own versions of sporty chic:



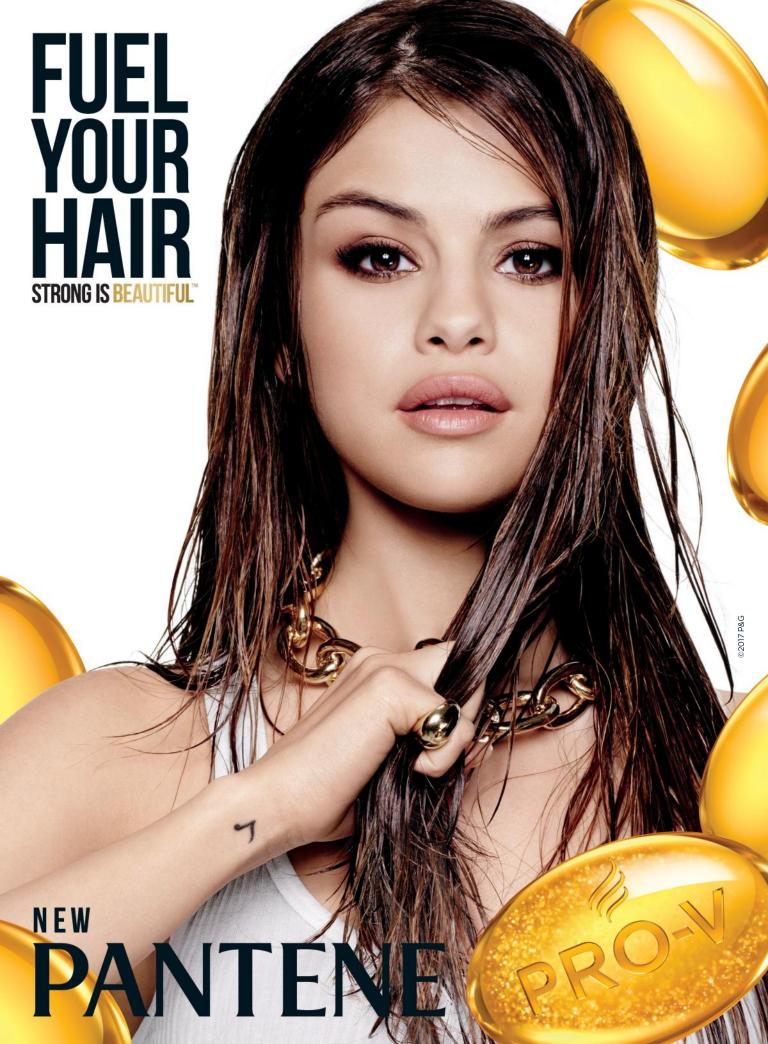
# Show us your STRONG suit We want to see how you personalize your athlook!

Snap a pic on Instagram using #myathlook and tag@shape and @egaeditor (follow me to see #myathlook, too!) and of you will receive some terrific workout swag.

# **Performance Elevated**

**It's time to rise to the challenge.** Discover what motivates you with inspiration from C9 Champion activewear. Launching exclusively at Target, these fresh must-have styles conform to any level of intensity to support your energized life.









SPEED PLAY Throw a quick cardio burst into your workout with the pretty Rapid Reflex Premium Speed Jump Rope (\$9, amazon.com).

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Shape, Volume 36, Issue No. 6. Copyright

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# yourightn w







We all got on board with "free-range." Now the "wild" food label is the latest to look for. The moniker simply means that a plant or animal exists naturally in the environment it's been harvested from. And that means what for you? Wild foods can be healthier, says

Mary Ann Lila, Ph.D., the director of the Plants for Human Health Institute at North Carolina State University. Without human interference, plants accumulate phytochemicals to make them thrive, and in animals, more vitamins build up in the flesh. Those compounds help strengthen our immune systems; they also amp up the flavor. Seek out wild salmon, blueberries, and rice, Lila says.

nutrition

YOUR
PASTA
CRAVING
ISLEGIT

There's actual scientific cred behind your lust for pasta. Experts say they have identified a sixth taste, starchy, and it's taking its rightful place alongside sweet, salty, bitter, sour, and umami.

"We derive pleasure from eating starches, which is separate from the taste of sweets," says Leslie Bonci, R.D.N., the owner of Active Eating Advice, a nutrition consulting firm in Pittsburgh. This discrete flavor may explain why

nonstarchy swaps for bread and pasta aren't always satisfying, she says Rather than replacing your spaghetti entirely with zucchini noodles, try a half-and-half mix of the two (and use whole-wheat spaghetti). "This way, your palate will still be satisfied," says Bonciand your belly still tight.

TAKE YOUR SWEET TIME

The pickles will last for about three weeks in the fridge.

Pickled pink These pop-y ginger pickled carrots from food blogger Sarah Britton's *My New Roots* cookbook will **brighten salads**, **wraps**, **grain bowls**, **and soups**. They're supereasy to make: Just use a peeler to slice 4 or 5 carrots into ribbons, and place them in a jar. Then combine 1 cup cider vinegar, 1 cup water, 1 tablespoon maple syrup, 1½ teaspoons salt, and a small knob of ginger (peeled and sliced); pour it over the carrots, add water to cover, and seal the jar. Refrigerate for 30 minutes to 24 hours.



# FOR HEALTHIER-LOOKING SKIN, LOOK FOR EUCERIN, NOW IN THE RED CAP.

Eucerin Advanced Repair, formerly Smoothing Repair, is a breakthrough to repair dry, itchy, rough, flaky skin.



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Got vitamin whiplash? We understand. First experts said more is more, then they told us to ditch supplements entirely. But regardless of docs duking it out, some of us still need a daily dose to nip a deficiency (such as iron if you're anemic). The new Ritual **Essential for Women** 

WISH, GRANTED

suck: There's less stress, more wisdom

Getting old doesn't

and happier moods

to look forward to.

(\$30, ritual.com) makes the case for each of its nine nutrients, spelling out why and how those vitamins and minerals were sourced. For example, the pill's iron comes in the form of ferrous bisglycinate, which is easy for the body to absorb and is less likely to cause nausea than other types. Best bet: Check with your M.D. for what does your body good.



Another

If you're prone to birthday meltdowns, you can officially stop now: Chances are, this year will be even better than the last, the Journal of Clinical Psychiatry reports. Researchers surveyed 1,546 adults, ages 21 to 100, and found that outlooks grew brighter the older the respondents were. "With age, people learn not to sweat the little stuff and also realize that most things ultimately turn out to be pretty small. So they view crises not as a cause for despair but as an opportunity to grow," says study author Dilip V. Jeste, M.D. Plus, he adds, "with aging, the amygdalae—the

> parts of the brain involved with emotions—actually become less reactive to stressful stimuli." That mountain of candles? A molehill.



Women this age and older may benefit from the HPV vaccine. Until now, experts thought the vaccine protected only younger women from the types of human papillomavirus that are responsible for most HPV-related cancers and diseases like genital warts. But new research found that older women also built up antibodies to the virus after getting the shots. If you haven't been vaccinated, consider asking your ob-gyn about whether you should be.

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Retool your workout, Add TRX moves to tighten all over.

Get the hang of this

If you've ever used the TRX suspension trainer at the gym, you know those hanging straps deliver a one-stop, hard-core workout. How good? Women who did regular 60-minute TRX sessions—burning up to 418 calories a pop—cut their body fat by 2 percentage points in two months, plus amped up their strength and endurance, according to new research from the American Council on Exercise (ACE). Net some of that trimming effect: Include a few suspension-training exercises as substitutes for some conventional exercises, or add a suspension-training session into your weekly rotation, suggests Cedric X. Bryant, Ph.D., the chief science officer at ACE. Find a fresh TRX routine at shape.com/trxworkout.

# Run on air

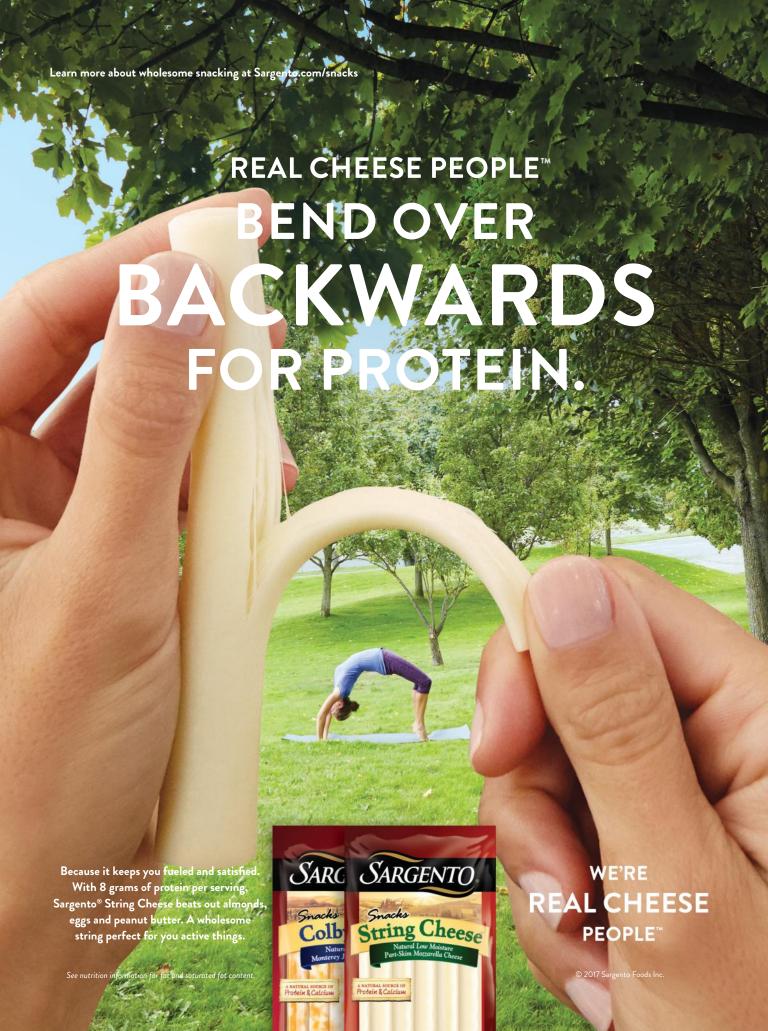
We're pumped for Nike's latest Air iteration:
With a knit upper and
360 degrees of pure air bags—zero rubber!—
every foot strike of the
Nike Air VaporMax (\$190, nike.com) is as pillowy soft as it gets. Your new everyday sneaker or go-to for a three-miler becomes available on March 26, also known to sneakerheads as
#AirMaxDay.



### MANTRA in MOTION

This cheeky trucker hat (\$13, target.com) from Target's newest collaboration, C9 Champion Limited Edition by Anna Kaiser, is a taste of the line's sweaty motivational vibe.









# Live in color The season's new makeup— an energetic spectrum of vivid, rich lip and eye colorswill inspire you to come out and play.

By KATE SANDOVAL BOX

Looking at this spring's makeup offerings, even the most barefaced <mark>am</mark>ong us will find that they're suddenly inspired to swirl a brush into the gorgeous hues and amazing textures. Like the adult coloring book craze, experimenting with your look can be a creative outlet that elevates your state of mind and sense of spirit. "Doing your makeup really is like creating." <mark>a lit</mark>tle piece of art," Chanel makeup artist Kara Yoshimoto Bua says. With <mark>tha</mark>t in mind, tuck aw<mark>a</mark>y your well-loved lip balm and nude shadow for a bit, <mark>and</mark> reach for somet<mark>hi</mark>ng else that speaks to you, whether that's one of the kaleidoscope of lip glosses above or the vibrant shadows and mas-<mark>car</mark>as on the next pages. Then start painting.



Want more active beauty? Scan here or visit shape.com/ waterproof for videos, pro tips, and quick



SHAPE.COM' MARCH 2017 31



# Brilliant eyelids

Pigment-packed shadows in gold, royal blue, and magenta offer a refreshing burst of intensity. "It's a striking focal point but more subtle than you might think," English says. When you blend a single shade on your lids, staying below the crease, it's there mostly to enhance your eye color and really reveals itself only as you blink. Keep the rest of your makeup toned down; add a thin stroke of black eveliner, black mascara, and a neutral lip color for the most modern take.

1/Maybelline New York **ExpertWear Eyeshadow** in Gold School (\$4, drugstores). 2/Dior Colour Gradation Eyeshadow Palette in Blue Gradation (\$63, dior .com). 3/Urban Decay Eye Shadow in Woodstock (\$19, urbandecay.com).

**Watercolor lips** 

(From previous page)

Gloss is back and better than ever. The next-gen formulas supply highbeam gleam but act like long-wear matte lipsticks. "Their pigment sinks into your lips enough to stain them, while the shiny finish stays on top," Sephora Pro artist Jeffrey English says. And that shine creates a fresh and youthful effect. "A gloss makes lips look fuller and smoother," says English, who adds that when it comes to shade selection, there are no rules anymore, so simply pick the hue that inspires you.

1/Lancôme Paris Le Metallique in Brushed Gold (\$22, sephora.com).

- 2/Sephora Collection Rouge Tint in Orange (\$12, sephora.com).
- 3/Make Up For Ever Artist Acrylip in #301 (\$24, makeupforever.com)
- 4, 5, 6/Sephora Collection Rouge Tint in Red, Violet,

and Magenta (\$12, sephora.com).

- 7/Make Up For Ever Artist Acrylip in #200 (\$24, makeupforever.com).
- 8/Lancôme Paris Le **Metallique** in Purple Onyx (\$22, sephora.com).
- 9/Make Up For Ever Artist Acrylip in #501 (\$24, makeupforever.com)



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Manicure by Kelly B. at DeFacto Inc. using Chanel Le Vernis; styling by Alma Melendez/Halley Resources; fashion: Daniel Patrick crop turtleneck sweat (\$140, danielpatrick us), Cover Swim shorts (\$100, coverswin



# **Hydrate**

All those postgym showers and hand sanitizer pumps can make nails brittle. Swipe on a multitasking polish that offers long-lasting moisture and



Strengthen

These formulas give you the durability of a gel mani that can stand up to metal barbells and grippy pull-ups without the UV-light application or the need for a stripping acetone soak to remove them.



# Rest

Even nails need recovery days. A permeable polish that lets oxygen and hydration through is best for nails that have been roughed up by, say, improper gel removal.



### 1/Londontown Lakur Enhanced Colour in Radlette (\$16,

londontownusa.com) heals cracked nails with soothers like lavender and evening primrose oils while keeping polish long-lasting.

# 2/Essie Treat Love & Color in Sheers to You

(\$10, essie.com) is a one-step mani— no base or topcoat needed—that's infused with collagen and camellia leaf extract to lock in moisture.

# 3/The argan oil in Sally Hansen Color Therapy in Primrose and Proper

(\$9, drugstores) delivers intense nourishment—and our shade made it through 10 days of consistent workouts!

4/When used with the corresponding base and topcoat, **Deborah Lippmann Gel Lab Pro** in **Cake by the Ocean** (\$45, deborah lippmann.com) can last up to two weeks.

#### 5/Essence the Gel Nail Polish in My Hula Hoop

(\$2, essencemakeup.com)—along with its base and topcoat—beautifully coats nails with a chip-resistant, high-gloss armor.

#### 6/A polymer in Inglot O2M Breathable Nail Enamel in 504 (\$16, inglotusa.com) allows oxygen and water to reach nails, which nourishes them and extends the life of your shade.

### 7/ Seaweed extract and red tea in SpaRitual Nourishing Vegan Color in Harmony (\$13, sparitual.com) nourish nails as they stay perfectly polished through your sets.



By MIREL KETCHIFF

# If your ears and face itch...

Seasonal allergies are likely the problem. "In this case, your body produces allergic antibodies in response to allergens like plant pollen or mold. High levels of these antibodies can lead to inflammation, which in turn can cause itchiness," says Kanao Otsu, M.D., an assistant professor in the Division of Allergy and Clinical Immunology at National Jewish Health in Denver. Common spots that are affected are your ears, nose, mouth, eyes, and throat, but some people may wind up scratching from head to toe. Your best bet for relief: Combine a long-acting oral antihistamine like

Allegra Allergy 24 Hour (\$6, walmart.com) with a topical anti-itch cream, says David Bank, M.D., the founder and

director of the Center for Dermatology, Cosmetic, and Laser Surgery in Mount Kisco, New York. Use it along with a topical like **Aveeno Anti-Itch Concentrated Lotion** (\$6, drugstores). The antihistamine will block the production of allergic antibodies to prevent more irritation, while the moisturizer will immediately ease your skin.

# If your itchiness gets worse at night...

You may have eczema (a.k.a. dermatitis), a condition that occurs when your body has an oversize immune reaction to an irritant, an allergen, or even stress, creating itch-inducing skin inflammation. Most people associate the condition with a bumpy red rash, but Dr. Bank says it's possible to experience itchiness without any

Meet the common causes of persistent itch—not including dry skin.

visible irritation. What's more, it can be tough to determine what, if anything, is causing the reaction. "After being exposed to something you're sensitive to, it can take three to four weeks for your immune system to act and make you feel itchy," Dr. Bank says. One clue that your problem goes beyond typical dry skin: If you tend to get itchier at night, then eczema may be to blame, Dr. Otsu says. In that case, switch to gentle, superhydrating, fragrance-free cleansers and moisturizers. Fragrance is a top trigger for flare-ups, Dr. Bank says. Try Ahava Clineral Topic Body Cleansing Foam (\$21) and Topic Body Cream (\$28, ahava .com), plus Skinfix Eczema Sheer Face Ointment (\$19, cvs.com). If these remedies don't help, you may want to ask your doctor for stronger prescription options.

# If you have flaky, dry patches...

You could be dealing with psoriasis, a genetic disorder that causes your body to produce skin cells at a faster-than-normal rate; the cells build up into red, flaky patches that itch and may also burn or tingle. Other telltale symptoms include occasional joint stiffness and brittle fingernails. You may find relief with a hydrocortisone cream, like CeraVe Hydrocortisone Anti-Itch Cream (\$7, walgreens.com), Dr. Bank says. You can also spend a few minutes a day letting the affected area soak up some sun; Dr. Bank says that the UV rays can have an anti-inflammatory effect that "turns down" the activity of the immune cells. Otherwise, make an appointment with your dermatologist: You may need a prescription psoriasis medication.\*



follow with purifying and collagen-boosting steps when you use the Lancer Method 3-Step kit (\$255, lancerskincare.com). It includes a simple Polish, Cleanse, and Nourish routine that brightens and plumps up fine lines.

All systems glow
The true beauty of a
skin-care kit is that it
doesn't just give you
great skin—it also gives
you peace of mind.

By MARA SANTILLI

The fewer decisions you're faced with daily, the more selfcontrol (as in drive, extra stamina, and even brainpower) you possess and the less str<mark>ess</mark>ed you feel. "Choice can become burden<mark>som</mark>e and ultimately counterproductive when you're bombarded with options," researchers say of a study on decision-making and mental fatigue. That explains why a regular beauty regimen can be so calming. When you adopt a skin-care system, you don't have to think about much more than just luxuriating. Try these trifectas.

TEAMWORK
Another bonus of a skin-care system is knowing that all your products are synergistic.

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Clinique 3-Step Skincare System (\$58, clinique .com) has been a go-to for generations of women. Liquid Facial Soap, Clarifying Lotion, and Dramatically Different Moisturizing Lotion+keep skin clean and perfectly hydrated.

Smooth and youthful

Give your skin an age-defying reboot with the Rodan + Fields Redefine Regimen kit (\$199, rodanandfields.com). Use the Daily Cleansing Mask and Pore Minimizing Toner, then simply moisturize: The Triple Defense Treatment Broad Spectrum SPF 30 is for morning and the Overnight Restorative Cream goes on at bedtime.





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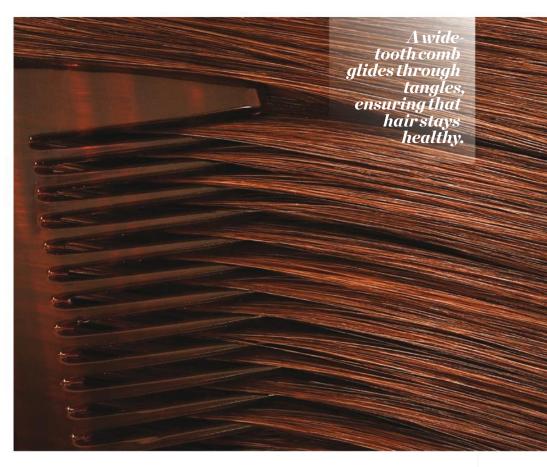
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ĽORÉAL HAIR EXPERT/PARIS

On any given day, your hair likely gets a quick towel dry, is pulled into and out of a ponytail a few times, and then nestles into your pillow—all typical habits you don't give a second thought. But here's the rub: "These movements create friction," says hair stylist Eva Scrivo, the owner of the Eva Scrivo Salons in New York City. And this repeated daily friction can cause a lot of damage over time. "Eventually, your strands frav and ultimately snap," says Martina Spinatsch. a hair scientist at Schwarzkopf hair care. Friction also makes strands feel rough, tangle easily, and form split ends. "I don't think a lot of us realize just how fragile hair really is," Scrivo says. "We should be treating it as gently as a favorite dry-clean-only blouse." To do that. you need to make some simple shifts to your routine.



# **HOW FRICTION DAMAGE STARTS**

Each strand's outer layer, or cuticle, is made up of scales on the surface of the hair and a lipid protection barrier (a fatty layer of molecules) that keeps the scales soft and flat, Spinatsch says. When friction damages that natural shield, it causes the scales to flex upward and can even pull them off, leaving holes in the cuticle. This exposes the cortex—the inner structure of the hair—which is comprised of bundles of a tough protein called keratin (they look like cables with hundreds of wires wound around them). "When these bundles fray, you get split ends," Spinatsch says. And when you tug—to comb or pony up—the weakened hair breaks.

# Be especially kind to wet strands

Hair stretches up to 30 percent when it's wet, making it more susceptible to breakage, Scrivo says. Rather than aggressively rubbing it with a towel to dry it, wrap the towel around your head and squeeze out the excess moisture, says Herbal Essences celebrity stylist Charles Baker Strahan. The detangling tool you reach for is also key. "Using the wrong one

is like cutting a tomato with a dull knife—it's ineffective and destructive," Scrivo says. Opt for a wide-tooth comb or a brush made for wet hair, which has superflexible bristles (try the Wet Brush, \$9,



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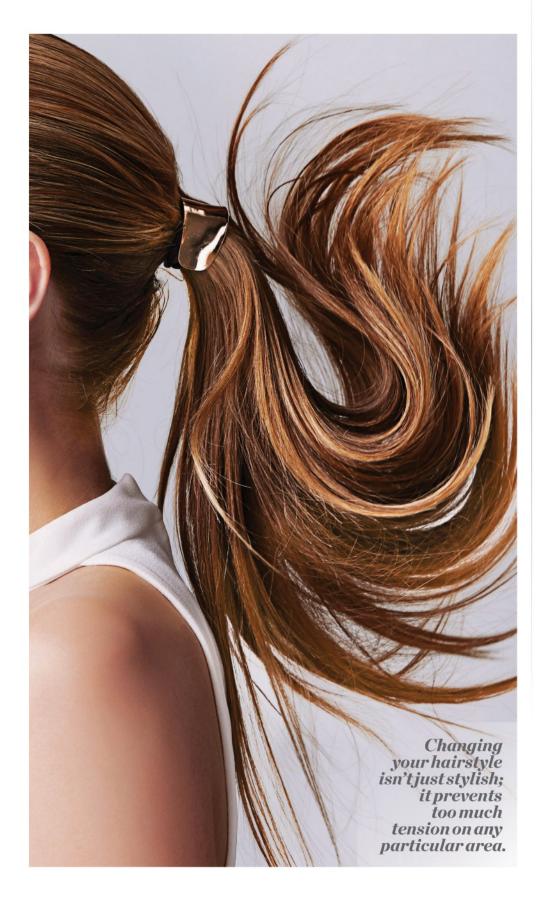
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thewetbrush.com). Slowly work your way through, section by section. "Be particularly conscientious with your ends; they are the oldest part of your hair, so they're most susceptible to damage," Spinatsch says. Then if you want to blow-out your hair, the best brush for the job is a round one with boar bristles (like Wigo Large Wood 100% Boar Round Brush, \$25, ulta.com). Because these bristles have smooth edges, they put less tension on the hair than plastic versions do, plus they can stand up to heat for much longer. Plastic brushes need to be replaced every other year.

# **Afterworking** out, hydrate, hydrate, hydrate

Ideally, after sweating through an exercise session, you'll wash-or at least rinse—your hair before you dry it. But raise your hand if you skip that step to save time and go straight into blow-drying your sweaty gym hair. It seems genius, until you learn that "the salt in your sweat combined with the heat of the dryer is seriously dehydrating," Scrivo says. Her time-saving solution: Dab the sweat with a towel, then mist your hair with water (fill an empty hair spray bottle or use a facial mist, like Evian Mineral Water **Spray**, \$13, sephora.com) to dilute any remaining sweat. Then blow-dry.



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HAIR EXPERT/PARIS

# Rotate your go-to styles

Strands are more prone to breakage when you put stress on the same section every day. "Tight ponytails and buns strain the hair, especially when you pull your hair into them when it's still wet," Baker Strahan says. "You'll most likely see broken strands around the hairline." If you wear one of these styles daily, mix up its location; try it high one day and low the next. To prevent breakage from your hair elastic as well, go with a thick version; it provides more cushion and less tension than a thin elastic band would, Scrivo says.

# Letyour hair sleep soundly

Your trusty cotton pillowcase creates friction on the hair: Strands tend to snag on cotton fibers, which rough up the cuticle. Use a Slip Pure Silk Pillowcase (\$79, slipsilkpillowcase .com). Or wrap hair in a silk scarf or pull a silk slip over your pillow, Baker Strahan says. Sleep with your hair up? If you pull out vour elastic in the a.m. and strands come with it, then go to bed with a looser bun or a braid to keep hair from being yanked in the night. \*

# THE FRICTION FIGHTERS

Using the right products—like gentle shampoos and a protein conditioning treatment—can prevent breakage and even temporarily mend damage, according to a new report in the *Journal of Dermatological Treatment*. Stylers that hydrate and infuse hair with vitamins, botanicals, and keratin make a big difference, too. Here's your anti-breakage kit.



1/Apply the sulfate-free L'Oréal Paris Ever-Strong Break Proof Lotion (\$10, drugstores) to damp hair. It contains goji extract to help repair hair and adds moisture to make it easier to detangle. 2/After the shower, spray Not Your Mother's Naturals Royal Honey & Kalahari Desert Melon Repair + Protect Leave-In

ulta.com) all over strands for a soft and shinier effect. 3/Goldwell Kerasilk Reconstruct Restorative Balm (\$30, goldwell.us for salons) contains superstrengtheners, like keratin and silk, to improve elasticity yet is lightweight enough to apply to dry hair. 4/Amino acids in

**Garnier Fructis Damage** 

Conditioner (\$9,

Eraser Liquid Strength Treatment with Protein (S7, drugstores) connect to hairs' cuticles to restore them. 5/Limit overwashing and frequent heat styling (major hair stressors) with Suave Professionals Keratin Infusion Dry Shampoo (S6, walmart.com), which soaks up oil and deposits keratin. 6/Carol's Daughter
Rhassoul Clay Softening
Hair Mask (\$16, cvs.com)
has Moroccan clay, aloe,
and cactus flower to
counteract brittleness
and dullness; leave it
on wet hair for at least
five minutes every
week. 7/The biotin in
Tresemmé Repair &
Protect 7 Shampoo
(\$5, drugstores) mends
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# RISE&SHINE



Your morning sets the tone for the entire day. A healthy morning ritual can help you feel beautiful—and keep you glowing all day long.

# Hello, Sunshine

Start your morning with 5-10 sun salutations, starting out slow and building in speed as you go. You'll get your heart pumping, improve your flexibility, and feel gratitude—all within moments of waking up.

# **Fresh Faced**

STEP 1: CLEANSE with St. Ives Apricot Invigorating Scrub. Featuring 100% natural exfoliates, it deeply cleans pores, prevents blackheads and helps stop breakouts before they start.

STEP 2: TREAT skin using Olay Regenerist Microscultping Cream – it plumps, firms and corrects as it softens skin.

**STEP 3:** MOISTURIZE your body to all-over softness with **Vaseline Aloe Soothe Lotion**. It combines healing micro-droplets of Vaseline® Jelly with aloe for a fast-absorbing formula.

# H<sub>2</sub>O Upgrade

Before you reach for your first cup of coffee, sip a mug of warm water with a squeeze of organic lemon. This simple drink not only rehydrates you, but it helps digestion and aids your body in flushing toxins that built up over night.

# **Smoothie Operator**

Nourishing your body is essential, but the morning rush makes it tough. Fill your blender the night before with Greek yogurt and frozen fruit. In the morning, add water, granola, and ice, and then blend and enjoy.





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# Mover&Shaper

NAME: Gaby Basora

She's the mastermind behind the chic and WHY SHE'LL WOW YOU:

flattering fashion line Tucker

WHERE YOU'LL FIND HER:

@Tucker\_NYC



# #lovemyshape philosophy



# BASORA'S **PATH TO** TRENDSETTER

Back before there was even a name for athleisure, Gaby Basora was essentially filling the niche. "It was 2006, I had young children, I was working, I rode my bike everywhere-Ineeded something that worked for my active. modern life." the 45year-old designer says. The signature Tucker blouse was silk, not spandex, but it became an instant hit for being unfussy and shapefriendly. Now, a decade later, making clothes for real women has helped Basora turn out her largest collection yet.



# Her trick foreasy confidence

"Wear something that makes you feel carefree and beautiful," Basora says. "Highlight certain parts of your body that you're particularly proud of on a given daypick a sleeveless dress that highlights your shoulders, or try a backlessjumpsuit to show your defined back." When you're comfortable and body positive, "you become the best version of yourself," she says.

a week," Basora says. "Taking the time to sit at a table and talk to my coworkers is so energizing."

# **Staples** she can't live without

"Sneakers, music, abook, pen and paper, stockings, and coffee."

# Working it every day

Basora gets exercise into her day by walking the dog, taking the stairs, and biking everywhere two wheels can take her. "I love the experience of running into people and seeing different things from the vantage point of movement," she says.



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STRESS TESTED





The be<mark>auty</mark> of yoga lies in <mark>th</mark>e fact that all you need is a mat to do it. This means the location is up for grabs, which is why many are taking advantage of the boom in personalized instruction and foregoing the studio for their living rooms. Indeed, private yoga is the most reserved workout on Handstand, an app that lets you book instructors and trainer<mark>s wh</mark>erever you are; meanwhile, Grokker, a fitness streaming service, nearly doubled its yoga viewing hours last year. And it's not just about the ease of rolling out of bed and onto your mat—bringing your practice into your home can be just what you need to be consistent and vary your style to get stronger and to feel truly calm and confident. "Look at home yoga as a way to expand your practice by exploring new methods," says Callie Miller, the chief marketing officer at YogaGlo, a yoga and meditation streaming service. This is how to flow at home.

# Choose your vibe

It's just you and your mat, so you can tailor your yoga style and pace to exactly what your body or mind needs, says Amanda Fites, a yoga instructor in Nashville who books clients through Thumbtack, an online service that helps you find local fitness experts. There are a multitude of styles at your fingertips through streaming services (unlimited streaming with YogaGlo, for example, would run you

\$18 a month). For a flow that burns more calories, go with a brisk pace. If you're looking for a restorative workout, opt for something like hatha yoga, which is slow and simple. Most streaming services let you search using filters such as pace, intensity, and time. Or if you want a really personalized session, schedule a one-on-one with a pro yogi-booking an hour-long flow on Thumbtack, for example, would run you an



average of \$65. Simply preselect your practice style, and be sure to tell your instructor if you want to focus on a particularly tight spot or certain poses.

# Ask: What's my conquest?

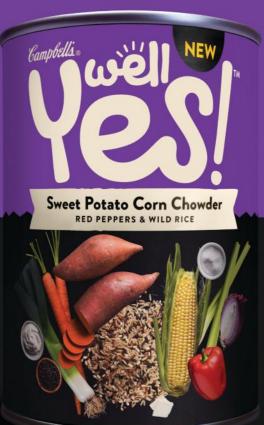
In a group class, the teacher doesn't always have time to methodically break each pose down or to make individual adjustments. Take a moment to create a big-picture yoga bucket list, whether that's acing tricky arm balances or increasing your strength and flexibility, says Jana Bozeman, a yoga teacher in Brighton, Colorado, who uses Thumbtack. Share that with your instructor, or search online resources, including YogaGlo and Gaiam.com, for tutorials that walk you through various poses. "You can progress a lot faster when you have personal instruction," Bozeman says. Remember: This is your time, and unlike in a group class, it's OK to pause and ask questions or watch a quick demo.

# Make a mini studio

Regularly practicing in the same space in your home can boost your commitment, because when you enter your designated yoga zone, you'll immediately get mentally prepped for action, says instructor Stephanie Snyder, the founder of Love Story Yoga studio in San Francisco. "To begin, try to place yourself near some empty wall space, which is great for inversion practice or just a nice restorative legs-up-the-wall pose at the end of the day," Fites says. If you like a hot practice, turn up your heat. Add candles, a diffuser, essential oils, and even a vase of fresh flowers for a transporting scent: Peppermint can be very energizing, so it's great for



# Flavors? Thours? Thoursidents? Anything?









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# **get fit** Performance Tips

the beginning of your practice, while lavender helps you relax when you're winding down. You don't have to overthink it, though: Choose whatever scents make you feel grounded and focused, says Amy Opielowski, the senior manager of quality and innovation at CorePower Yoga.

# Forget about life

Your custom-tailored Zen environment makes it easier to tap into the mental side of yoga that can sometimes get lost in packed classes. "It's an opportunity to get quiet, turn inward, and spend time just being and listening—this is incredibly rejuvenating," Snyder says. Since you're more tuned in, you'll notice which areas of the body need attention, and that's when you have the chance to add your own nuances, says Goldie Graham, a yoga teacher in San Diego. When you're working one-on-one with an instructor, you can communicate what you're feeling and ask questions so they can help you work through poses as well as focus on your breathing and find stillness, Bozeman says. By the time savasana comes around, you'll be so calm, you just might doze off-another perk of posing in your own home.

# Gorogue

When you're in the mood for free-flowing yoga rather than structure, let your body move and do what feels right without fear of anyone judging you.

"You can get such a charge when you move without someone telling you how or what to do," Graham says. If you've never tried to wing it before, you'll find creating mini sequences and repeating each one several times is a great way to build your workout because it involves less choreography but still gets your heart rate up, says Sarah Levey, the cofounder of Y7, a group of studios in New York and Los Angeles known for their freestyle sessions. "The repetition is helpful for the body to get familiar with poses and alignment and build muscle memory," Levey says. She suggests creating four separate sequences each with five or six poses, with the first sequence being a warm-up. And if you don't know where to begin, start by throwing some variations into your sun salutation sequence. Simply put on a playlist with a beat that matches the pace at which you want to flow, Levey says. "Remember, there are no rules with yoga when it comes to music," she says. So if hip-hop helps your groove, cue it up. \*



### STRATEGIC SCENTS

Use the Saje Natural Wellness You're Awesome Yoga Kit (\$23, saje.com). Spritz the transition mist on your face and body to get you centered before you begin, rub the peppermint essential oil on your pulse points for power yoga, and wipe your mat afterward with the freshening mat spray. Light the Saje Natural Wellness 100% Natural Soy Wax Candle (from \$20, saje.com) for a Zen-inducing mix of patchouli, cinnamon, neroli, orange, and jasmine.

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Does it matter where my elbows point during push-ups? -Gabrielle, 28, New York City

Shape's fitness director **Jaclyn Emerick**, is also a certified personal trainer, a Spinning instructor, a kettlebell instructor, and a sports and exercise nutrition coach. Tweet @shape\_magazine and @jaclynemerick with #fitq for a chance to get your question answered in an upcomina issue.

You basically have three options for where to send your elbows during a standard push-up: wide, about 45 degrees back, or tight to your ribs. "Bowing your arms out wide may cause you to hike your shoulders, which fires up the trapezoid muscles [these span the upper back] and can limit your shoulder mobility," says Kelvin Gary, the owner and head trainer at Body Space Fitness in New York City. This is a lot of stress on your shoulders and neck, and it puts you at risk for injury. So it's probably best to nix that option, Gary says. When you bend your arms straight back so that your elbows are

tight to your sides, your triceps and anterior shoulders take on almost all the work-fine, but you're asking some of your smallest muscles to move your entire body down and up. "You'll lose stamina, your form will go out the window, and ultimately you'll likely shortchange results," Gary says. Simply direct your elbows about halfway between your shoulders and torso to let vour chest muscles kick in. "This locks everything into place," Gary says. "The more muscles that contribute to your push-up. the more reps you'll be able to do with better form, getting you stronger," he says.

Jac says...

# **GO HARD AND FAST IN SPIN**

I often get asked if riding faster or with more resistance is better. Really, you need both to get lean and firm. Here's how to do it right.

# First, nail your form

Look between the handlebars so your neck is in a neutral position. Drop your shoulders, lift your chest, soften your elbows toward your sides, and roll any creases out of your wrists. Engage your abs to lift your torso and power your stroke. Point your knees ahead; drop your heels. When seated, pull your butt to the back of the saddle to activate more muscles. When riding out of the saddle with your hands on the end of the handlebars, your hips should be over the seat.

# Climb better

When riding with heavy resistance, push flat feet forward and then down, "scraping" them along the floor; then pull knees back and then up toward the handlebars. This divides the work between the front and back of your legs. Keep it smooth. If your stroke gets choppy, move a little faster or dial down the resistance.

# **Sprint smarter**

To pick up speed, stay centered on or over the saddle, and squeeze your abs to eliminate most of any bounce. If you exceed 105 rpm, add resistance.

# JESSICA HARDY

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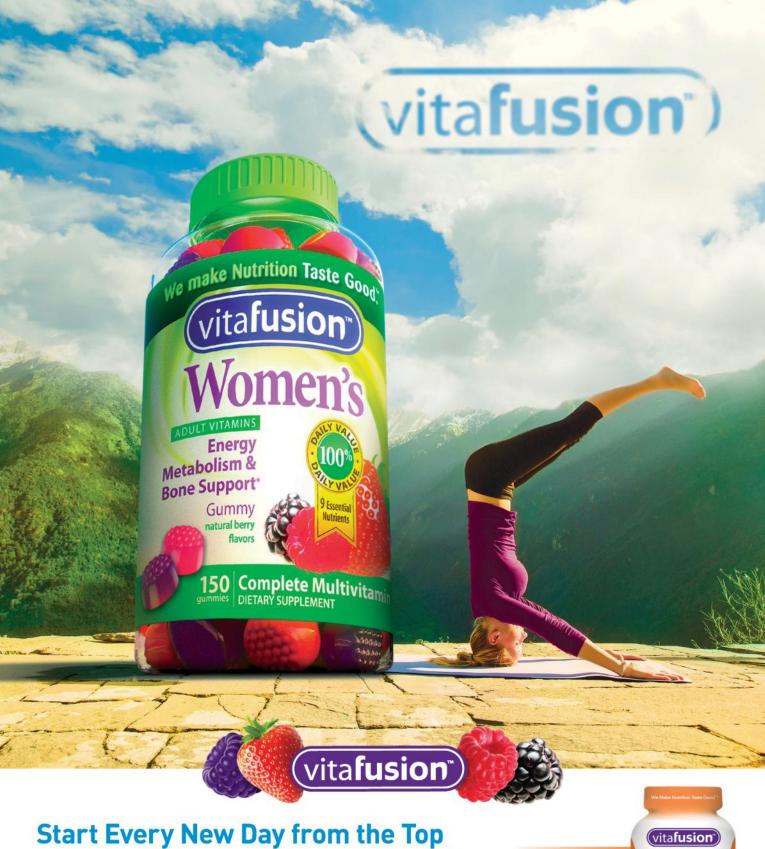
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# get fit Tryathlete

Many people assume swimming means just going back and forth—but tha<mark>t's o</mark>nly if you don't knowall <mark>you</mark>r opt<mark>ions</mark>, says Sue Chen, swim coach at Na<mark>tion</mark>'s Capital Swim **Ç**lub in Bethe<mark>sda</mark>, Maryland. A p<mark>ool worko</mark>ut can be dynamic and involve challenging inter<mark>vals</mark> and muscle-sculp<mark>ting</mark> strength <mark>exe</mark>rcises. Pl<mark>us, the envi-</mark> ronment offers a vibe in which you can decom<mark>pre</mark>ss and refresh y<mark>our</mark> winter work<mark>outs</mark> to keep you c<mark>omi</mark>ng back for mor<mark>e, say</mark>s Gerry Rodr<mark>igu</mark>es, the founder of elite open-water training program Tower 26 in Pacific Palisades, California. Here are all the reasons that will inspire you to finally take the plunge.

# It's a total-body workout

Water is resistance, and to move through it (and not sink), every major muscle group in your body especially your core—has to pitch in, says CeCe Marizu, an instructor at Equinox in New York City who teaches in-pool classes that incorporate speed, power, and strength. To work more muscles from more angles, switch up your strokes during workouts, says Rachel Stratton-Mills, the head coach at Cleveland Swim Institute. Freestyle (the classic front crawl) tends to be the easiest stroke to ace,

and it results in a big calorie burn (30 minutes of vigorous freestyle burns 322 calories only the butterfly gives you a better burn, at 354 calories). Backstroke (the flip side to freestyle with a windmill-like stroke) especially targets your core and hip flexors because it requires you to intensely tighten your torso and keep your hips in line with your upper body as you swim, Stratton-Mills says. For even more leg firming, do the breaststroke (where arms and legs sweep out in wide arcs), which requires bigger, more powerful kicks that, unlike other strokes, work muscles in your outer and inner thighs.





# You'll become a proquickly

Even the smallest form adjustments can have a huge impact on how your body moves through the water, says Maya DiRado, a four-time Olympic medalist swimmer on the U.S. team. To stay streamlined and efficientwhich will make you speedier—keep just three rules in mind, Rodrigues adds. First, continuously engage your big muscles (including your shoulders, back, abs, butt, and quads), and pull your ribs in almost as if you're trying to close them together at the center. Next, make sure your head, neck, and belly button are aligned on one horizontal plane with hips, knees, and feet. Finally, keep your hands fully extended, close your fingers, and straighten your wrists. Maintain this three-point form checklist no matter which stroke you do, and your body will remain one firm unit that moves with maximum fluidity, Rodrigues says.

# No, it's not boring

Think of swimming as you would any fun interval workout. For a 30-minute routine, Rodrigues suggests spending five to eight minutes warming up at an easy pace and then doing intervals for 20 minutes. Just as on dry land, you have many interval options. You could go by time, perhaps alternating ten 90-second sprints with 30 seconds of rest between each (we've got the perfect waterproof watch for you in "H, Go Gear," at right). Or work by distance; for example, you could sprint one length and recover on the way back. Or increase your effort on each set (called laddering up): Take the first interval at an easy pace, the second at a moderate effort, and the third at a hard effort. Repeat that pattern three times, then on your final push, give it all you've got before doing cooldown laps. Whichever plan you pick, you'll constantly think about what comes next, and your pool time will fly. (Continued on page 77)



PARAGARD° and keep going.

(intrauterine copper contraceptive)



# Choose PARAGARD, the *only*100% hormone-free IUD birth control



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Helps prevent pregnancy for **up to 10 years**, but your healthcare professional can **remove it at any time** 



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Talk to your doctor about hormone-free PARAGARD.

# WHAT IS PARAGARD?

PARAGARD is a copper-releasing device that is placed in your uterus to prevent pregnancy for up to 10 years.

# **IMPORTANT SAFETY INFORMATION**

Do not use PARAGARD if you have a pelvic infection, get infections easily or have certain cancers. Less than 1% of users get a serious infection called pelvic inflammatory disease. If you have persistent pelvic or stomach pain, or if PARAGARD comes out, tell your healthcare professional. If it comes out, use back-up birth control. Occasionally, PARAGARD may attach to or in rare cases may go through the uterine wall and may also cause other problems. In some cases, surgical removal may be necessary. Although uncommon, pregnancy while using PARAGARD can be life threatening and may result in loss of pregnancy or fertility. Bleeding or spotting may increase at first but should decrease in 2 to 3 months. PARAGARD does not protect against HIV/ AIDS or sexually transmitted diseases (STDs).

Available by prescription only.

You are encouraged to report negative side effects of prescription drugs to the FDA at www.fda.gov/medwatch or call 1-800-FDA-1088.

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

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# ParaGard® T380A

**Intrauterine Copper Contraceptive** 

This brief summary does not take the place of talking to your doctor about your medical condition or your treatment.

ParaGard® T 380A Intrauterine Copper Contraceptive is used to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

#### What is ParaGard®?

ParaGard® (intrauterine copper contraceptive) is a copper-releasing device that is placed in your uterus to prevent pregnancy for up to 10 years. ParaGard® is made of white plastic in the shape of a "T." Copper is wrapped around the stem and arms of the "T". Two white threads are attached to the stem of the "T". The threads are the only part of ParaGard® that you can feel when ParaGard® is in your uterus. ParaGard® and its components do not contain latex.

#### How long can I keep ParaGard® in place?

You can keep ParaGard® in your uterus for up to 10 years. After 10 years, you should have ParaGard® removed by your healthcare provider. If you wish and if it is still right for you, you may get a new ParaGard® during the same visit.

#### What if I change my mind and want to become pregnant?

Your healthcare provider can remove ParaGard® at any time. After discontinuation of ParaGard®, its contraceptive effect is reversed.

#### How does ParaGard® work?

Ideas about how ParaGard® works include preventing sperm from reaching the egg, preventing sperm from fertilizing the egg, and possibly preventing the egg from attaching (implanting) in the uterus. ParaGard® does not stop your ovaries from making an egg (ovulating) each month.

### How well does ParaGard® work?

Fewer than 1 in 100 women become pregnant each year while using ParaGard®.

#### Who should not use ParaGard®?

You should not use ParaGard® if you

- · Might be pregnant
- Have a uterus that is abnormally shaped inside
- Have a pelvic infection called pelvic inflammatory disease (PID) or have current behavior that puts you at high risk of PID (for example, because you are having sex with several men, or your partner is having sex with other women)
- Have had an infection in your uterus after a pregnancy or abortion in the past 3 months
- Have cancer of the uterus or cervix
- · Have unexplained bleeding from your vagina
- · Have an infection in your cervix
- · Have Wilson's disease (a disorder in how the body handles copper)
- Are allergic to anything in ParaGard®
- · Already have an intrauterine contraceptive in your uterus

#### How is ParaGard® placed in the uterus?

ParaGard® is placed in your uterus during an office visit. Your healthcare provider first examines you to find the position of your uterus. Next, he or she will cleanse your vagina and cervix, measure your uterus, and then slide a plastic tube containing ParaGard® into your uterus. The tube is removed, leaving ParaGard® inside your uterus. Two white threads extend into your vagina. The threads are trimmed so they are just long enough for you to feel with your ringers when doing a self-check. As ParaGard® goes in, you may feel cramping or pinching. Some women feel faint, nauseated, or dizzy for a few minutes afterwards. Your healthcare provider may ask you to lie down for a while and to get up slowly.

# How do I check that ParaGard® is in my uterus?

Visit your healthcare provider for a check-up about one month after placement to make sure ParaGard® is still in your uterus.

You can also check to make sure that ParaGard® is still in your uterus by reaching up to the top of your vagina with clean fingers to feel the two threads. Do not pull on the threads.

If you cannot feel the threads, ask your healthcare provider to check if ParaGard® is in the right place. If you can feel more of ParaGard® than just the threads, ParaGard® is not in the right place. If you can't see your healthcare provider right away, use an additional birth control method. If ParaGard® is in the wrong place, your chances of getting pregnant are increased. It is a good habit for you to check that ParaGard® is in place once a month.

You may use tampons when you are using ParaGard®.

# ParaGard® T 380A Intrauterine Copper Contraceptive

# What if I become pregnant while using ParaGard®?

If you think you are pregnant, contact your healthcare professional *right away*. If you are pregnant and ParaGard® is in your uterus, you may get a severe infection or shock, have a miscarriage or premature labor and delivery, or even die. Because of these risks, your healthcare provider will recommend that you have ParaGard® removed, even though removal may cause miscarriage.

If you continue a pregnancy with ParaGard® in place, see your healthcare provider regularly. Contact your healthcare provider right away if you get fever, chills, cramping, pain, bleeding, flu-like symptoms, or an unusual, bad smelling vaginal discharge.

A pregnancy with ParaGard® in place has a greater than usual chance of being ectopic (outside your uterus). Ectopic pregnancy is an emergency that may require surgery. An ectopic pregnancy can cause internal bleeding, infertility, and death. Unusual vaginal bleeding or abdominal pain may be signs of an ectopic pregnancy.

Copper in ParaGard® does not seem to cause birth defects.

#### What side effects can I expect with ParaGard®?

The most common side effects of ParaGard® are heavier, longer periods and spotting between periods; most of these side effects diminish after 2-3 months. However, if your menstrual flow continues to be heavy or long, or spotting continues, contact your healthcare provider.

Infrequently, serious side effects may occur:

- Pelvic inflammatory disease (PID): Uncommonly, ParaGard® and other IUDs are associated with PID. PID is an infection of the uterus, tubes, and nearby organs. PID is most likely to occur in the first 20 days after placement. You have a higher chance of getting PID if you or your partner have sex with more than one person. PID is treated with antibiotics. However, PID can cause serious problems such as infertility, ectopic pregnancy, and chronic pelvic pain. Rarely, PID may even cause death. More serious cases of PID require surgery or a hysterectomy (removal of the uterus). Contact your healthcare provider right away if you have any of the signs of PID: abdominal or pelvic pain, painful sex, unusual or bad smelling vaginal discharge, chills, heavy bleeding, or fever.
- Difficult removals: Occasionally ParaGard® may be hard to remove because it is stuck in the uterus. Surgery may sometimes be needed to remove ParaGard®.
- Perforation: Rarely, ParaGard® goes through the wall of the uterus, especially
  during placement. This is called perforation. If ParaGard® perforates the
  uterus, it should be removed. Surgery may be needed. Perforation can cause
  infection, scarring, or damage to other organs. If ParaGard® perforates the
  uterus, you are not protected from pregnancy.
- the transport of the state of the state of the state of the state of the uterus, you are not protected from pregnancy.
  Expulsion: ParaGard® may partially or completely fall out of the uterus. This is called expulsion. Women who have never been pregnant may be more likely to expel ParaGard® than women who have been pregnant before. If you think that ParaGard® has partly or completely fallen out, use an additional birth control method, such as a condom and call your healthcare provider.

You may have other side effects with ParaGard<sup>®</sup>. For example, you may have anemia (low blood count), backache, pain during sex, menstrual cramps, allergic reaction, vaginal infection, vaginal discharge, faintness, or pain. This is not a complete list of possible side effects. If you have questions about a side effect, check with your healthcare provider.

# When should I call my healthcare provider?

Call your healthcare provider if you have any concerns about ParaGard®. Be sure to call if you:

- · Think you are pregnant
- Have pelvic pain or pain during sex
- Have unusual vaginal discharge or genital sores
- Have unexplained fever
- Might be exposed to sexually transmitted diseases (STDs)
- · Cannot feel ParaGard®'s threads or can feel the threads are much longer
- Can feel any other part of the ParaGard® besides the threads
- Become HIV positive or your partner becomes HIV positive
- Have severe or prolonged vaginal bleeding
- · Miss a menstrual period

Teva Women's Health, Inc.

A Subsidiary of Teva Pharmaceuticals USA, Inc. North Wales, PA 19454

This brief summary is based on ParaGard® FDA-approved patient labeling, Rev. 9/2014.

PAR-41072

17370

# get fit Tryathlete

# You can't overdoit

(Continued from page 74)

# Laps aren't the be-all, end-all

You can use the pool itself in different ways to sculpt your body. For example, pushing yourself up on the edge of the pool deck to get out of the water deeply strengthens your anterior shoulders and triceps (and will help you pump up your push-ups on solid ground). Do that 20 times—you don't actually have to get out of the pool each time between intervals or at the end of your workout for a bonus firm-up, Chen says. For a twist on speedy intervals, swim to the deep end of the pool, cross your hands over your chest, and kick vertically, keeping your head above water (similar to treading water but without the help of your arms). Aim to do that for two or three sets of five minutes. You can also do power moves, including squat jumps and running, in the shallow end, since the water's resistance provides an extra challenge, Marizu says.

"Swimming allows you to train every day while letting your joints recover from the previous day's workout," Stratton-Mills says. Ground-pounding activities like running can't do that. So what might normally be a rest day can now be an active one without beating your body up too much. And there's no such thing as a swim hangoverexperiencing soreness is rare, and typically you'll actually be able to perform better during your next workout because exercising in water loosens up your body, Rodrigues says.

# There are zero distractions

When you're in the pool, you're detached from the outside world. You can't email, text, or even talk to others. There's also a sound that relaxes you when you're underwater even though you're getting a killer workout, DiRado says. "It's very soothing, almost like being swaddled," she explains. And since more than 90 percent of your body weight is displaced when you swim, you'll feel completely supported by the water. "You can think about whatever you want, or not think at all," DiRado says. "It's an amazing stress reliever." \*



# I panicked -

# **MY HAIR WAS THINNING!**

ately my hair started to look dull and it was shedding like crazy. It was frustrating because thick and beautiful hair makes me feel good about my looks and I didn't want to lose that.

#### NUTRIENTS FOR YOUR HAIR

My friend told me about Hair Volume™. I searched online and found all the positive reviews and also learned that temporary hair loss due to lack of nutrients is common. I wanted to do something good for my hair so I decided to give Hair Volume a try – what did I have to lose?



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# **3 MONTHS LATER**

A few days later I started taking Hair Volume, and now it has been almost 3 months. I feel so much more confident and happy that I am caring for my hair. My husband recently commented on my looks, which made me feel great. I strongly recommend this product to anyone who wants to promote healthy and beautiful hair."



Hair Volume<sup>™</sup> is a Swedish best selling hair supplement which contains apple extract with an ingredient called procvanidin B2. One tablet a day is all you need as part of your daily beauty routine.















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If you think your dog or cat can do better on a grain-free diet, you can't do better than BLUE Freedom.

#### get fit The Belly Shrink

Having your biggest

smaller for dinner—try a broth-based soup and a big side of veggies—is helpful for weight loss, Foroutan says. A

meal of the day at

lunch and going

study in Diabetic

(combined with

moderate aerobic exercise three times per week) lost more dangerous visceral belly fat and body

weight than those

who ate a conven-

tional lower-carb

diabetic diet. Also.

other research suggests that shifting

your calories toward

the beginning of the

helps the body burn

more fat overall.

day instead of the end

Medicine found that

type 2 diabetics who

ate a vegetarian diet

Over a six-year period, people who drank sugar-sweetened beverages daily gained 27 percent more ab fat than nondrinkers, a study in the journal Circulation found. Sodas, sweetened juices, coffee drinks, and smoothies are all culprits. If water won't cut it, be choosy. Nix soda altogether. Instead of  $syrups\ and\ whipped\ cream,\ dress\ up\ your\ coffee\ with\ unsweetened\ almond$ or coconut milk, says Robin Foroutan, R.D.N., the national spokeswoman for the Academy of Nutrition and Dietetics. "When you grab a juice, vegetable juice—but not beet or carrot—is better than fruit juice for limiting sugar." And don't forget about tea: "Several studies have shown that a compound in green tea increases metabolism," Foroutan says. Research in the Journal of Nutrition also found that compounds in green, black, and oolong tealed to ab-fat loss in mice.

#### Unsweeten yoursips

Getinamini meditation

Stretch

## down before

Too much constant stress causes

your body to release cortisol, a hormone that fast-tracks fat deposits deep in the abdomen. On the flip side, a study in the *International* Journal of Behavioral Medicine found that mindful people were 25 percent less likely to be obese and had a pound less ab fat than their not-so-Zen counterparts. To zap tension instantly, try this easy meditation from personal trainer Kirsten Beverley-Waters, the owner of Thryve, an online fitness, yoga, and wellness company: "Close your eyes, place your hands on your belly, and focus all your thoughts on vour core as the foundation of vour energy and strength. Breathe deeply through your nose for up to five minutes [more if you have time]."

**Spend a few minutes** extending your back over a stability ball or doing spinal twists on the floor. "Stretching your abs can improve your core workouts by improving your range of motion," says biomechanist Katy Bowman, author of Move Your DNA. That means more cinching from each rep!

We know that a lack of sleep leads to weight gain: A six-year study in the International Journal of Obesity found that people who got less than six hours of sleep a night gained more than double the fat—some of that ab fat—than those who went from sleeping too little to getting seven to eight hours per night. To snooze faster and better, turn off visual stimulation an hour before bed, ban pets from the mattress, and keep the air at 60 to 67 degrees.



## Jen Widerstrom Need motivation? Step one is to find your fitness tribe

Taking on a fitness challenge is an intimate venture. Really, even just deciding you're going to start living healthier overall hits home on a superpersonal level. All at once, you've created some seriously high stakes for yourself in terms of success in a realm where it's so easy to stumble—and odds are you will (everyone does!). Still, I see so many women go it alone. But just consider for a minute what might change if you risk opening yourself up and include other people in your mission: You set off a domino effect that sustains your momentum.

#### It starts with a nudge.

Just that little move of picking a confidant or two is a powerful motivator. Me. Lused to be terrified of running, and for years Itold no one. I thought it made me look weak. I was a hammer thrower, focused on lifting heavy and certainly not running anywhere. Any distance farther than 400 meters seemed completely out of my reach. I felt strong but slow and had zero confidence when it came to any kind of endurance training. History proved this anytime I attempted to run past that quarter mile, when I'd have to shamefully walk. But I finally shared my fear with someone at my gym. From then on, whenever he saw me running, he encouraged me through nods and high-fivesit was enough to keep me going.



#### **Andthat** creates a tipping point.

Just this low-key bit of accountability can alter your mind-set to push past any fear or hesitation and bump up the importance you give your goal. That little shift even sparks you to do things like wear workout clothes that make you feel

powerful. You'll see where the mind goes, the body will follow.

### Next thing.

When you share what your goals are with similarly driven people, suddenly the hurdles vou face don't seem quite so daunting and those setbacks are not so stressful. Now

you're part of a larger group effort and you realize how human it is to trip and fall and begin again. In my case, my gym buddy started waiting for me at the end of runs, even at times running alongside me. Without even asking for it, I received the exact support that Ineeded-and all because I was willing to show my cards.

#### **This is when** it turns into a party.

When you do find your tribe, you feed off one another's drive and enthusiasm. In other words, their motivation is contagious, as is yours. Now that little group of yours starts to generate energy, and everyone gets to thrive from it. And the more you tap into the power of your tribe, the more you'll be able to harness this positive energy, even when you're not actually together. Can you push just a little harder? Yes, you can.

#### Alwavs take vour victory lap.

The greatest triumphs come from putting your goal to the test. Mine: running a mile without stopping. Het my friend who'd been there for me all along in on it, and he was the first one with whom I shared the exciting news that I ran that mile in less than 10 minutes without walking a step. I felt that win was as much his as it was mine: it showed me how nothing can keep you going strong like success. Let your tribe in on your triumph whenever you cross a finish line to lean into that pumped feeling. Next thing you know, you're dreaming of bigger mountains to conquer. \*



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Burn more, firm more
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do-anywhere workout that leaves
you drenched? This is it.

By CARLY GRAF



For a routine, that will melt fat and work your muscles hard, all you need is enough space to hit the deck for aburpee. That's the magic of this compact circuit from trainer Mike Donavanik: It's as fully calorie-crushing

as his Diesel class in Los Angeles, relying on just your body weight as resistance and fast-paced reps to take your heart rate into HIIT territory. "The combo of cardio bursts, strength exercises, and ab moves sculpts you from head to toe," Donavanik says. "You'll always use multiple muscles at

26-minute express workout

> a time, which will spike your heart rate." And the higher the intensity, the bigger your burn. Added bonus: It's tough to plateau with this kind of routine. "Body-weight exercises are highly modifiable-just increasing your speed or upping the reps will add a new challenge and boost the intensity," he says. →

#### FIT FASHION

SukiShufu Leatherback Miso Crop Top (\$100, sukishufu.com). P.E Nation Mr. Big Shot Legging (\$130, pe-nation.com). Nike Free TR Focus Flyknit sneakers (\$110, nike.com).



#### YOUR WORKOUT

#### INTENSITY

Hard (RPE:\* an 8 or a 9 out of 10)

#### **TOTAL TIME** 26 minutes

#### YOU'LL NEED

Your body

#### **HOW IT WORKS**

Complete the warm-up. Then do 20 reps of each of the five exercises without rest. It should take about seven minutes total. That's one round. After each round, rest for 60 seconds. Complete three rounds.

#### CALORIES BURNED 165 calories\*\*

\*Rate of perceived exertion, see page 159 for chart. \*\*Calorie burn is based on a 140-pound woman. Do 30 seconds each of jumping jacks and air squats. Then do one minute of plank walkouts. Repeat jumping jacks and air squats.

#### Lie faceup on floor with knees tucked to chest.

Rock backward to gain momentum, then roll forward and up into a low squat. From squat, perform a tuck jump. Upon landing, perform a burpee, and instead of jumping with legs and arms straight, do another tuck jump. Repeat for 20 reps total, starting with a quick backward roll each time.

#### Warm-up

#### Start with feet staggered, right leg forward. Bend into lunge, tapping left hand to ground.

Jump and drive left knee toward chest while you swing right arm forward as if you're sprinting. Perform 20 reps on each side.

#### 1. Rock-star tuckjump burpee

#### 2. Plyosprinter lunge

#### 3.Walkingplankjackknife

4. Crab kick

*5.V-up* 

Start on floor in forearm plank position. Push up with right arm and then left arm into plank on palms. lump feet to hands. Return to plank; drop onto your right forearm and then left. That's 1 rep. Repeat, this time leading with left arm. and alternate for all 20 reps.



Start in reverse table-top position with hands underneath shoulders and fingers pointed toward heels.

keep feet flat and hips lifted. Kick right leg up, lower, then immediately kick with left—that's one rep.
Do 20 reps, moving quickly, as if running.

#### Start on floor in hollow hold position.

Lie faceup with low back pressed into floor, legs raised a few inches above floor, and extended arms raised behind head. Crunch forward and pull legs up as you touch hands to toes to form a V shape with your body [shown on previous page]. Return to start and repeat. Do 20 reps. \*

## INGREDIENTS YOU CAN TRUST AT A PRICE YOU CAN AFFORD





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goodness with the deliciousness that makes life great.



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#### The bounce-back is better and faster

Cyclists who ate pears before, during, and after their workouts biked faster and recovered more quickly than those who had only water, according to a study at the Human Performance Laboratory at Appalachian State University in North Carolina. The combination of healthy carbs and a blend of polyphenols in the fruit speeds up the muscle-healing process, study author David C. Neiman explains. The vitamin C in pears and other fruit can also boost your immunity, which can dip postworkout.

## Muscles will get stronger

Parsnips and potatoes are rich in potassium, which helps prevent weakness, muscle fatigue, and cramps, experts say. Only about 3 percent of us get enough of this crucial mineral. Potatoes have almost 50 percent more of it than bananas do.

#### Your endurance is amplified

Easily digestible carbsthe kinds that are plentiful in pears and potatoes-quickly convert to fuel in your body. giving you the steady energy you need to power through a tough workout, experts say. Other white foods, such as turnips and leeks, are high in nitrate, which can make your cardiovascular system more efficient and decrease the amount of oxygen you need during exercise so you're extraspeedy, according to a review published in Sports Medicine. These veggies also boost blood flow to your muscles, helping you work harder and longer.



#### Vanilla Spiced-Pear Smoothie

#### Serves: 3

Active time: 5 minutes

**Total time:** 1 hour (includes 30 minutes cooling)

- 2 large ripe but firm pears, peeled, halved, and cored
- 1 teaspoon white balsamic vinegar
- cup unsweetened vanilla almond milk
- 1/2 cup plain low-fat Greek yogurt
- 3 tablespoons hemp seeds, plus more for garnish
- 1/8 teaspoon cinnamon
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground ginger
- 1 teaspoon pure maple syrup
- 1/4 teaspoon orange zest
- 1 cup ice cubes
- 1 Preheat the oven to 400°. Line a small baking sheet with parchment. Toss the pears with vinegar on the prepared baking sheet and roast, cut sides up, for 30 minutes, flipping about 20 minutes through. Let cool. (You can do this up to 5 days in advance.)
- 2 Add roasted pears, almond milk, yogurt, hemp seeds, cinnamon, cardamom, ginger, maple syrup, and orange zest to a blender and blend until smooth. Add ice and blend again until smooth. Divide among 3 glasses and garnish with additional hemp seeds.

\* Nutrition facts per serving: 200 calories, 6 g fat (1 g saturated), 28 g carbs, 7 g protein, 6 g fiber, 75 mg sodium

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#### Roasted Parsnip, Potato, and Pear Soup

Serves: 8

Active time: 10 minutes

Total time: 1 hour

- 3/4 pound parsnips,peeled and cut into1-inch cubes
- 5 garlic cloves, peeled and smashed
- 1/4 cup extra-virgin olive oil
- ½ teaspoon sea salt, plus more for seasoning
- 1/4 teaspoon freshly ground black pepper
- 2 medium pears, peeled and cut into 1-inch cubes
- 3 medium leeks, stalks only, sliced (about 3 cups) and rinsed well
- 4 cups chicken stock
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon dried sage
- 2 medium white or yellow potatoes, peeled and cut into 1-inch cubes
  - Fresh herb oil, for drizzling (optional, see recipe below)
- 1 Preheat the oven to 425°. On a rimmed baking sheet, toss parsnips with garlic, 1 tablespoon oil, salt, and pepper. Roast for 15 minutes, stirring once. Add pears to the pan and roast for 15 minutes more, until parsnips are tender.
- **2** Meanwhile, add remaining 3 tablespoons oil, leeks, and a pinch of salt to

- a 6-quart stock pot or a Dutch oven; sauté over medium-high heat until tender, about 6 minutes. Stir in stock, thyme, sage, potatoes, and roasted parsnips and pears. Bring to a boil, reduce heat, and simmer about 30 minutes or until the potatoes are tender.
- 3 Let soup cool slightly.
  Using an immersion
  blender (or carefully transferring to a regular blender
  in batches), puree soup,
  adding water as needed to
  thin. Drizzle with fresh
  herb oil if desired.
- \* Nutrition facts per serving: 190 calories, 7 g fat (1 g saturated), 30 g carbs, 3 g protein, 5 g fiber, 440 mg sodium

Peeling the potatoes in this soup makes it easier for your body to access the healthy carbs for energy.

#### Turnip-Blueberry Muffins

Serves: 12

**Active time:** 10 minutes **Total time:** 35 minutes

- 1 medium turnip
- 2 cups almond flour
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon cinnamon

- 1/4 teaspoon sea salt
- 2 eggs
- 1/4 cup unsweetened applesauce
- 1/4 cup pure maple syrup
- 1/4 cup unsweetened vanilla almond milk
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon orange zest
- 3/4 cup fresh or frozen blueberries
- 1 Preheat the oven to 375°. Line or grease a 12-cup muffin pan.
- **2** Grate the turnip and drain any water.
- 3 In a medium bowl, whisk together flour, baking powder, cinnamon, and salt. In a separate bowl, whisk together eggs, applesauce, maple syrup, almond milk, vanilla, and orange zest.
- 4 Add the dry ingredients and grated turnip to the wet mixture; mix to combine. Gently fold in blueberries.
- 5 Divide batter evenly among muffin cups. Bake until a toothpick inserted in the center of the muffins comes out clean, 25 to 30 minutes.
- \* Nutrition facts per serving: 150 calories, 10 g fat (1 g saturated), 11 g carbs, 5 g protein, 3g fiber, 270 mg sodium



#### Fresh herb oil

In a blender, puree ¾ cup extra-virgin olive oil, 1cup parsley, 1small shallot, 1sprig rosemary (stem removed), ¼ cup oregano, 1teaspoon lemon zest, 2 tablespoons lemon juice, and salt and pepper to taste.



# YOU WON'T EVEN KNOW WHAT'S WISSING. \*IT'S SUGAR

Silk Unsweetened Almond Milk has 0 grams of sugar per serving. Which means it has nothing but taste.







## Tryitnow... Grapefruit

You may still view it as diet food or have flashbacks of heaping sugar on segments to counter the sour, but this fruit outcast deserves a rethink. Vibrant, sweet-tart, and versatile are some of the ways that chefs describe the new star ingredient. Add the fact that one globe has just 82 calories, tons of vitamin C, and antioxidants that keep your immune system humming and make your body less likely to store fat, and you have to be sold. It loves a drizzle of honey, but the citrus also works magic in complex dishes like these three chef creations.

#### Give it a tangy cheesy sidekick

Whisk together 4 tablespoons olive oil, 2 teaspoons sherry vinegar, and a pinch of salt and set aside. Halve the leaves of 3 bunches of endive and arrange them faceup on a serving platter. Stack goat cheese and grapefruit segments in the middle of each leaf, then drizzle the plate with the dressing. Serve it as a starter instead of a traditional cheese plate or as a fun take on a caprese salad.

—Miguel Rebolledo, executive chef at Bulla Gastrobar in Miami

#### Blend up a creamy, cool soup

Puree 1 avocado, 3/4 cup buttermilk, 13/4 cups water. 1/2 teaspoon salt, and a dash of Tabasco until completely smooth and set aside. Add the juice of 1 grapefruit along with 1/2 cup each champagne vinegar and honey to a saucepan and simmer until thick. Chill the pan over ice, add the mixture to the blender, and process until combined. Serve it topped with fresh grapefruit chunks and herbs like basil or mint.

-Curtis Cooke, executive chef at Cal-a-Vie Health Spa in Vista, California

#### Keep it fresh with veggies and nuts

Peel and segment 2 grapefruits. In a small bowl, toss with 1 bulb sliced fennel, 2 heads torn frisée, 2 shaved carrots, and 1/2 cup chopped pecans. Puree 41/2 teaspoons white rice vinegar, 2 tablespoons olive oil, 1 teaspoon lime juice, 2 tablespoons honey, 11/2 cups grapefruit juice, and salt to taste. Pour over salad, toss. and let sit for an hour so the flavors can meld.

-Patrick O'Cain, chef and owner of Gan Shan Station in Asheville, North Carolina



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BY Smart Ones

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Your body needs food in the a.m., but your busy schedule has other ideas. Prepping ahead is the answer—these four breakfast solutions are simple, superhealthy, and stress-free.

Mealina masonjar

Yogurt and fruit, overnight oats, and chia puddings are all superportable for the a.m. Our

#### Quinoa-Berry Parfait

combines whole grains, fruit, and yogurt for serious staying power. Here's how to whip it up: Stirtogether ⅓ cup cooked red quinoa and ¼ teaspoon pure vanilla extract in a small bowl; set aside. Place 1/₃ cup plain low-fat Greek vogurt in a pint-size mason jar. Add most of the quinoa, followed by ½ cup mixed fresh or frozen berries. Add another 1/3 cup yogurt, remaining quinoa, and 1tablespoon chopped toasted nuts. Drizzle with 1 teaspoon honey, cover, and refrigerate overnight. (Serves 1; 283 calories)

-Recipe by Hilary Meyer

#### Eggs, reinvented

They're the complete package: high in protein, vitamins, and minerals. Make a frittata and pack slices all week, hard-cook eggs to pair with crispbreads and fruit, or prep and freeze some breakfast burritos to warm up in the office microwave.

#### Ananything smoothie

It's the easiest-and tastiest-way to get more fruits and vegetables into your life. Throw everything and anything you like together, lust skip the added sweeteners and fruit juices to keep the sugar content low. Make a batch, freeze it in single portions, and thaw one each night in the fridge.

#### Wholesome breakfast cookies

The word cookie does not have to be defined by white flour and sugar. You can easily bake up some healthy, breakfasty versions (look for ideas at shape.com/ breakfastcookies) packed with good stuff like whole grains, nuts, dried fruit, and seeds.



If I draw on the wall, mom can't hang it on the fridge.



Good choice, kid.

## You need this hunger-busting soup

A bowl of broth posing as a meal is not the way to power your day. We've got you covered with the hardest-working (and seriously delish) veggie, grain, and bean combo to keep you satisfied for hours. "This soup has it all—vitamins, minerals, plus protein and fiber," says Raquel Pelzel, the author of Eggplant and Toast. It's easy to make, too—and it takes just 15 minutes to prep.



100 MARCH 2017 SHAPE COM

#### Lentil, Quinoa, and Cauliflower Tomato Soup

#### Serves: 6

Active time: 15 minutes

Total time: 1 hour 10 minutes

- 1 medium head cauliflower (about 1¼ pounds), cut into florets
- 1 medium yellow onion, finely chopped
- 3 tablespoons olive oil
- 2 teaspoons kosher salt, plus more for seasoning
- 1/2 teaspoon freshly ground black pepper
- 2 pounds vine-ripened tomatoes, chopped
- 6 garlic cloves, minced
- 1 lemon, sliced into 4 rounds
- 1 tablespoon ground turmeric
- 11/2 teaspoons ground coriander
  - 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 5 cups water
- 1 cup lentils
- 1 dried bay leaf
- 1/2 cup quinoa, rinsed
- 1 tablespoon grated ginger
- 1 cup cilantro, chopped

- 1 Preheat oven to 425°. On a rimmed baking sheet, toss cauliflower and onion with 2 tablespoons olive oil, ½ teaspoon salt, and pepper. Roast in a single layer until cauliflower begins to brown, about 20 minutes.
- 2 In a medium bowl, toss tomatoes with remaining 1 tablespoon olive oil, remaining 1½ teaspoons salt, garlic, lemon rounds, turmeric, coriander, oregano, and cayenne. Reduce oven temperature to 375°, add tomatoes to baking sheet, and roast until tomatoes are juicy and cauliflower is tender, 35 to 40 minutes more.
- 3 Meanwhile, in a large pot over high heat, bring water to a boil. Add the lentils and bay leaf, reduce heat to medium-low, and simmer for 10 minutes. Stir in quinoa and cook, covered, for 10 minutes more.
- 4 Add roasted vegetables to the pot, scraping in any browned bits from the pan. Add ginger, stir, and continue to cook uncovered until quinoa is tender, about 10 minutes longer. Add more salt to taste and remove from heat. Stir in cilantro right before serving, or store the soup in the refrigerator for up to a week, adding cilantro to each portion before reheating.

\* Nutrition facts per serving: 281 calories, 9 g fat (1.2 g saturated), 43 g carbs, 13 g protein, 9 g fiber, 428 mg sodium

Photograph by TED CAVANAUGH





## THE ULTIMATE BALANCE

YOU KNOW HOW TO STRIKE A GREAT BALANCE: You eat right, exercise, and make time for meditation. When you feel off, trust your gut—it's trying to tell you something. Your body's delicate and powerful ecosystem is responsible for digestive function and immune health, yet 22% of women say they don't consider the status of their digestive health when they think about their overall wellness.\*
TEST YOUR KNOWLEDGE BY SEPARATING FACT FROM FICTION.



This is the right kind of carb cutting—into these new loaves.

Made from ancient-grain, nut, and seed flours,
the dough has more nutrients; you get richer flavor and
irresistible texture. An upgrade, any way you slice it.

These three flours are a g<mark>ood</mark> place to start when you're baking at home. You'll want to combine them with wheat to get a nice texture, says **Jessica Oost**, the director of culinary operations at Matthew Kenney Cuisine, a plantbased restaurant and wellness company. Here are her guidelines for mixing them, but feel free to dabble with your dough.

#### Ancient-grain flours,

like those made from amaranth, teff, and millet, are high in protein and make loaves light and moist. Use them to replace one-fourth of the wheat flour in a bread recipe.

Chickpea flour has an intense nuttiness and adds a subtle sweetness, making it one of Oost's go-tos. Sub it for one-fourth of the bread flour.

IN STYLE

Slice a warm, crusty loaf (like

this quinoa bread)

on the Williams-

Sonoma Walnut Bread Board, made

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sonoma.com)

Buckwheat flour, which is actually made from a seed, not wheat, gives bread a darker color and a richer taste. Try a 50–50 ratio of wheat to buckwheat flour.

SERVE IT

Bob's Red Mill makes bean, grain, nut, and seed flours, many of which are gluten- or grain-free.

#### FIND YOUR FLOUR

These widely available brands will bake up a superior loaf.

#### King Arthur Flour

has single-grain options as well as multigrain mixes.

Jovial sells flours that are made from einkorn, an ancient strain of wheat that's higher in B vitamins and protein and lower in gluten. The company also makes a gluten-free bread flour.

#### NOT INTO BAKING?

You'll find these creative goods in natural-food stores and online.

For wraps, try the grain-free tortillas from Siete Family Foods, which are made from almonds, coconut, and cassava root.

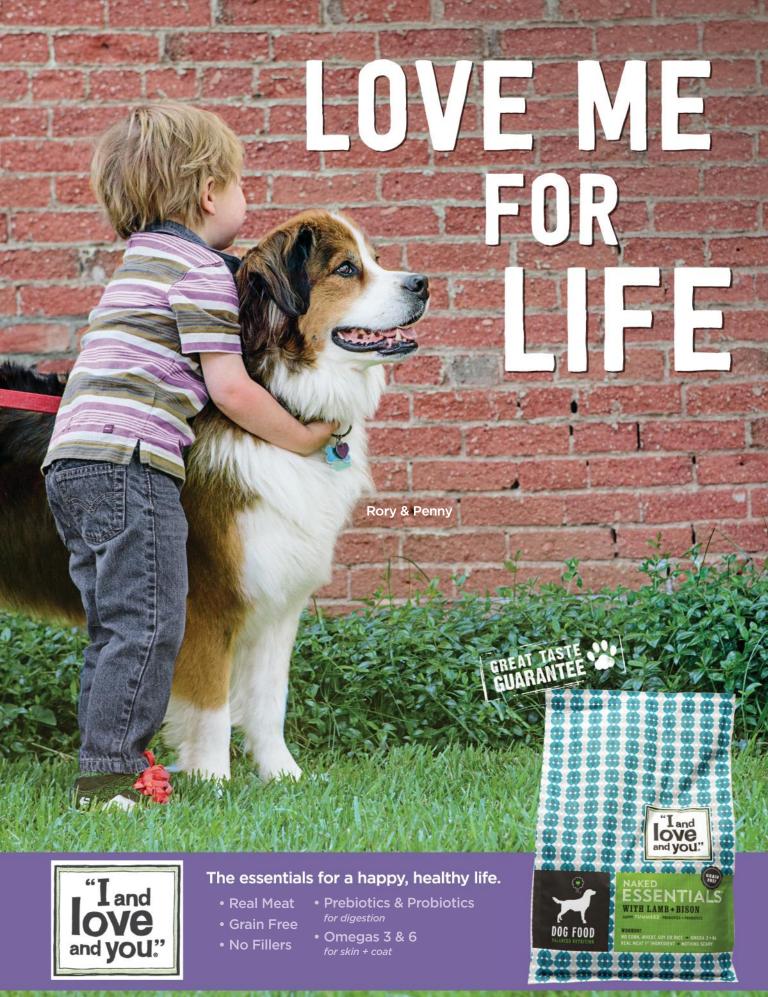
The loaves, bagels, baguettes, and buns from Barely Bread are grain-free. Ingredients include sweet potato and coconut flours.

The millet-chia bread from **Udi's Gluten Free** packs 6 grams of protein and 5 grams of fiber into every two-slice serving.

**Know Better Bread** offers buns, sliced bread, muffins, waffles, and pancake mix made from foods like flaxseed and chia seeds. They're free of grains, soy, dairy, peanuts, and yeast.









#### Sparkling Turmeric Tonic

Yes, it's healthy: Turmeric fights inflammation—and wins.

Add 3 ounces vodka, 1 table-spoon ground turmeric, 1 tablespoon minced ginger, 1 peeled orange, 2 table-spoons honey, and 1 cup water to a blender. Blend on high speed until smooth. Fill 3 glasses with ice and divide blend evenly among them. Top each glass with 3/4 cup sparkling water, stir gently, and serve. (Serves 3; 130 calories)

#### Bourbon-Cider Sangria

Yes, it's healthy: The cinnamon ups your energy level.

In a large pitcher, combine 1/2 cup bourbon, 2 cinnamon sticks, 4 cloves, and 2 cups fruit, such as thinly sliced pears, frozen cranberries, and pomegranate seed pods. Refrigerate mixture for at least 30 minutes and up to 5 hours. When ready to serve, add two 12-ounce bottles of hard cider and stir to combine. Serve over ice. (Serves 4:182 calories)

#### Tart Cherry Martini

Yes, it's healthy: Tart cherry juice helps relieve muscle soreness postexercise.

In a mixing glass, combine
1 ounce gin, ½ ounce
St-Germain, juice of ½ lime,
2 ounces tart cherry juice,
and ½ cup ice. Stir vigorously
for about 30 seconds. Using
a cocktail strainer, pour
mixture into two martini
glasses, keeping ice out
of them. Serve immediately.
(Serves 2; 70 calories)

-Recipes by Kate Kordsmeier

#### SLIM DOWN THAT DRINK

You can easily slash the calories—and up the taste, too.

#### Don't get so fussy

Complex cocktails with lots of sugary ingredients often have hefty calorie counts. Instead, choose a spirit like vodka, then add something low or no cal, such as club soda or diet tonic water. For more sweetness, use 100 percent fruit juice.

#### Think quality

Skip drinks created with premade mixers and use real ingredients instead. For example, mix margaritas from only lime juice, tequila, triple sec, and a pinch of sugar.

#### When in doubt, add bubbles

Champagne cocktails are among the lightest drinks on the menu and typically contain no mixers or syrups.

Dermatologist Recommended for Scars and Stretch Marks.



"I am always fighting with my weight, and as a result have large stretch marks which can be embarrassing. I was watching TV and the advertisement came on for Bio-Oil. So I tried it and it made my skin feel great. I used it for the next couple of months and slowly my stretch marks started to look a lot better. It's made me a lot happier. Since I've been using it I have told everyone in my family, the people I work with and my friends. I have been using it religiously since it makes my skin feel great. It's good to know that there is actually something out there that does what it advertises."

Casey Gray

#### Made for each other...

## Sweet potato & avocado

It's a love story close to our hearts: Carby comfort meets creamy indulgence. Both ingredients are high in fiber and potassium, but like every dynamic duo, they bring out the best in each other. The avocados have fats to help your body absorb the sweet potato's vitamin A, and they also add immune-boosting vitamin C, says nutritionist Tara Dellolacono Thies, R.D.N. And the flavor and texture combo? Couldn't be a better example of opposites attracting—the result is sweet, savory, rich, and silky. This dish, from Thomas Chen, the executive chef and owner of Tuome in New York City, is a match made in heaven.

#### Stuffed Sweet Potato With Avocado Salsa and Black Sesame Seeds

#### Serves: 2

Active time: 10 minutes

#### **Total time:** 1 hour

- 2 sweet potatoes
- 1 ripe avocado, diced
- 1 teaspoon pure maple syrup
- 2 teaspoons fresh lime juice
- 1/4 teaspoon shallot, finely chopped
- $2\ teaspoons\ pine\ nuts, to a sted$
- 2 teaspoons cilantro, finely chopped
- ½ teaspoon toasted black sesame seeds

- 1 Preheat the oven to 380°. Wrap sweet potatoes in foil and roast for 50 minutes or until soft. Remove from oven and let cool.
- 2 To a medium bowl, add avocado, maple syrup, lime juice, shallot, pine nuts, cilantro, and sesame seeds. Stir to combine and season with salt to taste.
- **3** Halve sweet potatoes lengthwise and top with avocado salsa.

\* Nutrition facts per serving: 389 calories, 13 g fat (1.7 g saturated), 66 g carbs, 6 g protein, 13 g fiber, 162 mg sodium



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eat right Nutrition Trend

It sounds like magic: Natural substances figure out what your <mark>bod</mark>y needs most and then presto, deliver it. But adaptogens— <mark>com</mark>pounds in certain <mark>pla</mark>nts—have been <mark>sho</mark>wn to do just that. "More specifically, they regulate your adrenal system, which manages your body's hormonal response to stress," says Frank Lipman, M.D., the founder of Eleven Eleven Wellness Center in New York City. Incorporating foods or supplements with these compounds into your routine can help you fight fatigue, improve your focus, and reduce anxiety, adds Christopher D'Adamo, Ph.D., the director of research at the University of Marvland's Center for Integrative Medicine. And if you're looking to loosen up, they can be calming, but when you require an extra push, they can be energizing.

So for health's sake, why haven't you heard of these botanical superheroes?! While herbalists have used adaptogens for thousands of years, research is just now proving their potency. To try them for yourself, look for these four science-backed stars.

Super natural
Mysterious and mighty plant
compounds will give you
energy, help you find Zen,
and even fast-track your slimdown. Astounding, but true.
Experience the power.

By SARA ANGLE

#### Cordyceps

A type of mushroom, cordyceps is a favorite with athletes. It can help you use oxygen more efficiently, which means that your muscles are able to work harder for longer. When people consumed four grams of a cordyceps blend every day for three weeks, it helped them increase the duration of their exercise session and improved their peak power-a combination of strength and speedaccording to a recent study in the Journal of Dietary Supplements. FIND IT IN health powders, coffees, and supplements.

#### **Ashwagandha**

Taking 300 milligrams of this super-root twice a day for two months significantly lowered levels of the stress hormone cortisol, a study in the Indian Journal of Psychological Medicine found. Research shows it helps people shed pounds, which is likely because elevated levels of cortisol have been linked to belly fat. FIND IT IN health powders, juices, supplements, and smoothies.





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#### Unjunking your body

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and can involve

#### THE LIVER AND YOUR WAISTLINE

The liver is an important fat burning organ. Experts claim that if the liver is sluggish or clogged with waste material it will be less able to work, and fat can start to build up, under the skin, as belly fat and even inside the internal organs. Making sure your liver is working well, they say, will help you flush fats from the body.



days or even weeks of feeling tired and sick. However, there are other ways.

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#### eatright Nutrition Trend

#### Rhodiola

This compound can help you stay strong. When marathoners took 300 milligrams of rhodiola twice daily before race day, it helped their bodies mount a defense against viruses, new research in *Frontiers* in Nutrition revealed. (That's important for endurance athletes, who are more susceptible to getting sick.) And thanks to its anti-inflammatory effects, it can help you recover faster after a tough workout, says study author Maryam Ahmed, Ph.D. FIND IT IN health powders and

supplements.

#### **How to get** your fix

You can buy adaptogen supplements or try one of these new teas, juices, or coffees sold onliné or in natural food markets.

Sun Potion powders Contain ashwagandha, rhodiola, cordyceps



Four Sigmatic coffee, elixir, and hot cacao cordyceps

Moon Juice dusts and powders Contain schisandra, ashwagandha, cordyceps, rhodiola

> Rebbl blended drinks Contain ashwagandha



Forthefull benefits, take an adaptogen dailvand switch types every one to three months. This way your body won't get used to any one, which can reduce their effectiveness. Christopher D'Adamo says.

#### **Schisandra**

This berry is a powerhouseresearch shows that it can do everything from increase exercise endurance to improve concentration. Women with chronic stress performed better and faster on mental tests when they took a combo that included schisandra and rhodiola than those who didn't consume it, a study in the journal Phytomedicine found. That could translate to acing your next big project at work, says lead researcher Alexander Panossian, Ph.D. FIND IT IN health powders and supplements. \*

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# althy

# Where sleep and exercise meet

Atough workout calls for enough sleep; a decent night's sleep requires exercise.

Fuel this loop with tips that will help you become stronger and healthier.

By MIREL KETCHIFF

scientists have known for a while that sleep and exercise have a symbiotic relationship, but that link is proving to be deeper and more essential than expected.

"The functions of sleep are to conserve energy and to repair tissues in the body," says Bradley Cardinal, Ph.D., a codirector of the Sport and Exercise Psychology Laboratory at Oregon State University. The more time you spend in the gym, then, the more shut-eye your body needs, Cardinal says. The results can be dramatic: After working out for four months, insomniacs got a life-changing 85 more minutes of sleep a night—better than any drug can deliver, a study in the journal Sleep Medicine found.

And the benefits go both ways: Deeper sleep ensures that your energy stores and muscle function are replenished, Cardinal says. "Snoozing well the night after you exercise makes your muscles and tissues stronger and more resistant to fatigue and injury," adds Jennifer Martin, Ph.D., a clinical sleep psychologist and a member of the Equinox Health Advisory Board. You can gain the full power of the sleep-sweat connection by following the four-point plan, here.

#### Have a high-protein bedtime snack

People who drank a protein shake before hitting the sheets experienced a greater increase in muscle strength than those who didn't, according to research in the *Journal of Nutrition*. That's because in your body, protein breaks down into amino acids, which build up your muscles. Since most of us consume protein only with meals, "there typically aren't many amino acids available overnight for muscle growth," says Jorn Trommelen, Ph.D., a sports nutrition researcher at Maastricht University in the Netherlands. That means your body's prime recovery hours aren't being used to their full potential. To get the most muscle-building power while you sleep, try a protein-rich snack like Greek yogurt or a turkey roll-up.

#### Step up your game

#### lt takes just 20

to 30 minutes of moderate-intensity exercise a few days a week to improve your sleep, says Kelly G. Baron, Ph.D., a clinical psychologist specializing in sleep at Rush University Medical Center in Chicago. "But more seems to be better," she says. Increasing the amount of time you work out or the intensity of your routine will translate into even sounder sleep, since your body will require more time to reenergize and repair. Dial it up slightly to get the bigger benefits: For instance, if you're a runner, tack a few extra miles onto one or two runs a week, or add one weekly session of sprints or hill repeats.

#### Turnina little earlier

When you get more quality z's, your motivation to work out skyrockets, says Baron, who found that people spent more time in the gym when they slept more the night before. "Sleep affects people's perception of how hard exercise is," she says. If you're tired, your brain may try to convince you to save your depleted resources by hijacking your good intentions to visit the gym or by making your workout feel unusually difficult once you're there, according to the journal Sleep Science. All you have to do to regain your motivation is get to bed a little sooner—but not so early that you'll have trouble drifting off. Just 30 minutes should be enough to increase your drive to exercise the next day.

# Go fast in the morning and heavy at night

#### If possible, schedule

your cardio workouts for first thing and strength training for after work, say researchers at Appalachian State University in North Carolina. They found that people who did aerobic exercise at 7 a.m. spent more time in the deep sleep cycle—the kind that's most beneficial for your health—than those who did cardio at 1 or 7 p.m. For weight-lifting workouts, nighttime sessions improved sleep quality more than morning ones.

Both types of exercise help you sleep by

reducing the amount of stress hormones your body releases, says Scott R. Collier, Ph.D., the study's author. But doing cardio too close to lights-out can backfire. Your body temperature usually dips around bedtime, signaling to your system that it's time to sleep. A sweaty workout may disrupt that process by keeping you hotter for longer, Collier says. Resistance routines don't cause that big spike in your body temperature, so even if you lift an hour or two before bed. you'll still be able to nod off easily.★

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The Youknow it as the bone builder, but here is calcium's full healthy hot list: It strengthens your muscles, helps you slim, and may even prevent cancer. You need more than you're getting, though. Here's the plan. By KIERA CARTER



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**NEW!** 



It's not as though calcium is newly on our radar. By now, we're all up to speed on the mineral's impact on bone density. But as doctors look more closely at what other benefits calcium delivers to the body, and especially to a fit woman, they're pretty excited about its impressive roster of achievements. The mineral helps maintain proper muscle function, aids weight loss, and also carries the capacity to prevent serious illnesses, cancer included.

But many of us struggle to find ways to actually consume the high recommended dietary allowance of 1,000 mg a day, especially those who don't eat dairy. As a result, half of adult women aren't getting enough.

And taking calcium in supplement form has been linked to possible health issues, such as heart disease, according to a recent study in the *Journal of the American Heart Association*. More on that later.

So what's the solution? Incorporate the expert-driven advice here, and you'll work enough calcium into your diet to get stronger, fitter, and fortified.

# Think outside the milk carton

Many greens are high in calcium, which gives you a lot more options in your quest. But at the same time, you'll want to be selective, because your body can absorb the mineral only from certain types of these veggies. Take kale: Though it has less calcium per serving than spinach, your body takes in 49 percent of the nutrient, compared with a measly 5 percent from spinach, the American Journal of Clinical Nutrition reports. Other calcium-rich greens that your body can easily absorb include bok choy and Chinese cabbage.

## Recruit some backup players

Aim to get 1,000 IU of vitamin D and 25 grams of fiber daily, and you'll help your body take in calcium more efficiently. "Vitamin D acts like a regulator, managing the calcium levels in your blood and distributing it to your bones," Wallace says. "Fiber promotes the growth of healthy gut bacteria, which in turn might help increase calcium absorption." Hit the target amounts from food (vitamin D is found in oily fish like salmon; fiber, in legumes and cruciferous vegetables).

## Remember: Less is more

Some days it may be impossible to get enough calcium from food (if you're traveling, say), and that's the one time when supplements can help. But go easy: Pills make it easy to overdo it, says Erin Michos, M.D., an associate professor of medicine at Johns Hopkins University, and that's what can potentially lead to health problems. "If you're not getting three servings of calcium a day through food, take one 300 mg supplement for every serving you miss," Wallace says. He suggests choosing pills with calcium citrate over calcium carbonate, especially if you have a history of kidney stones.

## Quit cluster eating; think longerterm

If your usual MO is to cover your calcium needs at breakfast with a bowl of cereal and milk, some yogurt, and a latte, you're not actually in the clear to check the mineral off your list, says Taylor Wallace, Ph.D., a professor in the department of nutrition and food studies at George Mason University. "Your body can absorb only 500 mg at a time," Wallace says. Instead of consuming it in one big cluster at a single meal, eat three or four 300 to 500 mg servings of calcium throughout the day.



Cooked kale, 90 mg in ½ cup

5 calciumrich foods you should be eating



Raw almonds, 160 mg in ½ cup



Cooked bok choy, 79 mg in ½ cup

Canned pinto beans, 108 mg in 1 cup



Fortified raw tofu, 217 mg in ½ cup

## Crafted for a Healthy Life





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Good sex, great workout
Pounding heart, hot skin, mental thrill...The
two activities have more in common than you
might think, and according to new research,
they can benefit each other in surprising ways.
Here's how satisfying sex helps you get
stronger, fitter, and happier. By CARLY GRAF

#### **Consider it an** excellent warm-up

Sex revs your heart rate, increasing blood flow to your muscles and joints, which primes them for movement, savs Yvonne Fulbright, Ph.D., the author of The Better Sex Guide to Extraordinary Lovemaking. This greater flexibility gives you a full range of motion when you exercise, so your form will be stronger and you'll get better results from your reps.

#### You may work out for longer

Having an orgasm turns on the area of the brain that dulls pain for up to 24 hours, found research from Rutgers University. Increased pain tolerance may help you pick up heavier dumbbells than usual or log an extra couple of miles on the treadmill.

#### The afterburn is powerful

Your body produces moodlifting endorphins during sex, and that happiness can also make you more confident, Fulbright says. The more you believe in yourself and your abilities, the easier it is for you to tackle a tough routine like CrossFit or a HIIT session.

#### There's the refueling factor

During sex your body releases oxytocin, a hormone linked to better sleep, says Mark Anshel, Ph.D., a professor emeritus in the Department of Health and Human Performance at Middle Tennessee State University. Getting quality shut-eye means you'll recover quicker from your last workout and have more energy for your next one. \*



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WGRED







Have a healthier, happier trip
The secret to a truly restorative vacation starts with the journey. Here's just what you need every step of the getaway.

By CASSIE SHORTSLEEVE

## Packabody-friendly bag

A suitcase with four spinner wheels and a straight, uncontoured handle is one of the smartest travel purchases you can make, says Alan Hedge, Ph.D., a professor of human factors and ergonomics at Cornell University. The wheels rotate 360 degrees, so you can push the bag through terminals instead of pulling it,

preventing shoulder and back strain. And with noncontoured handles, you can use a lighter grip to maneuver the suitcase, so you don't end up with wrist and arm pain, Hedge says. Our top pick: Raden

A22 Carry (\$295, raden.com). In addition to these features, it also comes equipped with convenient USB ports to charge your phone and a scale built into the carry handle for easy weighing.

#### Dismantle travel stress.

Long lines, surly TSA agents, traffic jams when you're on a road trip—frustrations lurk everywhere when you travel. The worst thing you can do is try to ignore your exasperation in the hopes of maintaining peace, says Alex Lickerman, M.D., the author of The Undefeated Mind. It'll backfire. Instead, acknowledge that you're angry and

that being angry on vacation is making you even more angry. Own it, let it out for a few minutes, then drop it. This way, your thoughts won't fester, and you can move into vacation mode.

## Don't let germs take you down.

That neck pillow you fly with? It's a hot spot for bacteria. While you snooze, it's picking



up all kinds of germs and dust mites left on the headrest by previous passengers, says Philip M. Tierno, Ph.D., a clinical professor of microbiology and pathology at the New York University School of Medicine. Now, every time you use it, you expose yourself to bugs and allergens from past flights. Lesson: Decontaminate. Throw the pillow cover into the wash after each trip without fail. If it doesn't have a cover, vacuum the cushion or spritz it with a germicide that contains alcohol, such as Lysol Disinfectant Spray (\$5, amazon.com).



As soon as you get off the plane or out of your car, do this move: Grab your left thigh with both hands and gently twist it inward, as if you're trying to move the muscle around your thigh bone. Hold for two to three seconds, then release, twist outward, and hold again. Repeat three or four times, then do the entire sequence on your right thigh. "When you sit for prolonged periods, the connective tissue in the back of your thighs becomes compressed and dehydrated," says Sue Hitzmann, an exercise physiologist and the creator of the MELT Method, a pain-reduction program. "The constriction can make your lower back ache and decrease blood flow to your core, causing whole-body stiffness and fatigue," she explains. "The twisting stretch quickly decompresses the tissue and restores blood flow to



ease the aches and pain and boost your energy."

#### **Switch on** your vacation mind.

When you finally reach your destination, it can take a full 24 hours to relax enough to enjoy yourself. That's wasted time. Since every minute of your trip is precious, use this speedy meditation trick from Beverly Fox-Crismond, the spa director at One Ocean Resort & Spain Florida, to immediately find your Zen. Look. Find a peaceful spot, and settle in for a few seconds. Then gaze out into the distance, taking in the sights around you, but don't zero in on any one thing. This will begin to quiet the part of your brain that's still hung up on the tension from the day. Breathe. Take a few deep,

slow breaths. As you exhale, feel the lingering anxiety drain from your body. Listen. Focus on nearby sounds. If you're on the beach, tune in to the crashing waves; in the woods, listen to the chirping birds. This will bring you fully into the present moment and make you feel calm and happy.

#### **Cure travel** insomnia.

The first night of vacation, we tend to sleep 20 to 25 percent less than usual, according to Brown University researchers, who have dubbed this phenomenon "first-night effect." "Part of your brain refuses to drift off, acting as a night watchman to protect you from harm," says Yuka Sasaki, Ph.D., an associate professor at Brown. To trick your mind into letting down its

defenses, bring pillowcases from home and put on your usual night cream before bed. The familiar textures and smells may reduce the feeling of unfamiliarity, so you might snooze easier.

## Dothejetlag workout.

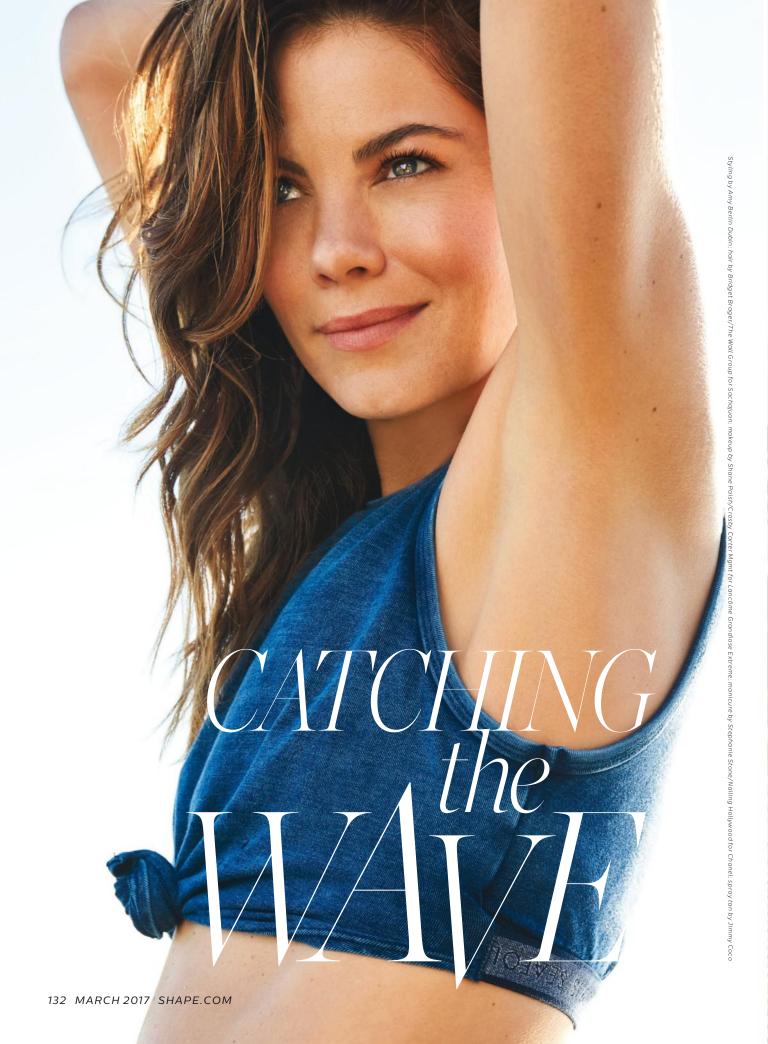
Exercising the morning after your arrival can help you adjust to the new time zone faster, says Karyn Esser, Ph.D., a professor of physiology and functional genomics at the University of Florida. That's because your muscles have their own internal clocks, and they respond to movement rather than light, she says. Working out tells them that it's daytime, which lets you sync physiologically to your new time zone. Esser suggests doing some cardio for at least 30 minutes. \*



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Being healthy and happy is all about balance—that's the mantra Michelle Monaghan lives by. So while she loves to exercise, she doesn't sweat it if her hectic schedule means she can't swing a workout. She eats healthfully but also indulges her cravings for Quarter Pounders and keeps six kinds of cheese in her fridge. She doesn't own a scale and is more excited about what exercise does for her mentally than how it makes her look. "I'm a firm believer in everything in moderation and not beating myself up," says Michelle, 40.

That philosophy came in handy last year when she was crazed filming two movies and a TV show. Michelle is currently starring with Mark Wahlberg in Patriots Day, about the Boston marathon bombing, and with Jamie Foxx in the thriller Sleepless. Her Hulu TV series The Path, about a family involved in a controversial New Age spiritualist movement, just returned for a second season. Michelle spent months trying to fit quick exercise sessions into her shooting schedule whenever she could—and not freaking out when she couldn't.

Fortunately, the mom of two (her daughter, Willow, is 8, and her son, Tommy, is 3) thrives on challenges. She took up surfing last year, and she's seriously considering running the New York City Marathon this year. "It's good to set goals," Michelle says. "They help shape a healthy outlook on your life." Listen in as she shares how she maintains her sanity-preserving attitude and achieves success on her own terms.

#### She loves her roving workout routine.

"I hike in the morning if I can, after I drop the kids off at school. If not, I'll go for a run. Typically, I'll do 30 minutes, which is a three-mile run for me. I started doing Pilates, too, and it's really challenging. I find that it's a good balance for my running, which makes my muscles tight. Pilates loosens me up.

"I also love SoulCycle. I played a Spin instructor in a movie, and at the time I thought, There's no way I'm getting on a bike. But SoulCycle had just opened in L.A., so I went with friends. The lights were off, candles were burning, and we were hooked. It's like church!

"In Sleepless, I'm an internal affairs investigator who's really proficient in MMA. As a result, I got to do boxing and kickboxing. I worked with a trainer three days a week for three hours at a pop and got in unbelievable shape. I feel so lucky that I've been able to try all these different ways to work out."

## She's a big believer in dialing down, too.

"When I'm not shooting, I aim to work out at least three times a week. But if I'm filming, I rarely make it to the gym. With *The Path*, I'd go to the park and run maybe once a week. Or I'd do squats and push-ups in my trailer. On shoot days, I start at about five in the morning and don't get home until seven at night, so it's hard to find time for exercise. I throw myself a bone and don't get too worried about it. I know that when I have time again, I can kick it up a notch.

"I also need to be an example for my daughter. That means I can't run around worried about what I look like. We're active together as a family—the kids go hiking and biking with us. But I don't obsess about what I eat."

## Her Midwestern roots keep her going.

"I run a half marathon every year with Maria, my best friend from my hometown in lowa. I've known her since I was a kid. We usually do races in different cities, so we'll make a weekend out of it. It's great because there are days when I have to do an eight-mile run, and I'll get a text from Maria saying, 'I did eight miles! Did you do yours?' Training with her helps motivate and encourage me."

## Exercise is for her brain as much as her body.

"I get crabby when I don't work out.
Just ask my husband! [Laughs.] I really depend on exercising to relieve stress.
Last week, I was overwhelmed and I thought, I need to go for a run or a hike to clear my head. I had a to-do list that was a mile long, and I didn't know what to tackle first. When I run, it helps put everything into place.

"Years ago, when I started working out, it was about getting my body in shape. But now the mental benefits outweigh the physical ones. That's why I love going for a hike in the morning. There's something about climbing a mountain

that's symbolic—you set your intention and what you want to focus on. I think about what I have to do today or what I have to accomplish this week. It allows me that space where there's no one else around."

## There are healthy things she just won't eat—and she's OK with that.

"I have never liked fruit. To make up for it, I have a green juice every morning, which is totally devoid of fruit but has tons of vitamins from vegetables. A typical day of eating for me is eggs or oatmeal for breakfast, soup or salad for lunch, and fish or meat and lots of veggies for dinner."

#### But give her all the cheese.

I don't have a sweet tooth; I have a savory tooth. There are six or seven cheeses in my fridge at all times. My idea of snacking is putting cheeses on a platter with prosciutto and crackers and sitting in front of it and stuffing my face."

#### She's mentally tough.

"Confidence comes naturally to me now, but I think it's something you grow into. There are a number of things that gave me confidence over the years: going to college and writing my first rent check for \$550, auditioning for and getting that first acting job. Reaching those kinds of goals gives you confidence to tackle new challenges. So when you have a setback, you think, It's OK. I'm going to recover from this."

## She celebrates her body for what it can do.

"Hove my shape because I know what it's capable of—running 13 miles, having two children, and learning to surf. Hove my body so much; it's profoundly amazing.

I have enormous gratitude for it."







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#### FIT FASHION

Michi Onyx Bra (\$150, michiny.com). Ivy Park Fishnet Circular Knit Legging (\$62, six02.com). Nike sneakers (for similar styles, nike.com). Next page: Les Coquines Mesh Bikini top (\$45, revolve.com). Michi Psyloque Short (\$98, michiny.com).

140 MARCH 2017 SHAPE.COM

Tabata and Pilates couldn't be more different.
The former is four minutes of pure, super-highintensity sweat (alternating 20 seconds of all-out effort with 10 seconds of rest), while the latter is a steady-paced series of core cinchers—
many of which you do while you're lying down.
But they have one very important thing in common: They're the absolute best at what they do. Nothing out-burns Tabata per minute, and nothing out-firms Pilates for abs, says Michele Olson, Ph.D., a professor of exercise science at Auburn University at Montgomery who has done years of research on both.

But it wasn't until recently that a light-bulb went on: What if you combined the two into a single to-the-max routine? "Mixing Tabata with Pilates is the perfect way to squeeze the most calorie burning you can out of a cardio workout and also deeply strengthen, tighten, and sculpt individual muscles, especially in the core," Olson says. And with that, she created Tabatalates.

straight through the slower half of the session.

"Plus, your muscles will have extra blood flow,
which will allow them to receive the nutrients and
oxygen they need to firm the most fibers," Olson
says. That's key for the rest of the workout, which
includes three of Pilates's top-performing waist
whittlers, one lower-body exercise, and one
upper-body move to sculpt you from head to toe.

Repeat the entire sequence and, in just 20 minutes, you'll burn 200 calories and earn a bonus afterburn of another 100 calories. "You would have to run for longer—at least 30 minutes and clocking off at least three miles—to burn 300 calories," Olson says. "And even if you did, you wouldn't get as deep into your core muscles or net any afterburn." Got your attention? Get a sneak peek of the moves on these pages, then go find the workout online.





FIT FASHION Fit Mama Apparel Vienna Springsuit (\$95, fitmama-apparel.com). Nike sneakers (for similar styles, nike.com). Next page: Piece Bandeau Wonder Top (\$95, piece-nyc.com). Michi Psyloque Short (\$98, michiny.com).





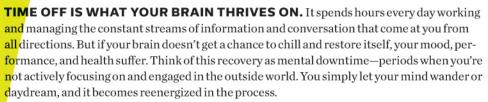


## Put your head in the clouds



You know to give your body a break after a tough workout; research shows your brain needs rest and recovery, too. Here's the secret to productive mental downtime and why it will make you happier and healthier.

By Beth Janes



But just as we're falling short on sleep, Americans are getting less mental downtime than ever. In a survey by the Bureau of Labor Statistics, 83 percent of respondents said they spent no time during the day relaxing or thinking. "People treat themselves like machines," says Matthew Edlund, M.D., the author of *The Power of Rest: Why Sleep Alone Is Not Enough*.

"They consistently overschedule, overwork, and overdo."

This is especially true for active women, who tend to go just as hard in the rest of their lives as they do in their workouts because they're motivated and driven, says Danielle Shelov, Ph.D., a psychologist in New York City. "They think the best way to succeed is by doing as many productive things as possible," she says.

That kind of attitude can rebound on you, though. Consider the zombie-like feeling you have after a marathon meeting at work, a crazy-busy day running errands and doing chores, or a weekend filled with too many social gatherings and obligations. You can barely think straight, you end up accomplishing less than you had planned, and you become forgetful and make mistakes. A full-throttle lifestyle can chisel away at productivity, creativity, and happiness, says Stew Friedman, Ph.D., the director of the Wharton Work/ Life Integration Project at the University of Pennsylvania and the author of Leading the Life You Want. "The mind needs rest," he says. "Research shows that after you take a mental time-out, you are better at creative thinking and coming up with solutio<mark>ns an</mark>d new ideas, and you feel more content."

#### Mental muscle

Your brain is actually designed to have regular rest periods.

Overall, it has two main modes of processing. One is action-oriented and lets you concentrate on tasks, solve problems, and process incoming data—this is what you use when you're working, watching



TAKE MINI BREAKS
Let your brain wander
freely several times
throughout the day, and
you'll feel calmer
and more content.

TV, scrolling through Instagram, or otherwise managing and making sense of information. The second is called the default mode network (DMN), and it switches on whenever your mind takes a break to wander inward. If you've ever read a few pages of a book and then realized you haven't absorbed anything because you were thinking about something totally unrelated, like the best place to go for tacos or what to wear tomorrow, that was your DMN taking over.

The DMN can switch on and off in the blink of an eye, research shows. But you can also be in it for hours, during, say, a quiet walk in the woods. Either way, spending time in your DMN every day is critical: "It creates rejuvenation in the brain, when you can chew on or consolidate information and make meaning out of what's going on in your life," says Mary Helen Immordino-Yang, Ed.D., an associate professor of education, psychology, and neuroscience at the University of Southern California's Brain and Creativity Institute. "It helps you make sense of who you are, what actions to do next, and what things mean, and it's linked to well-being, intelligence, and creativity."

The DMN gives your mind a chance to reflect and sort things out. It helps you expand on and solidify lessons you've learned, think about and plan for the future, and work out problems. Anytime you get stuck on something and give up on it only to be struck with an aha moment later on, you may have your DMN to thank, says Jonathan Schooler, Ph.D., a professor of psychological and

brain sciences and the director of the Center for Mindfulness and Human Potential at the University of California, Santa Barbara. In a study on writers and physicists, Schooler and his team found that 30 percent of the group's creative ideas originated while they were thinking about or doing something unrelated to their jobs.

In addition, the DMN also plays a key role in forming memories. In fact, your brain may be busier forming memories in the quiet time right before you fall asleep (a prime DMN period) than when you're actually sleeping, a study from the University of Bonn in Germany suggests.

#### Get in the zone

It's important to give your brain a break numerous times throughout the day, experts say. While there's no hard-and-fast prescription, Friedman suggests aiming for a rest period about every 90 minutes or whenever you start to feel drained, are unable to concentrate, or are stuck on a problem.

No matter how busy you get, don't sacrifice activities that really revitalize you, like a quiet bike ride in the morning, a lunch break away from your desk, or a relaxing evening at home. And don't skip vacations or days off. "The key is to stop thinking that downtime is a luxury that's taking away from your productivity," Immordino-Yang says. In fact, just the opposite is true. "When you invest in downtime to consolidate information and construct meaning out of your life, you charge back into your day-to-day rejuvenated and more strategic about what you want to accomplish."

Here are some other proven ways to get the mental refresh you need every day:

Take action. Washing dishes, gardening, going for a walk, painting a room—these types of activities are fertile ground for your DMN, Schooler says. "People have a hard time daydreaming when they're doing absolutely nothing," he says. "They tend to feel guilty or bored. Nondemanding tasks give you a greater mental refresh because you're not so restless." Next time you're folding laundry, let your mind wander.

Ignore your phone. Like most of us, you probably pull out your phone whenever you're bored, but that habit is robbing you of precious mental downtime. Take a screen break. When you're running errands, stash your phone away (so that

What's more, allowing your brain to drift at times like this may actually help you stay more focused and present when you need to be, such as during an endless but important meeting at work, Schooler says.

Be a little less connected. Facebook, Instagram, Twitter, and Snapchat are like chocolate: Some is good for you, but too much can be trouble. "Social media is the biggest killer of downtime, period," Shelov says. "Plus, it can work against you because you see only the perfection in people's lives. That makes you anxious." Even more stressful are all those upsetting news stories in your Facebook feed. Track your social media usage for a few days to see exactly how much time you're spending on it and how it makes you feel. If necessounds, such as birds chirping and trees rustling in the wind, that you can choose to pay attention to or not, giving your brain more freedom to roam where it wants to go.

Peace out. The mindfulness you get through meditation delivers important restorative benefits to your brain, studies show. But that doesn't mean you need to carve out a half hour to sit in a corner and chant. "There are plenty of rest and relaxation techniques that you can do in under a minute," Dr. Edlund says. For example. focus on the tiny muscles in different areas of your body for 10 to 15 seconds each, he says. Or every time you take a drink of water, think about how it tastes and feels. Doing this is equivalent to giving your mind a mini recess, Friedman says.

## research proves it: After you take a mental time-out, you're better at creative thinking and coming up with clever ideas and solutions.

you'll have it if you really need it), then ignore it for as long as you can. Notice how it feels to not be distracted and the way you can daydream when you're doing things like waiting in line. Friedman, who asks his students to try this as an experiment, says people inevitably feel anxious at first. "But after a little while, they start to take deeper, more relaxing breaths and begin to observe the world around them," he says. "Many realize how much they use their phones as a crutch whenever they're nervous or bored."

sary, set limits for yourself—no more than 45 minutes a day, for instance—or cull your friends list, saving just those people you truly enjoy keeping up with.

Choose nature over concrete. Letting your mind wander while you're strolling through a park is more restorative than when you're walking down a street, according to research from the University of Michigan. Why? Urban and suburban environments assault you with distractions—honking horns, cars, and people. But a green space has soothing

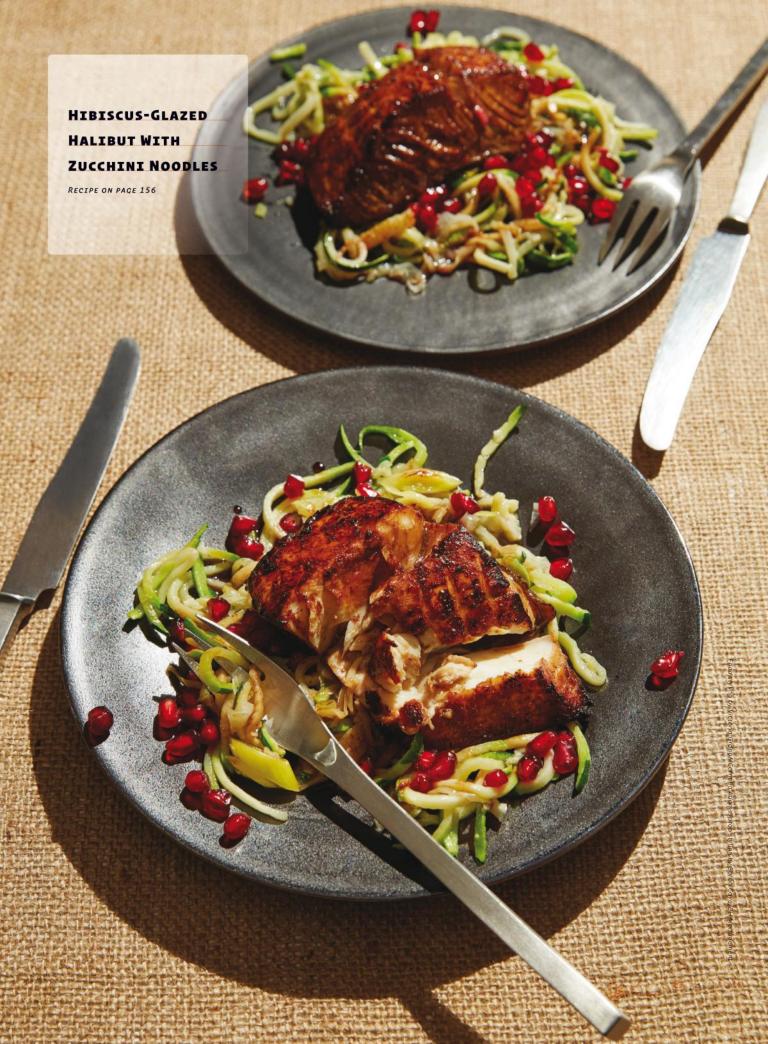


FIND YOUR SWEET SPOT New rule: Spend more time with friends you really enjoy, and ditch the social outings that are forced, not fun.

Follow your bliss. DMN isn't the only kind of mental break you benefit from. Doing things you love, even if they require some focus reading, playing tennis or piano, going to a concert with friends-can also be rejuvenating, says Pamela Rutledge, Ph.D., the director of the Media Psychology Research Center in California. "Think about which activities fulfill and energize you," she says. "Build in time for that enjoyment and to experience the positive emotions that come from them."★

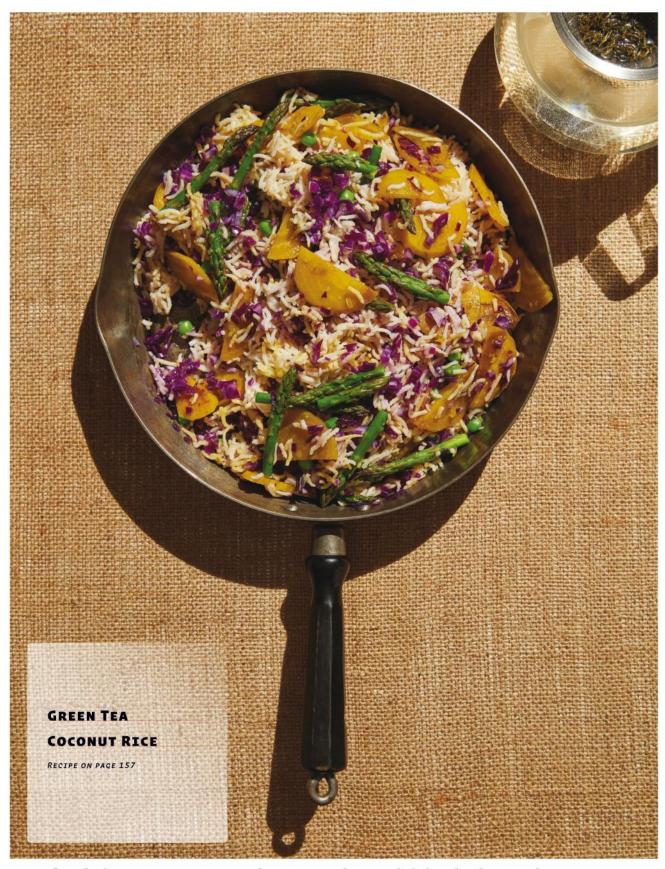




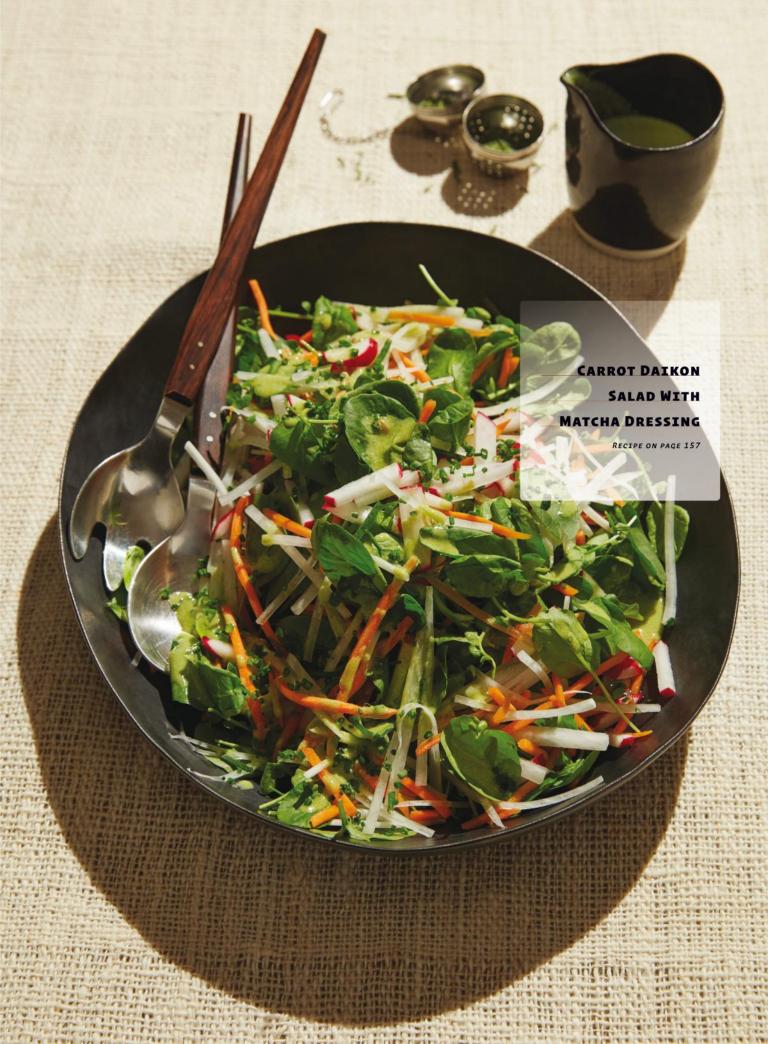




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**Fast food:** Green tea contains the antioxidant EGCG, which speeds up your metabolism. Matcha, or powdered green tea leaves, is the most potent kind.



# NO-BAKE EARL GREY CHOCOLATE TART

Serves: 8

Active time: 15 minutes

Total time: 2 hours

- 3/4 cup almond milk
- 2 tablespoons plus 2 teaspoons loose Earl Grey tea leaves
- 1/2 cup sliced almonds, plus more for garnish if desired
- 1/2 cup rolled oats
- ¼ cup coconut oil, melted
- 8 large pitted dates
- 6 ounces 60 percent bittersweet chocolate, roughly chopped
- 1/2 cup low-fat Greek yogurt
- 12 raspberries
- 1 In a small saucepan, bring the almond milk to a simmer. Remove from heat and add 2 tablespoons tea. Steep for 7 minutes.
- 2 Meanwhile, place the remaining 2 teaspoons tea,

- ½ cup almonds, and oats in a food processor and process until finely ground. Add the coconut oil and dates and continue to process until the crumbs stick when pressed together. Divide the mixture among four 4-inch tart pans and press into the bottoms and up the sides of the pans.
- 3 Strain the milk with a fine sieve, pushing tea leaves against the sieve with the back of a spoon; discard the leaves and return milk to the saucepan. Gently bring it back to a simmer and then remove from heat. Add the chocolate and set aside for 5 minutes.
- 4 Whisk the chocolate and milk mixture until smooth. Add yogurt and continue to whisk until smooth. Divide among prepared tart pans and chill for at least 90 minutes. Top with raspberries and garnish with sliced almonds if desired.
- \* Nutrition facts per serving: 224 calories, 16 g fat (10.7 g saturated), 22 g carbs, 4 g protein, 3 g fiber, 20 mg sodium



#### The good leaf: Teakeeps your immunity strong.

#### HIBISCUS-GLAZED HALIBUT WITH ZUCCHINI NOODLES

Serves: 4

Active time: 30 minutes

**Total time:** 30 minutes

- 3/4 cup balsamic vinegar
- $\frac{1}{2}$  cup water
- 1 three-inch piece ginger, cut into thin rounds
- 2 teaspoons finely ground hibiscus tea
- 2 tablespoons honey
- 1½ pounds halibut, cut into 4 pieces
- 4 teaspoons extra-virgin olive oil

- 1 leek, white and palegreen parts only, thinly sliced and rinsed well
- 2 garlic cloves, minced
- 4 small zucchini (about 1¾ pounds), spiraled, or 16 ounces packaged zucchini noodles

Kosher salt

Freshly ground pepper

- ½ cup pomegranate seeds, for garnish
- 1 In a small saucepan, bring the vinegar, water, ginger, and tea to a boil. Lower heat and gently simmer for 5 minutes. Strain the mixture, pressing the leaves against the strainer with the back of a spoon, then return liquid to the pan. Add honey and simmer over low heat for 20

minutes or until reduced to about ½ cup. Brush fish with the sauce; set aside.

- 2 Meanwhile, heat 2 teaspoons oil in a cast-iron or ovenproof skillet. Sauté leeks over medium-high heat until softened and slightly browned, about 5 minutes. Add garlic and cook for 30 seconds more.
- 3 Use paper towels to pat zucchini noodles dry and add them to the skillet. Use tongs to toss with leeks and garlic, cooking until

al dente, about 4 minutes more. Remove from heat, toss with salt and pepper to taste, and divide noodles among 4 plates.

4 Season fish with salt and pepper. Place pan over medium-high heat, cooking off any liquid left from the vegetables, then add remaining 2 teaspoons oil. Add fish, skin side up. After 4 minutes, flip and brush with more hibiscus sauce and continue to cook until fish is cooked through and

flakes easily, another 3 to 4 minutes. If desired, flip the fish again, brush with sauce, and place in the broiler for 1 to 2 minutes to caramelize glaze.

**5** Place a fillet on each plate of noodles, drizzle with sauce, and garnish with pomegranate seeds.

\* Nutrition facts per serving: 317 calories, 7 g fat (1.2 g saturated), 27 g carbs, 34 g protein, 2 g fiber, 210 mg sodium

#### **COFFEE-INFUSED PULLED-CHICKEN TACOS**

#### Serves: 6

**Active time:** 25 minutes

**Total time:** 1 hour 45 minutes

- 1 tablespoon ground coffee, plus 1½ cups strongly brewed coffee
- 1 tablespoon chipotle chili powder
- 2 teaspoons ground cumin
- 13/4 teaspoons kosher salt
- 1/2 teaspoon freshly ground pepper, plus more for seasoning
- 2 pounds boneless chicken thighs and breasts
- 1 teaspoon liquid smoke
- 1/4 cup pure maple syrup
- 3/4 cup plus 2 tablespoons cider vinegar
- 4 teaspoons Dijon mustard
- 2 teaspoons Worcestershire sauce

- 1 six-ounce can tomato paste
- 1 yellow onion, chopped
- 3 garlic cloves, smashed and coarsely chopped
- 1 small red onion, thinly sliced
- 2 tablespoons extravirgin olive oil
- 6 tablespoons plain whole-milk yogurt
- 2 tablespoons lime juice plus 2 teaspoons zest
- 1 pound brussels sprouts, trimmed and thinly sliced
- 1 cup diced mango
- 1/3 cup chopped cilantro
- 12 small corn tortillas
- 1 Preheat the oven to 325°. In a small bowl, stir together the ground coffee, chili powder, cumin, 1 teaspoon salt, and ½ teaspoon pepper. Coat the chicken with the dry rub and set aside.

- 2 In a Dutch oven, stir together brewed coffee, liquid smoke, 2 table-spoons maple syrup, 2 tablespoons vinegar, 2 teaspoons mustard, Worcestershire sauce, tomato paste, yellow onion, and garlic. Place the chicken in the liquid, cover the pot, and transfer to the center rack of oven until chicken is fork tender, about 90 minutes.
- 3 In a medium bowl, stir together remaining 3/4 cup vinegar, remaining 2 tablespoons maple syrup, and 1/4 teaspoon salt. Submerge red onion in the mixture and set aside at room temperature until ready to serve tacos, at least 1 hour.
- 4 In a large bowl, whisk together oil, yogurt, remaining 2 teaspoons mustard, remaining ½ teaspoon salt, and the lime juice and zest. Add

- brussels sprouts and mango and toss to coat; add cilantro and pepper and toss again. Cover with plastic wrap and refrigerate until ready to serve tacos, at least 1 hour.
- 5 When chicken is done, remove pan from the oven and transfer chicken to a cutting board. Use two forks to shred chicken.
  Skim any fat off the top of the sauce, then return chicken to the pot and stir to combine.
- 6 Remove brussels sprout—mango slaw from the refrigerator and toss. Drain the onions. Heat the tortillas in a dry skillet over medium heat, 30 seconds per side. Serve chicken on tortillas with slaw and pickled onions.
- \* Nutrition facts per serving: 468 calories, 12 g fat (2.4 g saturated), 51 g carbs, 39 g protein, 8 g fiber, 796 mg sodium

# Buying bags? Sizes vary from one brand to another, so snip them open and measure out the loose tea.

### GREEN TEA COCONUT RICE

#### Serves: 4

Active time: 30 minutes

**Total time:** 30 minutes

- 1 13.5-ounce can coconut milk
- 2 tablespoons loose jasmine green tea
- 1 cup basmati rice
- 1 teaspoon kosher salt
- 2 teaspoons extra-virgin coconut oil
- 1 shallot, finely chopped
- 4 small golden beets, peeled and cut into eighths
- 3 cups finely chopped red cabbage
- 3/4 pound asparagus, cut into 2-inch pieces
- 1/2 cup peas

  Freshly ground pepper

- 1 Pour the coconut milk into a large measuring cup and add enough water to equal 2 cups of liquid. Transfer the mixture to a medium saucepan and bring to a simmer. Remove from heat, add tea, and steep for 7 minutes. Strain, pressing the tea leaves against the strainer, then return brewed mixture to the saucepan.
- 2 Add the rice and ½ teaspoon salt to the saucepan and bring to a boil, then reduce heat to low. Cover and simmer for 20 minutes or until rice is tender. (Add more water after 15 minutes if necessary.)
- **3** Meanwhile, melt the coconut oil in a skillet over medium heat. Sauté the shallot for 2 minutes

or until softened. Add beets and sauté for 3 minutes more. Add ¼ cup water and continue to cook for another 2 minutes or so, stirring continually. Add cabbage, asparagus, and another 1/4 cup water and cook 3 to 4 minutes. Add peas and stir until the vegetables are cooked through, 1 to 2 minutes more. Sprinkle with the remaining 1/2 teaspoon salt and season with pepper.

- **4** Add cooked rice to the skillet and toss to combine. Serve immediately.
- \* Nutrition facts per serving: 417 calories, 19 g fat (16.3 g saturated), 54 g carbs, 8 g protein, 6 g fiber, 392 mg sodium

# CARROT DAIKON SALAD WITH MATCHA DRESSING

Serves: 4

**Active time:** 15 minutes

**Total time:** 15 minutes

- 3 tablespoons extravirgin olive oil
- 2 tablespoons plain low-fat Greek yogurt
- 1 tablespoon lemon juice
- 2 teaspoons honey
- ½ teaspoon Dijon mustard
- ½ teaspoon matcha Kosher salt Freshly ground pepper
- 3/4 pound daikon, julienned
- 3/4 pound carrots, julienned
- 1 bunch radishes, julienned
- 1 bunch watercress or mâche
- 1/4 cup chopped chives, for garnish
- 1 In a small bowl, whisk together the oil, yogurt, lemon juice, honey, mustard, matcha, and salt and pepper to taste. Add water as needed to reach the consistency of heavy cream.
- 2 Put daikon, carrots, and radishes in a large bowl. Add dressing, toss, and season with salt and pepper to taste.
- **3** Place watercress or mâche on a serving dish and top with dressed salad. Garnish with chives.
- \* Nutrition facts per serving: 165 calories, 11 g fat (1.6 g saturated), 16 g carbs, 3 g protein, 4 g fiber, 190 mg sodium



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#### WHAT RATE OF **PERCEIVED EXERTION** (RPE) MEANS

RPE is used to gauge your intensity in cardio workouts. Here is what the numbers in our fitness stories indicate.

#### **RPE**

- 1,2 Very easy; you can converse with no effort.
  - 3 Easy; you can converse with almost no effort.
  - 4 Moderately easy; you can converse comfortably with little effort.
  - 5 Moderate; conversation requires some effort.
  - 6 Moderately difficult; conversation requires quite a bit of effort.
  - 7 Difficult; conversation requires a lot of effort.
  - 8 Very difficult: conversation requires maximum effort.
- 9, 10 Peak effort; no-talking zone.



**FLIPTHEMAGAZINE OVER** TOGET INSPIRED TO BE THE BOSS OF YOUR BODY.

## **Make Healthy** Happen!



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#### 365 Davs of Slav

Goals don't stop just because resolution season ends-why not hit a Personal Best (or 12) with SHAPE all year long!



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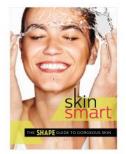


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#### **New Year Great Skin!**

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#### bodyshop Your Shape-Over Plan

When you need a go-to routine that delivers visible tightening and trimming results, this is the one you s<mark>t</mark>ick with. "You c<mark>a</mark>n build lean muscle and melt unwanted fat in less than 30 minutes," says Devan Kline, t<mark>he f</mark>ounder and head trainer of Burn Boot Camp, a fitness studio with 220 locations nationwide that's known for its compact, butt-kicking dlasses geared toward busy women. The secret, he says, is nonstop supersets: alternately working a major muscle group to fatigue, then doing a fast and furious cardio drill without anv rest in between. Move on to the next muscle-cardio pairing, and repeat; the previous group gets a chance to recover even as you're going full tilt working other parts.

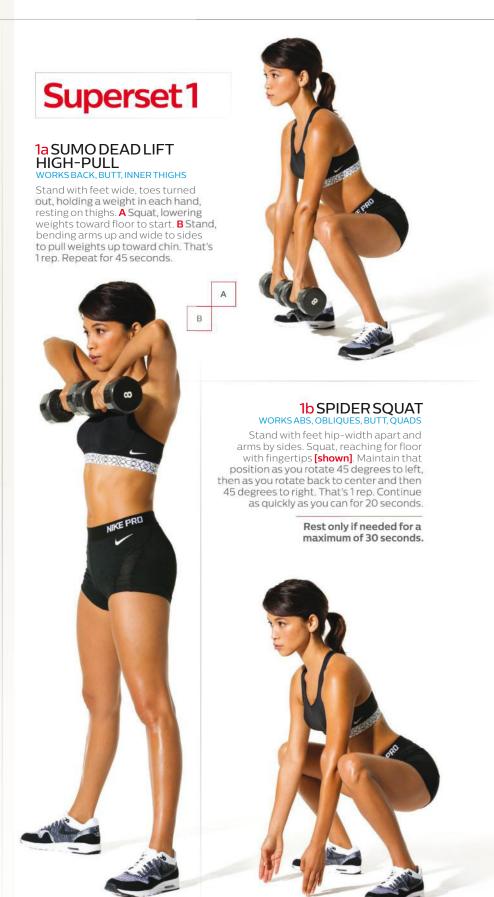
"To achieve that lean, muscular look, you must work at an intensity that triggers hypertrophy [a.k.a. growth]," Kline says. "In other words, during the strength exercises, lift until you can't lift anymore." And give the 20-second cardio bursts 100 percent of your effort. "That's the only way you'll be able to get your heart rate up enough to burn serious calories in that short amount of time," he says.

#### YOUR WORKOUT

You'll do each exercise for time, which means get in as many reps as you can with good form. Complete 3 to 5 rounds.

#### YOU'LL NEED

A set of moderately heavy (8- to 20-pound) dumbbells. A good range to aim for during the 45-second weighted moves is 8 to 15 reps; if you can do more than 15, try heavier dumbbells.



## Superset 2







## Superset 3

#### 3a LUNGE PULL-OVER

WORKS SHOULDERS, BICEPS ABS, BUTT, QUADS, HAMSTRINGS

Stand with feet wide, holding one weight horizontally by both ends at chest with arms bent downward. A Rotate body 45 degrees toward right, bending legs 90 degrees to come into a lunge. B Stand, rotating back to start, pressing weight overhead. Switch sides; repeat. That's 1 rep. Repeat for 45 seconds



Stand with feet wider than hip-width apart, toes turned out slightly, hands by sides. A Squat, reaching right fingertips to touch floor between feet to start. Immediately jump, Blanding in standing with left leg crossed behind right. Immediately drop to

start with left fingertips touching floor. That's 1 rep. Continue quickly alternating sides for 20 seconds.

Rest only if needed for a maximum of 30 seconds.







#### bodyshop Your Shape-Over Plan







# BetheBOSS of your body

Actress and author Lily Collins gets into her body philosophy with us. Her biggest passions: pushing past the comfort zone, laying some love on her baked goods, and getting inked for inspiration.



## I'VE LEARNED TOLISTENTO MY BODY. If

I'm hungry. I eat. If I want to be active, I go for a run or a hike. If I'm tired. I don't push myself. I've realized that what makes me happy and fulfilled is not about how I look but about being proud of what I've accomplished."

#### "FOOD HAS **BECOME** A FRIEND, NOT THE ENEMY.

I used to be the girl who was afraid of her kitchen. Then I started baking and putting energy time I walk or run, and love into every- I look down at it, thing I made, and I was superproud of what I created. Today I view food as fuel for my body lenged. My tattoos to do amazing things and as complete enjoyment and fulfillment."

#### "WORKING **OUT GIVES ME A CONFIDENCE** HIGH. I like to sweat a little bit every day. I take dance classes or do strength training or ballet barre. Or I go for a run or a hike. My favorite part of a workout is when I don't think I can do something, but

I push myself to the limit and do it, and

then I feel so much

stronger than I did

before."

#### "MY MOTIVATION? TATTOOS.

Every one of them—I have five tells me something really important. The one on my foot says, 'The nature of this flower is to bloom,' and every and I'm reminded that we're supposed to grow and be tested and chalare the inspiration that helps me move forward."

GOAL GETTER Lily, 27, is a Golden Globe nominee for the movie Rules Don't Apply and the author of Unfiltered, a memoir about her struggles with self-confidence and overcoming an eating disorder.



