

BECOME A HEALTHIER EATER (Even If You Loove Dessert)

SELF

YOU
AT YOUR
BEST

300+
Totally Free
Life Improvers
Inside!

The Great 1-Month Slim-Down

Shed Pounds and Tone Up
On Our Quick, Easy Plan

BONUS Track Your Progress Online

You: Radiant & Refreshed!

No Matter How Little
Sleep You Got P. 82

The Funnest Sex You'll Ever Have P. 94

**KATE
BECKINSALE**

Her Stay-in-Love Secret:
"We're Insane Texters!"

Get Healthy and Happy!

Inspiring Ideas to Help You
Lose Weight, Look Great and
Boost Confidence...Every Day

Create Your Dream Life

- Your Wallet...Fatter P. 78
- Your Body...Thinner P. 39
- Your Tension...Lower P. 74

6-PAGE SPECIAL

TV Trainer Jillian
Michaels Shows
You the Moves!

Plus: New Fitness
Video at Self.com



Masai Barefoot Technology footwear

SNEAKILY TRIM

You're steps away from a sleek shape when you slip on MBTs: The curved soles force you to engage abs and legs to balance so you sculpt as you stroll! Tone even more with moves from trainer Sharon Seagrave of Atlanta. —Erinn Bucklan

TUSH TIGHTENER works abs, butt

Stand with feet hip-width apart, knees soft, hands on hips, with abs contracted and feet balanced level, weight on arches to keep from tilting. Shift weight to roll backward onto heels. Stay in position as you press down into right heel using right hip and butt so left foot lifts about an inch off floor (as shown) and quickly repeat on opposite leg for one rep. Do three sets of 15 reps.



CALF CHISLER works calves

Stand with feet hip-width apart, knees soft, arms at sides. Rest weight on arches of feet to keep from tilting, then shift weight up onto toes to roll forward, as if standing on tiptoes (as shown). Roll back to resume level foot position; repeat. Do three sets of 12 reps.



THIGH THINNER works butt, thighs, hamstrings, calves

Stand with feet hip-width apart, hands on hips, resting weight on arches of feet to keep from tilting. Bend knees to lower into a squat (as shown), then straighten legs to rise as you roll forward onto toes. Return to start for one rep. Do three sets of 12 reps.



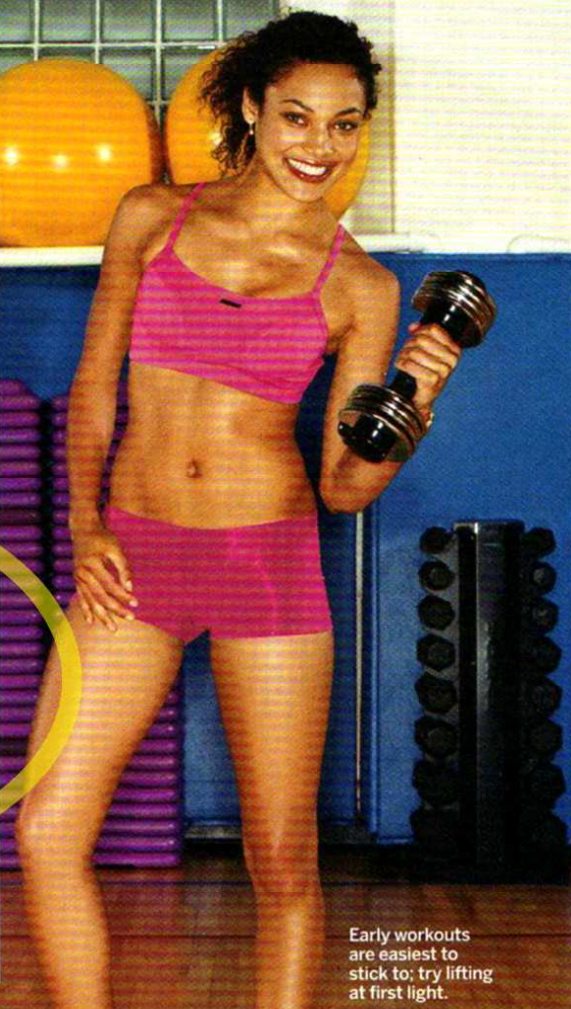
Pick your top power hour!

When you work out can make a big difference in the benefits you bank.

A.M. ATHLETE Morning workouts can lower your triglycerides levels for the entire day, even after meals, which helps decrease the risk for heart disease, a study in *Medicine & Science in Sports & Exercise* reports.

MIDDAY MOVER So long, energy slumps! "Exercising in the middle of the day keeps your adrenaline pumping so you're alert throughout the afternoon," says Jacob Teitelbaum, M.D., of Kona, Hawaii, medical director of the Fibromyalgia and Fatigue Centers, located throughout the United States.

EVENING EXERCISER Getting fit will seem easier. The rate of perceived exertion for night workouts is lower than for early sessions, according to a study published in the *Journal of Sports Sciences*. —Megan Morris



Early workouts are easiest to stick to; try lifting at first light.

CLICK YOUR WAY TO FIT

Could going online help you get in shape? Find out if high-tech training is for you with SELF's site reviews. —Jim Gerard

THE SITE	PROMISE	PERKS	PROBLEMS	VERDICT
Work with your own coach at TrainingPeaks.com	Meet any goal (run your first 5K or get in top swimming shape) with daily workout and nutrition planning and tracking.	You or your trainer can customize a plan or choose an existing event-specific one. Easy-to-use charts show your progress.	Unless your aim is the Olympics, the huge volume of information you can input and tally on the site may be slightly intimidating.	★★★★☆ A winner for serious athletes and weekend warriors (an account is \$20 a month; plans go up to \$120).
Keep up your routine on the road with Skype.com	Exercise along with your pro no matter the miles between you. A webcam and Skype's Internet phone software let you view each other live.	Your trainer can visually monitor your moves, correct your form and even demonstrate exercises as if she were in the room with you.	Working out requires a PC with a wireless microphone (a cord limits your mobility) so you are able to ask questions during your session.	★★★★☆ Unbeatable convenience—if you have a cyber-savvy instructor (costs no more than your call).
Find a trainer and a get-fit guide on Global-Fitness.com	Shape up with customized weekly exercise and meal plans. You're assigned fitness and diet experts who answer inquiries within 24 hours.	The site offers tons of helpful resources such as online books about weight loss, exercise videos and tutorials on move technique.	There are only four full-time trainers from which to choose (but 38 experts consult on issues such as stress relief and injury rehab).	★★★★★ As close as you can get to a personal trainer without logging actual face time (\$60 for 12 weeks)