

SELF



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PEOPLE THINKING

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***GORGEOUS
GLOWY SKIN*** P. 40

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HENRY FINCK, AUTHOR

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(FEBRUARY)

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Glowy Skin

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“My warm-up is like other people’s full workouts! It sets the tone for what follows.”—Skylar Diggins

JASON KIM

LOOK FABULOUS NOT FROZEN

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#LookFabulousNotFrozen



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THAN
HER
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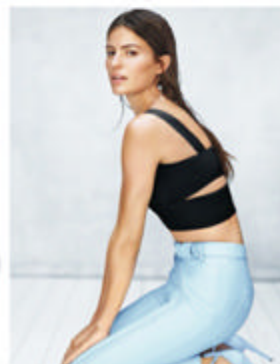
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Photographed by Thomas Whiteside in New York City

Fashion director, Melissa Ventosa Martin; hair, Dennis Devoy for Bumble & Bumble; makeup, Georgi Sandev for Chanel Rouge Coco; manicure, Alicia Torello for Zoya; prop styling, Jessica Ennis.

CLOTHES Top, Donna Karan New York; pants and belt, Iceberg; earrings, Sonia Boyajian Jewelry; heels, Altuzarra. See Get-It Guide.

GET THE LOOK Lancôme Color Design Lipstick in Haute Nude, \$23. Garnier Fructis Style Sleek & Shine Anti-Humidity Smoothing Milk, \$4

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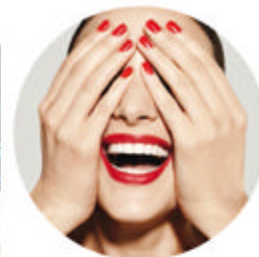
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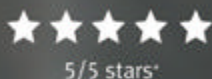
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EDITOR'S LETTER

WHAT INSPIRES YOU?

Inspiration can be found in so many places. For me, it's meeting some of the amazing women we feature in the magazine—a spirit of discovery that reminds me of my school days. When I had lunch with Cameron Russell, our cover star and TED talk sensation, we chatted like two freshman roommates meeting each other: books, politics, how much we love/hate running.

When you bond with like-minded people, it's utterly energizing. Skylar Diggins, the WNBA star, and Sarah Robb O'Hagan, the president of Equinox, are two very different but equally cool women I have recently had the pleasure of getting to know. I asked them to share what keeps them going and how they bridge the motivation gap from now until spring (see their secrets at right). For daily inspo, follow them @skydigg4 and @sarahrobboh.

I hope that in SELF's pages, tweets, Instagrams and Facebook and online posts, you feel the spark of women living fully—and even get inspired to make a connection with someone new yourself.

Happy February!

Joyce

Joyce Chang
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The little things that inspire me

BRANDS THAT DO GOOD

Maiyet's clothes and accessories are simply chic, and I also love that they partner with local artisans and are dedicated to helping them cultivate their businesses.

Narrow Passage Bracelet, \$1,350; Maiyet.com

A HEALTHY & DELICIOUS COOKBOOK

From food blogger Ella Woodward, one of the first women we featured in our SELF Made column. I can't wait to try the gluten-free recipes.

Deliciously Ella, \$20; Amazon.com (March 3)



A HOT BATH

I do my best thinking in the tub—a luxurious, fragrant bath is therapeutic and relaxing. \$18 each; Herbivore Botanicals.com



A DESERT GETAWAY

Palm Springs, California, is one of my favorite places. Getting up early and going on a long hike is hard in a good way.

Cover star **Cameron Russell** stops by my office to show me the magazine she self-publishes, *Interrupt*. For more Cameron, follow her on Instagram @cameron_r.



SELF-MADE WOMEN ON HOW THEY GET INSPIRED

"RUNNING. IT'S MY WEDGE INTO CREATING TIME FOR MYSELF. WHEN I TAKE AN HOUR TO RUN, I REALIZE I CAN MAKE AN HOUR FOR ANYTHING I WANT."

—Cameron Russell, model (See her story on page 68.)

"Songs that I listened to when I was a teenager transport me back in time—to a youthful mode where anything is possible."

—Sarah Robb O'Hagan, president of Equinox (See her time diary at Self.com/go/timemakeover.)

"ON MY SHOES, I ALWAYS WRITE 'NEXT PLAY.' IT HELPS ME REMEMBER NOT TO CARRY STUFF WITH ME IN THE GAME."

—Skylar Diggins, WNBA star (See her ultimate warm-up on page 74.)

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(SELF)

STARTER

DANCE HAPPY

➔ *Get fit, have fun, and feel great about your body—it's just a dance class away.*

On those days you need extra motivation to make it to the gym, skip your appointment with the treadmill or elliptical and put on your dancing shoes. New research shows that women who use dance (like modern, hip-hop and even belly dance) to exercise have a more positive body image than those who don't. Marika Tiggemann, Ph.D., author of a study published in the journal *Sex Roles*, says these types of dancing focus on health, movement and enjoyment rather than on losing weight. "Do things to have fun," Tiggemann says. "It's not about how your body looks. It's about how you feel." —*Alexandra Engler*

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HEALTH NEWS

→ *The latest trends and tips to help you feel your best this month*

Show your heart some love

Heart disease kills more women than cancer does. These healthy indulgences can keep yours beating strong.

GIVE IN TO YOUR SWEET TOOTH

People who eat chocolate five or more times a week have a 57 percent lower risk of developing heart disease than those who don't indulge, a Harvard study found. Previous research suggests that dark chocolate may also improve blood pressure.

HAVE MORE SEX

Research shows sex reduces cortisol levels. This is key, says Jennifer H. Mieres, M.D., a spokeswoman for the American Heart Association, because chronically elevated cortisol raises blood pressure and destroys arterial lining.

ENJOY AN OMELET

Sure, eggs contain cholesterol, but the amount is negligible, and eating them won't push your levels over the limit, Dr. Mieres says. Plus, yolks are loaded with nutrients you need, including protein, vitamin B₁₂ and folate.

GO WITH THE FLOW

Yoga helps your nervous system deal with stress. In a study from India, prehypertensives who did yoga and enrolled in a behavioral-modification program lowered their blood pressure more than those who only changed their habits.

SWEAT, THEN SIP

Czech researchers found that people who exercised regularly and drank wine modestly saw a drop in "bad" LDL cholesterol and a rise in "good" HDL levels. Sedentary drinkers showed only a reduction in LDL. So don't skip the gym for happy hour—hit both!

FROM COCOA TO CABERNET—FUN WAYS TO GET YOUR HEART'S FILL



RADIATE HEALTH

Eating fruit and veggies can give you a prettier glow than spending time in the sun, a study published in *The Quarterly Journal of Experimental Psychology* finds. Women whose skin had brightened because of carotenoids (the pigment in most produce) were perceived as healthier and more attractive than those whose skin color was boosted by melanin (the pigment produced in response to UV rays). Consume a rainbow of fresh foods, says lead author Carmen Lefevre, Ph.D., including carrots, apples and dark leafy greens.

66

PERCENTAGE OF SUPPLEMENTS CONTAINING BANNED DRUGS THAT ARE STILL FOR SALE DESPITE FDA RECALLS

SOURCE: JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

High anxiety

Now that 17 states have decriminalized marijuana, pot may seem like no big deal. But a new study urges caution—especially for women. Researchers discovered that female rodents became more tolerant of the pain-relieving properties of THC (the "makes you high" chemical) than males. Because women could need bigger doses to relieve pain (or simply feel good), says senior study author Rebecca M. Craft, Ph.D., of Washington State University, they may be more vulnerable to developing a dependence on pot.

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Q / A



Is it OK to eat the same foods every day?

Alexis, 29, Atlanta

A / Yes and no. It's a good idea to maintain a pretty consistent diet, like oatmeal for breakfast, a salad for lunch, and fish and veggies for dinner, particularly if you're trying to lose weight. Keeping things simple narrows your choices so you're less likely to get off track. However, eating a variety of foods means a wider range of nutrients to keep you healthy, so make sure you get a rainbow of produce and a mix of lean proteins and whole grains.

—Melina Jampolis, M.D., president of the National Board of Physician Nutrition Specialists

How can I mimic the benefits of a standing desk?

Carly, 29, Tampa, Florida

A / Standing desks are great, but if you don't have one, take frequent short breaks at the office. Our bodies aren't meant to be sedentary all day, and recent studies suggest that "sitting disease" can lead to a host of issues, such as heart problems and obesity. At least once an hour, take a bathroom break, walk to get a glass of water, stand up and take a phone call or schedule a walking meeting. In my department, we do quick exercises like squats and wall sits once or twice a week. You can also look for a modifier to transform your desk into a standing one.

—Jennifer L. Temple, Ph.D., associate professor of exercise and nutrition sciences at the State University of New York in Buffalo



I feel moody in the winter—what can I do to stay happy?

Lindsey, 31, Athens, Georgia

A / Mood swings can be due to reduced sun exposure, which can affect your circadian rhythms and the hormone melatonin. Keep up your regular routine, stay social and get outside. If your symptoms interfere with your day-to-day, you could have seasonal affective disorder, a type of depression. See your doctor, who may recommend talk therapy, antidepressants or light therapy.

—Kelly Rohan, Ph.D., professor of psychological science at the University of Vermont

My hands and feet are always cold. Is something wrong?

Jennifer, 31, Columbus, Ohio

A / Maybe—you could have Raynaud's phenomenon, wherein abnormal blood-vessel constriction causes hands and feet to get really cold in icy temperatures; they may also look blue, red or white. Although Raynaud's is associated with autoimmune diseases, like lupus or scleroderma, discomfort doesn't necessarily mean something is wrong. See your doctor if the pain bothers you to rule out Raynaud's or other causes, like vascular disease. In winter, keep your torso warm and carry heat packs and gloves to help hands stay toasty.

—Annabelle Volgman, director of the Rush Heart Center for Women at Rush University Medical Center in Chicago



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REPORT

BEYOND THE PILL

➔ *Maybe you've never given much thought to your method of birth control. Here's why you should.*

BY MOLLY TRIFFIN

For many women, taking an oral contraceptive is as integral to their daily routine as charging their phone. More than a quarter (27.5 percent) of birth control users are on the Pill (only 5.6 percent opt for IUDs, and 0.5 percent implants). Tubal sterilization accounts for another quarter, though young women who want a reversible option overwhelmingly choose the Pill, according to the Guttmacher Institute.

But does the Pill deserve to be our go-to? Not according to the American Congress of Obstetricians and Gynecologists or the American Academy of Pediatrics, whose experts now recom-

43% OF UNINTENDED PREGNANCIES RESULT FROM INCONSISTENT AND INCORRECT CONTRACEPTIVE USE.

mend IUDs and implants for sexually active young women, citing reliability and convenience.

These guidelines coincide with the introduction of two non-Pill options. The IUD Skyla, launched in 2013, is wearable for three years (instead of five), releases a lower dose of hormones than its big sister, Mirena, and has been found to be safe for women who haven't had children as well as those who have. A sleek new diaphragm,

Caya, expected to launch later this year, is one-size-fits-most and easier to insert than previous models. It may appeal to women who don't like hormonal contraceptives, despite experts' reassurances about safety.

The Pill isn't even the most effective method: It has a 9 percent failure rate, compared with 0.2 to 0.8 percent for IUDs and 0.05 percent for implants (diaphragms fail 12 percent of the time). Nor is it always the cheapest, since non-generic versions can cost more than twice what an IUD does over three years. So, why its continued dominance? Lack of public research funding is one culprit. The National Institutes of Health allots

roughly \$35 million annually for contraception R&D. That's paltry, considering that it can cost hundreds of millions to bring new birth control to market, so it's up to pharmaceutical companies to kick in resources. If things go awry, the PR and legal fallout can be epic. See: the Dalkon Shield class action lawsuits of the '70s, in which an allegedly faulty IUD design led to claims of severe complications in an estimated 200,000 women. (The maker denied the accusations but paid billions of dollars in damages.) See also: the Norplant controversy of the '90s, in which more than 50,000 women filed lawsuits against the implant maker,



claiming they hadn't been warned of side effects like heavy bleeding, severe headaches, nausea and depression. (Despite prevailing in thousands of cases, Norplant's maker settled with some 36,000 women and eventually removed the device from the market. New implants like Implanon are easier for doctors to insert and last three years versus five, reducing risks for some side effects.) "Contraceptives have a history of litigation, which makes manufacturers nervous," says Eve Espey, M.D., president-elect of the Society of Family Planning.

Consumers can be skittish, too. Dalkon Shield shook a generation of women who may be hesitant to consider a new form of birth control. Their doctor may not be able to allay their concerns. A 2012 study conducted by researchers at the Centers for Disease Control found that 30 percent of providers had misperceptions about the safety of IUDs (e.g., believing they shouldn't be used by women who haven't had children). "Many doctors don't even stock IUDs, because they can't afford the inventory," adds Dr. Espey. The Pill, which has been around since the '60s and can be skipped, stopped or restarted without a doctor's involvement, also gives women a sense of control. "There's something appealing about having agency over one's health care decisions," Dr. Espey says.

That feeling may go only so far. A 2011 study published in *Obstetrics & Gynecology* found that just 54 percent of Pill poppers were satisfied with their form of contraception, versus more than 80 percent of women with IUDs and 79 percent with implants. There's also concern about blood clots. "There is a low but real risk of potentially fatal clots forming in the legs and lungs as a result of the estrogen in oral contraceptives," Dr. Espey says, adding that this makes the Pill less safe than IUDs.

Clearly, there's no birth control that's 100 percent safe, effective, cheap and convenient. But refusing to settle for the status quo could help send a message—to manufacturers, doctors, government groups—that women deserve better, and we'll be shopping around until we get it. ●

ACTIVE TO-DO LIST

Push yourself harder—or ease up on your workout—with this month's tips.

TEAM UP

Sweat with someone and you may get more out of the workout. Experiences seem more intense when shared with others, per a Yale University study. Research shows we focus more during such activities. So, spar with a partner, not a punching bag.

OR

SKIP YOUR WORKOUT

Exercising while sick can do more harm than good, says kinesiology professor Karin Richards of the University of the Sciences in Philadelphia. Fever or nausea? Stay in bed. If symptoms are above the neck (stuffy nose, sore throat), take it easy at the gym.

OR

REMEMBER FITNESS VICTORIES

Thinking about a race you ran or a game you won can be key to feeling motivated, suggests research from the University of New Hampshire. People who recalled such positive memories say they exercised more the next week.

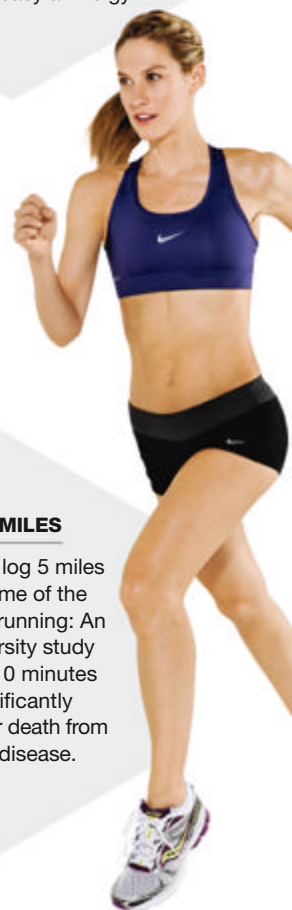
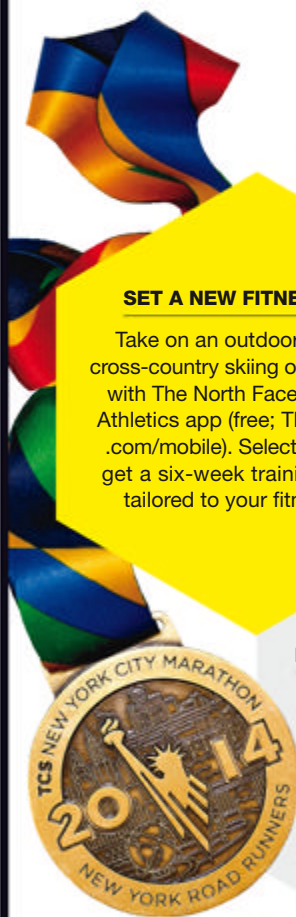
BREAK A SWEAT INDOORS

Fight cabin fever with the new *Happy Hour* DVD from dance-fitness guru Anna Kaiser. Segments blending dance cardio, strength training and pilates toning—along with Kaiser's high-energy style—make the minutes fly by.

OR

RUN FEWER MILES

You don't need to log 5 miles a day to reap some of the health benefits of running: An Iowa State University study found that even 10 minutes a day can significantly reduce your risk for death from cardiovascular disease.



WHICH IS BETTER...

Training with **DUMBBELLS** or **KETTLEBELLS** to build muscle?

PICK UP THE DUMBBELLS. “If your goal is to look stronger, dumbbells are superior,” says Bill Campbell, Ph.D., director of the Performance and Physique Enhancement Laboratory at the University of South Florida. Moves like a dumbbell curl or press are more effective at stimulating type II muscle fibers, which leads to an increase in muscle size. When you do kettlebell-specific exercises like swings, you use momentum as well as force. While these calorie-burning moves do use type II muscle fibers, they primarily activate type I fibers, whose main function is improving endurance—not growing muscle.



CLOCKWISE FROM TOP: JUSTIN STEELE; HAIR AND MAKEUP: ALLISON BROOKE; MANICURE: TATYANA MOLOT FOR ABTP; MODEL: COURTNEY GRAF AT WILHELMINA; ANDREW PURCELL; FOOD STYLING: CARRIE PURCELL; PROP STYLING: KAITLYN DUROSS; GETTY IMAGES.



Taking a *midday nap* or *going to sleep early*?

MAKE TIME FOR A CATNAP.

A short nap can refresh you without throwing off your sleep schedule, and you can take one every day (if you'd like). Find a quiet, dimly lit place to close your eyes at around 2 or 3 P.M., when the human body clock is naturally scheduled to siesta, says

Alexandros Vgontzas, M.D., professor of psychiatry at Penn State College of Medicine. Twenty minutes is the sweet spot—any longer and you could slip into deeper stages of sleep, then wake up groggy. If you're trying to survive on less than four hours of shut-eye, you'll need a

serious nap of 60 to 90 minutes (these marathon snooze sessions can tamper with your sleep/wake rhythms, so save them for emergencies). Going to bed an hour or so earlier is fine to do once in a while, Dr. Vgontzas says, but a consistent bedtime keeps your internal clock on track.



WHICH IS WORSE...

Skipping BREAKFAST or LUNCH?

ALWAYS HAVE LUNCH.

The daylong lag between breakfast and dinner is too long to go without fuel. You'll feel sluggish all afternoon, and when you come home famished, you'll have less energy to resist temptation—never mind cook—says Tonya Turner, a registered dietitian at the Medical University of South Carolina Weight Management Center. Breakfast is important, too, but skipping it doesn't have as great an impact on weight and metabolism as previously thought.



Tuck in. Breathe in. Drift off.

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Dove White Beauty Bar
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Body Wash



Dove Advanced Care
Deodorant



Dove Oxygen Moisture
Shampoo

(SELF)

IMAGE

NET EFFECT

→ *Sporty, basketball-inspired mesh takes a leap off the court.*

It's a style slam dunk: On the spring runways, designers like Proenza Schouler, Reed Krakoff and Alexander Wang used performance fabrics (the stuff basketball jerseys are made of) as a jumping-off point for cool clothing. Think open-weave dresses, slouchy shorts, sheer tops and more. How to wear yours? Try teaming one athletic-inspired piece—here, an easy navy-and-white mesh tee—with a sophisticated staple like a pencil skirt, tailored pants or these crisp culottes. The result: a playful look that's still refined enough for the office. Add feminine ankle-strap heels and a structured bag for the game-winning assist. —Sara Gaynes Levy

MESH TOP

Trademark, \$228;
Trade-Mark.com

TURTLENECK

Hanro of Switzerland,
\$200; Shop
.HanroUSA.com

CULOTTES Adeam,
\$965; 212-664-7999

EARRINGS \$995;

LanaJewelry.com

CUFF \$205;

Miansai.com

BAG
See by Chloé,
\$540; Zappos.com

HEELS \$625;

AlexanderWang
.com (available
in March)

Photographed by BEN RAYNER

FEBRUARY 2015 / SELF 29

(SELF) IMAGE



A fun color-block print in soft jersey looks cute and feels ultra-comfortable. Bra, \$76, and panties, \$51, Xirena; Wright's, 310-376-8553

SELF

Shop every single item on this page when you hover over it with the SELF Plus app. Details, page 8.



Barely there lace and scarlet accents amp up the minimalist cut. Bra, \$108, and panties, \$84, Albertine; Albertine-Swim.com/gb

THE FIND

SPORTY LINGERIE

→ *Stylish sets that are both playful and provocative? Score.*



Perforated mesh and a sexy strap detail make this a winning combo. Bra, \$108, and panties, \$52; Relique.us



Bold, contrasting colors give this retro design a modern edge. Bra, \$67, and panties, \$47, Nais Lingerie; Be-Nais.com



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ANAÏS NIN, AUTHOR

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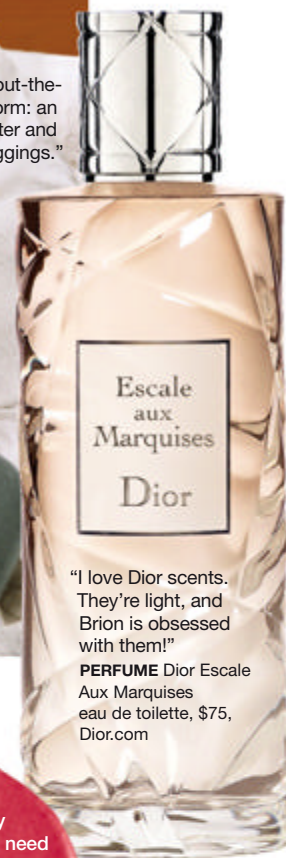
UP & OUT

➔ **Heather Andersen**, owner of New York Pilates, tells us how she makes time for romance in the morning. BY SARA GAYNES LEVY

Heather Andersen and her fiancé, Brion Issacs, both work long hours, so they came up with a creative solution for date night: use their mornings. "At the end of the day, we'd come home and just talk about work. It wasn't quality time together," Andersen says. Since they both have flexible schedules, they decided to wake up at 8 A.M. and take turns making breakfast for each other. "Mornings became a time we could prioritize our relationship," she says. During breakfast, work talk is banned, and phones and computers are off-limits. "Sometimes Brion will play the guitar for me. I love starting my day with that," Andersen says. If they have time after eating, they'll step out for a run or a quick yoga session together. When she does head to her studio, around 11 A.M., Andersen limits her makeup to tinted moisturizer so she can make it out the door in less than 30 minutes: "I'm quick!"



"My cozy, get-out-the-door uniform: an oversize sweater and cashmere leggings."



"I love Dior scents. They're light, and Brion is obsessed with them!"

PERFUME Dior Escale Aux Marquises eau de toilette, \$75, Dior.com



"I'll read Brion reviews of movies I think we should see."



"A bright lipstick is my go-to when I need to look polished."

LIPSTICK Lancôme Lip Lover in Beige Adage, \$23; Lancome-USA.com

"I gravitate toward personal jewelry that always works with my outfit."

NECKLACE \$855; LanaJewelry.com



"My purse doubles as my gym bag. I feel like Mary Poppins, but it saves me hassle when I have everything I need with me."

3 ways she makes time

1 SHE CREATES A DIGITAL TO-DO LIST

"I use Wunderlist to manage everything. It helps keep me organized."

2 SHE SCHEDULES HER WORKOUT

"I exercise when the studio is quiet, around midday, so I can be there for clients when it's busier."

3 SHE WEARS NO-FUSS MAKEUP

"I use a tinted moisturizer with SPF. If I get sweaty, I only have to reapply one product."



"Most of my wardrobe is workout clothing, so I like to mix it up with fun colors and prints."

BRA Onzie Athletic Apparel, \$42; Onzie.com
PANTS \$120; Splits59.com

PORTRAITS/COFFEE STILL LIFE: CLARKET TOLTON; STYLING, JULIE BROOKE WILLIAMS; HAIR, CONRAD DORNAN; MAKEUP, ERIN GREEN FOR CHANEL ROUGE COCO; STILL LIFES, FROM TOP: COURTESY OF DIOR, JOSEPHINE SCHIELE; PAUL ARMBUSTER; STYLING, DIEDRE RODRIGUEZ (2); DEVON JARVIS. SEE GET-IT GUIDE.



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BEAUTY BUZZ



VICTORIA'S SECRET

The polishes contain bamboo extract to strengthen nails.

Victoria, Victoria Beckham for Nails Inc. nail polishes, \$25 each



POSH POLISH

Victoria Beckham is known for her impeccable style. Now her brand of chic has been bottled in the form of two nail polishes, created with U.K. lacquer brand Nails Inc. "It's all Victoria," says founder Thea Green. "Perfection is part of her brand." Naturally, Beckham had her hands in every detail, from the frosted Venetian glass bottles to the minimalist logo. The shades, judo red and bamboo white, are meant to complement her spring Victoria, Victoria Beckham line. And the formula's flexible polymers cling to nails like one of her perfectly tailored sheath dresses.

MAGIC ERASERS

Concealers have long been a quick fix, neatly disguising everything from dark circles to blemishes. But the latest versions go one step further—to actually improve your complexion. Chantecaille's creamy formula contains peptides to firm under eyes, while Physicians Formula's take is blended with optical brighteners and hydroxycinnamic acid to fade dark spots. To treat pimples, Cover FX is spiked with pore-refining salicylic acid and bisabolol, a chamomile derivative that soothes inflammation. Shiseido's concealer stick, meanwhile, can be easily maneuvered around the inner eyes and nose to calm any irritation with humectants. The payoff from these smart products: skin that needs no covering up in the future.

From left: Cover FX Blemish Treatment Concealer in NX-Deep, \$25; Shiseido Perfecting Stick Concealer in Medium Deep, \$25; Physicians Formula Super CC Instant Blurring Eye Cream SPF 30 in Light/Medium, \$13; Chantecaille Le Camouflage Stylo in 1, \$49



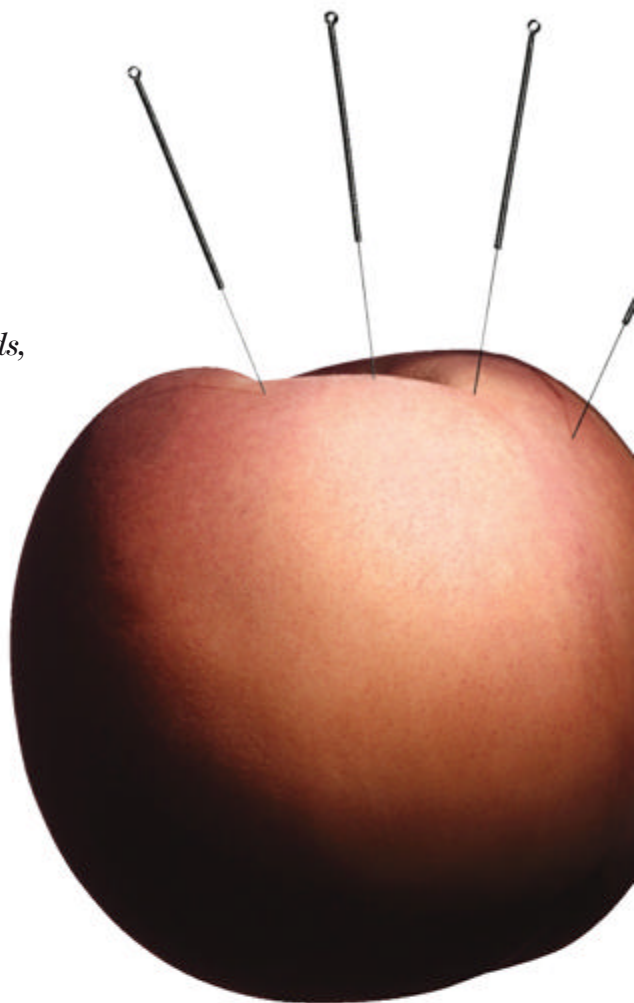
➔ Beauty director Elaine D'Farley shares her favorite new finds, from "smart" concealers to acupuncture facials.

Back to the future

The most modern trend in beauty? Putting a fresh spin on centuries-old skin-care traditions. In spas like Shellie Goldstein's in New York City, facialists mix Chinese acupuncture with microcurrents and light therapy to boost circulation and collagen production. The result: "skin that's dewy and energized, with fewer fine lines," Goldstein says. At home, you can

reap the benefits of Eastern remedies as well: Lilysilk Silk Beauty Cocoons (\$12 for 25) are inspired by the Chinese ritual of exfoliating with mulberry silk cocoons—simply place one pod over your finger, dampen with water and buff skin for a radiant glow. For extra hydration, pat on Sulwhasoo's Luminature Essential Finisher (\$90). With nourishing green

tea and ginseng, it works like the beauty waters generations of Korean women have splashed on to seal in moisture. Even a shower can turn into a pampering ceremony with Ritual Hammam Body Mud (\$17), a paste with Rhassoul clay and eucalyptus that mimics the kind used in Middle Eastern baths. It will slough dead skin—leaving dry patches in the past.



EYELINER FACE-OFF

SEXY + SMOKY VS. CHIC CAT-EYE

Makeup artist Daniel Martin on how to master two hot runway looks



THE LINER Use a kohl pencil like Revlon PhotoReady Kajal (\$9) to trace upper and lower lashes. Then draw a line that follows the crease and smudge.

WEAR WITH A dusting of golden pink blush is a pretty counterpart to dramatic eye makeup. Apply YSL Blush Volupté N.6 Passionée (\$47) above cheekbones.



THE LINER Apply a liquid liner like Prestige Cosmetics Line & Style Ink Pen (\$9) in a precise line on upper lids. Flick the line up a quarter inch at the outer edges.

WEAR WITH A rosy lipcolor like Cover Girl Colorlicious lipstick in Guavalicious (\$7) adds softness to this polished look. Dab in the center of your lips for a subtle stain.

PONY EXPRESS

➔ Master the postworkout ponytail with these speedy how-tos from NYC-based stylist Matt Fugate. BY KATHERYN ERICKSON

30
SECONDS

LOW + POLISHED

1 Sprinkle a dry shampoo like Blowpro's (below) into hands and work into hair, concentrating on roots. 2 Tie hair into a low ponytail. 3 Use a drop of dry oil, like OGX Vitamin B5 Weightless Oil Mist (\$8), to smooth ends—then apply along the hairline to tame flyaways.

WAVY + FRESH

1 Gather hair into a ponytail. 2 Twist pony into a coil and secure with an elastic, then loosen slightly before misting with a salt spray like John Frieda Beach Blonde Sea Waves Sea Salt Spray (\$10). 3 Let set for a few seconds, then untie bottom elastic and fluff hair.

1
MINUTE

SECTIONED + COOL

1 Wet hair and comb a styling cream like L'Oréal's or Dove's (at right) through locks to make hair more manageable. 2 Using a comb, part hair from ear to ear across the crown, then secure with an elastic. 3 Repeat Step Two across the back of your head, halfway between the nape and your first part. 4 Gather the remaining hair at the base of your neck, fastening it with an elastic.

4
MINUTES

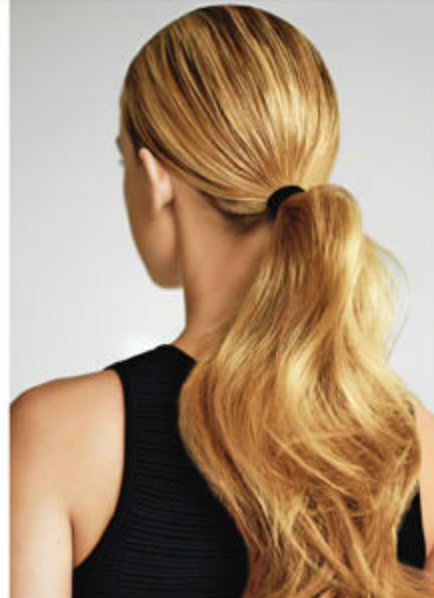
Dove Youthful
Vitality Silk
Crème, \$6

6
MINUTES

BRAIDED + ROMANTIC

1 Use a bit of pomade, like Schwarzkopf Styliste Ultime Transparent Polishing Pomade (\$7), before braiding to give hair texture. Section off bangs and place to the side. 2 Create a messy French braid down one side of your head with the rest of your hair, stopping at the nape. Fasten the remaining length into a ponytail. 3 Pin your bangs into a pouf, then tuck remaining hair into braid.

Blowpro
Faux Dry
dry shampoo,
\$20



CLOCKWISE FROM TOP RIGHT: DEREK KETELLA; STYLING, JENNY CAPTAIN; HAIR, LEON GORMAN FOR KEVIN MURPHY; MAKEUP, VALERY GHERMAN FOR CHANEL COCO ROUGE; MODEL, CAROLINE LOWE AT IMG MODELS. DAVID COOK. COURTESY OF DOVE. IMAXTREE (2). COURTESY OF BLOWPRO. INDIGITAL IMAGES. ADAM KATZ SINDING/TRUNK ARCHIVE.



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FOREVER YOUNG

➔ *The secret to beautiful skin? Taking care of yourself inside and out—with a little help from the right products.* BY NICOLE CATANESE

There's always this moment in my hot yoga class, usually right before Savasana, when all I can think about is how *good* the women around me look. Makeup-free and drenched in sweat, they possess all the markers of youth—a luminous complexion, clear eyes, smooth cheeks—coupled with the kind of confidence that only



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relief for
rough skin
has arrived

comes with age. Their exact DOB? Your guess is as good as mine—and it's also beside the point. "It's not about simply looking younger anymore," says Neal Schultz, M.D., a dermatologist in New York City. "It's about looking better."

At 35, I've only just started noticing the scattering of fine lines etched across my forehead, the slight loss of volume in my cheeks. And while I have no desire to return to my early 20s—I feel better about myself now than I ever did then—I do want to age well, and ideally on my own terms. It is possible, says NYC dermatologist Macrene Alexiades-Armenakas, M.D. "We've finally unlocked the secrets to good skin," she tells me.

So what are they, exactly? To start, using innovative antiaging ingredients that actually deliver on their promises, whether they're boosting radiance or softening wrinkles, by more effectively stimulating the skin's built-in self-repair process. Then there's the new holistic approach to aging, which goes far beyond creams and spot fixes. "I swear, you wear your beauty," says Shirley Madhère, M.D., a plastic surgeon in NYC. "It comes from the inside out." Which means that how you treat your body—from the foods you eat to how you battle stress—also impacts your complexion.

I only recently came around to this idea. In high school and college, I baked in the sun (and worse, tanning beds) to get what I thought was a "natural glow." It wasn't until I hit 28 that damage started to pop up—with dots on my cheeks and forehead that never disappeared. I became hyperaware that there was no one to blame but myself if I no longer liked my reflection in the mirror. So I began to layer antioxidant serums, wear SPF year-round and rely on St. Tropez self-tanner to satisfy my bronzing addiction.

Then I picked up other healthy habits that benefited my skin: I traded soda for water and released tension with exercise rather than late-night benders. These shifts didn't magically erase the lines around my eyes, but my skin is more alive and luminous than it was a decade ago. Plus, these changes were easy to stick to because I did them for me. They made me feel great, not just look it.

Still, I love that when I'm in that yoga studio I fit right in with those gorgeous women. And, yes, I'll admit it: My glowy skin can be a little distracting.



THE GOOD-SKIN COMMANDMENTS

To look radiant in the long run, these are the steps experts say matter most.

- 1/ STEER CLEAR OF SKIN SABOTEURS** Smoking and sun damage accelerate aging and put you at risk for certain cancers. That's reason number 9 zillion to quit those bad habits and apply SPF faithfully: Opt for broad-spectrum formulas with antioxidants, such as vitamin C, to offset the effects of ultraviolet light.
- 2/ EXFOLIATE REGULARLY** A weekly buffing of your complexion gets rid of dead skin and stimulates cell turnover, so your body produces new collagen, leaving your face smooth and refreshed. Reach for nonabrasive peels or masks with alpha hydroxy acids to dissolve buildup gently.
- 3/ EAT (AND DRINK) YOUR SUPERFOODS** You feel great when you eat right, and the same holds true for your skin. Consume leafy greens (such as spinach), omega-3 fatty acids (found in salmon and nuts) and polyphenol-packed fruit (like blueberries) to make your skin glow. For an added bonus, try a fresh-pressed juice.
- 4/ BREAK A SWEAT** Here's more motivation to crush your run or cross-training session: It can make your skin radiant. Exercise improves circulation, increasing the delivery of oxygen and nutrients to your skin cells and tissues, and it also reduces wrinkle-causing inflammation.



DON'T DENY YOUR DRY EYES

It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

- ▶ Dryness/itching
- ▶ Sensitivity to light
- ▶ Burning/stinging
- ▶ Blurry vision
- ▶ Feeling like something is in your eye
- ▶ Problems wearing contact lenses
- ▶ Watering eyes

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

- ➔ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- ➔ **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

My DRY EYES

SKIN SUPERHEROES

Six ingredients that are the gold standard in the fight against aging

➔ For tips from the derms on how they stay radiant, head to Self.com/go/antiaging.



1



2



3



4



5



6

1/ Vitamin C

This powerful antioxidant inhibits melanin production to reduce dark spots and brighten skin tone while fending off free radicals, which accelerate aging by weakening the skin's cellular structure. **FIND IT IN** Shiseido Bio-Performance Glow Revival Serum, \$89

2/ Mushrooms

Prized for their healing properties, especially in Ayurvedic medicine, the nutrient-rich fungi calm inflammation, helping to minimize everything from redness to breakouts to lines. **FIND IT IN** Estée Lauder Re-Nutriv Ultimate Diamond Sculpting/Refinishing Dual Infusion, \$360

3/ Hyaluronic Acid

This mega moisturizing molecule can hold up to 1,000 times its weight in water, providing an instant plumping effect. Over time, it helps skin stay hydrated and dewy-looking. **FIND IT IN** Neutrogena Hydro Boost Water Gel, \$19

4/ Algae

Known to survive in harsh conditions, algae help preserve your skin cells' DNA. These plants also work like a bodyguard to strengthen skin's barrier function, so your complexion is more resistant to external stressors. **FIND IT IN** La Prairie Cellular Swiss Ice Crystal Emulsion, \$300

5/ Retinol

Often heralded as the ultimate antiager, this vitamin A derivative speeds up cell turnover, refining your skin's texture. It also increases skin's density so wrinkles are less likely to set in. **FIND IT IN** Chantecaille Retinol Intense+, \$140 (available in April)

6/ Peptides

These amino acid chains speed up production of skin-tightening collagen, which helps your complexion stay firm. Certain forms, such as neuropeptides, may also relax the skin, preventing creases from forming. **FIND IT IN** Dr. Brandt Needles No More Instant Wrinkle Relaxing Cream, \$89

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I WILL JUST
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YOUNGER."

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7
IN ONE



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MOTIVATE

CARDIO HACK

→ *A new study reveals an unexpected way to reap the benefits of interval training.* BY LIZ PLOSSER

To get the most efficient burn, high intensity interval training (HIIT) has an unbeatable track record. Years of scientific research have proved that you'll improve your endurance while torching maximum calories in minimum amount of time by alternating intense bursts of activity with easier recovery periods. **CARDIO > 48**

SPORTS BRA Adidas by Stella McCartney
PANTS Lucas Hugh **SNEAKERS** Adidas

4

THE NUMBER OF MINUTES MUSCLES NEED TO RECOVER BETWEEN HIGH INTENSITY INTERVALS

The only hitch is that these studies have had a relatively narrow focus and have used traditional forms of cardio, such as running and biking, which require you to head outdoors or to a gym. But a new study shows that you can score the metabolic and performance benefits of HIIT in a different way: with old-school, do-anywhere calisthenics.

In the study, done at the Metabolism and Body Composition Laboratory at the University of Georgia, physically fit college-age participants did as many burpees as possible in 30 seconds.

HIGH KNEES, SQUAT JUMPS AND BURPEES ENGAGE MORE MUSCLES THAN TRADITIONAL CARDIO, MAKING THEM POWERFUL FAT-BURNING MOVES.

The participants averaged 11 burpees, but the key is to go all out. Immediately afterward, they did four minutes of active recovery (which involved marching in place), then repeated for a total of four intervals. On other days, the subjects did interval training on a bike. Researchers found that the participants' heart rate and oxygen uptake (measures of exercise intensity) for the two methods of exercise were not statistically different.

An enticing bonus: You don't have to stick to burpees to get the benefits. Other calisthenic moves—like alternating high-knee jumps, squat jumps and lunge jumps—yield similar results as long as you're also using your arms, says lead study author Nicholas Gist, Ph.D., deputy director of the department of physical education at the U.S. Military Academy. According to Gist, any move that engages multiple muscle groups at once and amp up exercise intensity will work.

So try doing 20 to 30 minutes of HIIT calisthenics in place of your usual workout one to three times a week. The variety will help you fight boredom while improving your fitness level—and the simplicity will make these moves an easy addition to your routine. ●



TRAINER TO GO

BE A BETTER RUNNER

To really hit your stride as a runner, you must, of course, put in the miles. But when you're not on the road, there are a few things you can do to keep pushing yourself. Moves that challenge the lower body and core improve your balance and strength, giving you more power with each step. Whether you regularly run marathons, just signed up for your first 5K or jog recreationally, this routine will boost your speed and endurance—and give you something to do when you're stuck inside on a winter day.

YOUR TRAINER Debora Warner, founder of Mile High Run Club in New York City, designed this workout exclusively for SELF.

YOU'LL NEED a resistance band and a chair or bench 1 to 2 feet high. For some moves, you may want a yoga mat or lightly padded surface.

DO this 8-move circuit 3 times, twice a week, on your days off from running.



1 REVERSE LUNGE LIFT

Works glutes, quads

Stand with feet together, hands on hips. Step right foot back into a lunge, keeping shoulders over hips (as shown). Push off right foot to stand on left leg with right knee bent 90 degrees at hip level. Return to start for 1 rep; repeat on opposite side. Do 15 reps per side.



2 BRIDGE WITH BAND

Works lower back, glutes, outer thighs

Lie faceup, knees bent, feet hip-width apart, a resistance band around lower thighs. Bend elbows 90 degrees. Lift hips to form a straight line from knees to shoulders (as shown). Lower to the floor for 1 rep. Do 40 reps, then lift hips and pulse knees out 30 times.



3 POWER STEP

Works core, legs

Stand with left foot on a chair, arms bent (as shown). Swing arms as you press through left heel to stand on chair and drive right knee to hip level. Return to start for 1 rep. Do 15 reps. Switch sides; repeat.



4 OOMPH SQUAT

Works legs

Stand with feet hip-width apart, a resistance band around lower thighs. Clasp hands in front of chest. Keep back straight as you squat, opening legs against band (as shown). Return to start for 1 rep. Do 15 reps.



5

PLANK JACK

Works arms, core, glutes, inner and outer thighs

Start in a plank with arms under shoulders, hands slightly wider than shoulder-width apart, core engaged. Keep arms locked as you hop legs out to sides, landing on toes (as shown), then back in, for 1 rep. Do 20 reps.



6

VICTORY POSE

Works arms, core, legs

Lie faceup with arms extended overhead. Keeping legs straight, lift torso and legs as you lower arms until body forms a V and arms are parallel to floor (as shown). Return to start for 1 rep. Do 15 reps.



7

TRIPOD PUSH-UP

Works chest, arms, core, glutes

Start in a plank with arms under shoulders, hands slightly wider than shoulder-width apart, right leg off floor. Squeeze left glute and bend elbows to do a push-up (as shown). Return to start for 1 rep. Do 6 reps. Switch sides; repeat.



8

KNEE SIT-UP

Works core

Lie faceup with arms extended overhead, legs straight. Keep arms straight as you sit all the way up, sweeping hands toward ankles and bending knees (as shown). Return to start for 1 rep. Do 15 reps.

SELF **WATCH THE MOVES IN ACTION** Download the SELF Plus app from the App Store or Google Play, launch on your smartphone and hover over this page.

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2



1

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HOT WORKOUT

WINTER RECHARGE

➔ Cold weather can make you feel stiff and slow. The antidote: these moves, developed by **Taryn Toomey**, which build heat to revitalize your muscles—and your mind **BY LAUREL LEIGHT**

The addictive mix of high-intensity cardio bursts, body-weight toning moves and restorative poses in Taryn Toomey's 75-minute workout, called simply *the class*, attracts celebs like Naomi Watts and Taylor Schilling to a New York City studio for sold-out sessions. They leave with quivering muscles and rosy cheeks—but the experience Toomey creates isn't just about sweat or calorie burn. It's also a tactic to shake off tension and invigorate your body. Here, Toomey discusses her routine, which is ideal for cold days.

HOW DO YOU APPROACH YOUR WORKOUT DIFFERENTLY IN WINTER?

I bring heat into the body. On cold days, I focus more on jumping moves

to raise my students' heart rate and body temperature. When you feel sluggish, heavy or tired—as we do in winter—movement and breath work will spark new energy.

DESCRIBE MUSIC'S ROLE IN YOUR CLASS.

I create a new playlist for each class, and I include songs that people will recognize, because it helps them tap into their personal groove. The music has to begin with a great beat, build and then explode. We stick with one move for the entire length of a song, so that kick at the end is crucial to help you dig deeper.

HOW DO YOU STRUCTURE EACH CLASS TO DELIVER BOTH INVIGORATION AND ZEN?

It's about a release that leaves you clear and connected. I kick off by opening up

the body with a motion like arm raises. Next, we get grounded with jump squats. Then we do cardio blasts to build heat and circulate blood in order to relieve stiffness. After that, we sculpt one side, then the other. Once we've moved, breathed and opened ourselves up, we meditate.

YOUR STUDENTS OFTEN YELL IN CLASS—IS IT ENCOURAGED?

I ask them to make noise from their bellies, because I think it helps release tension and sluggishness from the body. I'll say, "Bring it up—that thing you keep pushing down and don't want to deal with. Bring it up!" Then we scream to release it. **SEE TOOMEY'S**

WINTER ROUTINE > 55

LET IT GO

Toomey favors poses that open the chest, to relieve shoulder and neck tension.

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I'M GLAD I USE
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THE ROUTINE

Toomey developed this energizing, toning 60-minute workout exclusively for SELF. Cue up her playlist and do each move in the order below on the beat. (Use a mat and keep a towel and water bottle nearby—you *will* sweat!)

PART 1: OPEN UP

GLIDING LIGHT Stand with feet shoulder-width apart. Shift weight to right foot, then hop to left foot, letting right foot glide up behind calf, as you pump arms down and left, as if throwing a ball. Switch sides; repeat. Continue for entire song.

♪ “All These Things That I’ve Done,” The Killers

PART 2: GROUND YOURSELF

DOWN AND UP Stand with feet hip-width apart. Bend knees, place palms on floor and jump feet back into a plank, keeping belly engaged. Jump feet between hands and jump up to return to start. Continue for entire song.

♪ “Public Service Announcement (Interlude),” Jay-Z

PART 3: REV YOUR HEART

JUMPING JACKS Do jumping jacks for the entire song. Try not to hunch your shoulders, and imagine clearing space for yourself as your arms go up and down.

♪ “Every Teardrop Is a Waterfall,” Coldplay vs. Swedish House Mafia

PART 4: TONE AND SCULPT

TOE TAP Stand with feet hip-width apart. Keep right knee over right ankle as you tap left foot behind you so you’re in a low lunge, fingertips tented around right foot. Then pull left knee in toward chest. Continue tap-and-pull motion on same side for entire song.

♪ “Royals,” Lorde

LENGHTENER Start on hands and knees. Lift right leg behind you, knee bent 90 degrees, and pulse right foot toward ceiling. Extend left arm in front of you, palm up. Pull left elbow toward right knee underneath belly, then return to start position. Continue on same side for entire song.

♪ “Pumpin Blood,” NoNoNo

LOWER-BODY BLAST Lie faceup with knees bent and legs touching. Lift hips off floor. With hips high, tap left foot 12 inches out to your left side, then return to center. As you tap with left foot, open right knee a few inches to right, then return to center. Repeat on same side, keeping hips high, for entire song.

♪ “Knot Comes Loose,” My Morning Jacket

LEG CIRCLE Lie on right side with legs straight and arms positioned comfortably. Bend left knee and place foot on floor behind right knee. Lift right leg. Point toe and make small circles; during the chorus, kick through right heel to release tension; then, as song slows, go back to small circles. Continue for entire song.

♪ “Feel So Close,” Calvin Harris

RUN IT OUT Hop up and down to the beat of the music. Keep head straight, but imagine your body is a rag doll. During the chorus, run in place as fast as you can while wringing out your arms and wrists, releasing tension and circulating blood throughout your body. On the next verse, switch back to hops. Alternate running and hopping for entire song.

♪ “Ecstasy,” Rusted Root

Now, do the first four sculpting moves on your opposite side.

PART 5: WIND DOWN

HEART OPENER Sit with legs crossed. Extend arms out to sides, palms up, shoulders soft. Make small circles with arms. Then, during chorus, turn palms forward and move them back and forth.

♪ “Bad (Live From Paris),” U2

THE RESET Lie faceup, feet hip-width apart and knees together. Place one hand on heart and one hand on belly. Breathe deeply and slowly, letting your entire body settle.

♪ “Waterways,” Ludovico Einaudi

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(SELF) MOTIVATE



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Mesh and wicking spandex keep you cool, while the curve-enhancing cut looks hot.
Throttle Tank, \$155;
MichiNY.com

LEGGINGS
The leatherlike finish reads tough, but the breathable Lycra blend moves with you.
Koral Activewear Lustrous Leggings, \$92;
Shopbop.com



HEADPHONES
Rose gold is eye-catching, and foam cushions are a comfy alternative to earbuds.
Taylor Headphones in Rose Gold, \$200;
WeAreFriends.com

SWEATSHIRT
Alala, \$155;
AlalaStyle.com
SPORTS BRA \$57;
VictoriasSecret.com
SHORTS
Solow, \$69; Revolve Clothing.com
GLOVES \$22;
ToeSox.com
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Haerfest.com



SUNGLASSES
Rubber nose grips keep these sleek aviators in place when you break a sweat.
Kickback, \$160; Oakley.com

GO-TO GEAR

MOTO FITNESS

➔ *Biker details like leather, chrome and mesh give these workout essentials serious street cred.* BY MEG LAPPE



FITNESS TRACKER
It's not just a bracelet: The newest version of the Jawbone also monitors your heart rate, activity and sleep.
UP3, \$180; Jawbone.com



BOLD SNEAKERS
A hidden wedge and ikat print make these lightweight kicks perfect for après-workout.
Dunk Sky Hi, \$120; Nike.com

STYLING: LINDSEY FRUGIER; HAIR: JEROME CULTRERA AT SEE MANAGEMENT; MAKEUP: STEFANIE WILLMANN AT SEE MANAGEMENT; MANICURE: MAKI SAKAMOTO FOR CHANEL LE VERNIS; STILL LIPES: DEVON JARVIS; STYLING: ANITA SALERNO



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GYM BAG

SPIN CLASS

→ Take your ride to the next level with key items that will give you a boost in the saddle. BY AMANDA MacMILLAN

1 Avoid post-Spin goose bumps with this wicking pullover. **Impact hoodie**, \$65; **NewBalance.com**
2 Adjustable straps tailor this bra's fit. **Eclipse bra**, \$40; **UnderArmour.com**
3 Proceeds from this 200-calorie almond-and-honey bar help feed needy children. **This Bar Saves Lives**,

\$3 per bar; select Whole Foods
4 Freshen up quickly with citrus-soaked facial wipes. **Juicy Bamboo travel cleansing cloths**, \$20 for 20; **Kaia Naturals.com**
5 Revive hair with a dry shampoo that absorbs dirt and oil. **Dry shampoo with oat milk**, \$9; **Klorane.com**

6 The waistband is cut higher in back for extra coverage while you lean over the handlebars. **Clip-In shorts**, \$68; **Lululemon.com**
7 This tank top's high-tech fabric nixes bacteria buildup. **Clip-In tank**, \$58; **Lululemon.com**
8 A stay-put spandex band keeps hair

off your face. **Pilayo headband**, \$12; **Athleta.com**
9 Roomy enough for all your gear, this bag also has easy-access pockets for keys and phone. **Adidas by Stella McCartney backpack**, \$130; **Stella McCartney.com**
10 Soft gel inserts distribute your weight

on the saddle to prevent discomfort and chafing. **Saddle gel cover**, \$29; **TerryBicycles.com**
11 This BPA-free 0.75-liter bottle filters tap water as you drink it. **Groove water bottle**, \$22; **CamelBak.com**
12 Monitor effort with this activity-tracking GPS watch.

Polar M400 with heart-rate sensor, \$250; **ShopPolar.com**
13 Zip your kicks into this light-to-go bag. **Pack-It Specter Shoe Sac**, \$18; **Eagle Creek.com**
14 These clip-in shoes are souped-up with smart extras, like padded tongues. **Sidi Dominator Fit MTB**, \$240; **Spinning.com**

**1 Baby Bok Choy Frittata**

SERVES 6

Heat oven to 400°. In a medium bowl, whisk 8 large eggs and 2 tbsp chopped fresh mint. Season with salt and pepper. In a 10-inch oven-safe nonstick skillet over medium heat, heat 2 tbsp olive oil. Add 2 sliced shallots; sauté 2 minutes. Add ½ lb baby bok choy, sliced into 1-inch ribbons; toss, cover and cook 2 minutes. Reduce heat to low; add egg mixture and cook 3 minutes. Cut 2 oz roasted red pepper into ¼-inch strips and scatter over top. Sprinkle with 3 oz crumbled goat cheese. Transfer to oven; bake until set, about 12 minutes. Sprinkle with chopped mint.

NUTRITION INFO 195 calories per serving, 15 g fat (6 g saturated), 2 g carbs, 0 g fiber, 12 g protein

2 Baby Bok Choy, Apple and Red Cabbage Slaw

SERVES 4

In a large bowl, whisk 2 tbsp lemon juice, 1 tbsp vegetable oil, 2 tsp pure maple syrup, 1 tsp Dijon mustard and 1 tsp chopped fresh ginger. Season with salt and pepper. Add 1 small red apple cut into matchsticks; toss. Add ½ lb thinly sliced baby bok choy and 1 cup shredded red cabbage. Toss well; serve immediately.

NUTRITION INFO 69 calories per serving, 4 g fat (0 g saturated), 9 g carbs, 2 g fiber, 1 g protein

3 Roasted Baby Bok Choy and Salmon With Miso Vinaigrette

SERVES 4

Heat oven to 450°. In a small bowl, combine 4 tsp vegetable oil; 2 tsp white miso; 2 tsp rice wine vinegar; 1 tsp each toasted-sesame oil, honey and water; and a grind of black pepper. Arrange 4 salmon fillets (5 oz each) on a parchment-lined baking sheet; brush with 1 tsp sesame oil. Arrange 12 oz halved baby bok choy, cut side down, on a second lined baking sheet. Coat with 1 tbsp sesame oil. Season with salt and pepper; transfer to oven, placing salmon on top rack and bok choy below. Roast until salmon is just cooked through and bok choy is lightly charred, about 8 minutes. Drizzle with vinaigrette; sprinkle with sliced scallions.

NUTRITION INFO 314 calories per serving, 20 g fat (3 g saturated), 4 g carbs, 1 g fiber, 30 g protein

EAT CLEAN

HIGH-PROTEIN DAY

➔ *Want to burn calories and boost muscle? Eating enough protein is key. Try these dishes to up your intake.* RECIPES BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

BREAKFAST

Potato Faux Benedict

Microwave a large unpeeled red potato until soft, 6 to 7 minutes. Slice in half, cool and use a spatula to flatten slightly. In a small bowl, combine 2 tsp nonfat plain Greek yogurt, ½ tsp mustard, 1 tsp capers and a pinch of freshly chopped dill. Set aside. In a small skillet over medium-high heat, heat 2 tsp olive oil. Add potato halves and sauté until browned on both sides, about 3 minutes total. Poach 2 eggs; top each potato half with an egg and yogurt mixture.

NUTRITION INFO 494 calories, 20 g fat (4 g saturated), 60 g carbs, 6 g fiber, 22 g protein

LUNCH

Zucchini Pasta With White Beans and Grilled Chicken

In a small saucepan, blanch ⅓ cup chopped kale. Drain and plunge into ice water. Drain again; set aside. In a blender, process kale with 2 large basil leaves, 2 tbsp hemp seeds, 1 tsp olive oil, ½ garlic clove, 2 tbsp water, ¼ tsp salt and a pinch of black pepper. Thin with water

if necessary. Slice 1 medium zucchini into “noodles” using a mandoline, julienne peeler or spiralizer. In a small saucepan, add zucchini noodles to boiling water; cook until tender, about 1½ minutes. Drain, return to pan and toss with kale pesto. Add ½ cup rinsed and drained canned white beans and ½ cup diced grilled chicken. Top with chopped basil and ½ tsp hemp seeds; season with salt and pepper.

NUTRITION INFO 456 calories, 18 g fat (3 g saturated), 35 g carbs, 11 g fiber, 42 g protein

DINNER

Garlic Shrimp and Arugula Over Polenta

In a small skillet over medium heat, heat 2 tsp olive oil. Add ½ cup halved grape tomatoes, 1 tsp chopped garlic and ¼ tsp red pepper flakes; sauté 2 minutes. Add 5 oz raw shrimp, peeled and deveined; cook until shrimp turn opaque, about

2 minutes. Stir in 2 cups arugula and 1 tbsp balsamic vinegar. Reduce heat to low; cook until arugula wilts. Season with salt and pepper. In a small skillet over medium heat, heat 1 tsp butter. Add 5 slices of store-bought polenta, ¼-inch thick, and sauté until browned on both sides. Sprinkle with ⅓ tsp salt. Serve shrimp and arugula over polenta; top with 3 tbsp grated Parmesan.

NUTRITION INFO 478 calories, 18 g fat (6 g saturated), 38 g carbs, 4 g fiber, 40 g protein

SNACK

Spiced Milk With Honey

In a small saucepan over low heat, heat 1 cup nonfat milk, 1 tbsp honey, ½ tsp vanilla extract, a pinch of ground cloves and ⅓ tsp each cinnamon, ginger and nutmeg. Stir over low heat, 10 minutes. Remove from heat and cool 5 minutes. Pour through a fine strainer into a mug.

NUTRITION INFO 161 calories, 1 g fat (0 g saturated), 31 g carbs, 1 g fiber, 9 g protein

Photographed by ANDREW PURCELL

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Promotion



(SELF)

WORTH

PEAK EXPERIENCE

→ Channeling her teenage need for speed, **Lauren Sandler** rediscovers how flying down the face of a mountain is the most peaceful place to be.

Gliding gently to the edge of the slope, I study the drop-off below my ski tips. To the right, a cluster of menacing moguls hoards what little snow is left on the face; to the left is a sheer wall of ice. Whatever ruminations I'd had on the chairlift about life beyond the mountain suddenly vanish: My focus narrows to the nerve-racking thrill ahead. I hesitate in this moment before pushing off, thinking of a favorite Emily Dickinson verse (although my fellow New Englander was writing about death, not a wintry descent): "First chill—then stupor—then the letting go." PEAK > 64

IN THE ZONE

"When I ski, I feel total peace. I fully concentrate on the here and now, to the exclusion of all else."

Time to let go. Filling my lungs with frigid air, I begin my flight to the bottom. My quadriceps catch fire as the slope dips. I hear the scrape of my ski edges carving the ice under a deceptive dusting of snow, as I shift my weight from turn to turn. Fear subsides, replaced by mastery: of my body, of this craggy hunk of nature, of gravity itself. As I skirt the evergreen brink of the trail, I grow invisible wings. My limbs lock into a unified purpose, joints fluidly mechanized, connecting to muscle memories from 25 years prior.

In high school, I was a ski racer. When I reveal this fact to friends, they think I'm kidding. Even to strangers, I read New York journalist, not jock. My wardrobe—with its mainstays of lipstick, jumpsuits and Chelsea boots—contains not a thread of fleece or Gore-Tex. My preferred form of exercise is walking my neighborhood sidewalks. But when I ski so fast that I forget to breathe, I feel most present, invigorated—and, in certain ways, most powerfully like myself.

I learned to ski when I was small. My parents would latch my Rossignols, striped like the French flag, next to their skis on the roof of our car, then drive north in the predawn dark. We'd stop at Burger King

for pancakes—a privilege reserved for ski days—and arrive as the lifts scooped up their first passengers. By the time I was 8 or 9, I was tackling black diamonds alongside my dad, whose pride was evident when he started trying to beat me down the hill. Skiing in those days was still the province of ruddy, bearded "bums," which made it the most classic rock of sports. But by the time I reached high school, New England skiing had grown elite and preppier, populated by guys like

"IN HIGH SCHOOL I WAS A SKI RACER. WHEN I REVEAL THIS FACT TO FRIENDS, THEY THINK I'M KIDDING."

James Spader in *Pretty in Pink* rather than Lynyrd Skynyrd road hogs. Meanwhile, I had shaped a look, politics and shelf of mix tapes in opposition to both.

Still, on skis I was fast and I was free. I'll admit it was delicious to speed past all the guys peacocking in the lift line. So I joined the ski team. At first, my teammates ignored me—maybe even avoided

me. My parents ponied up for a team jacket, a pricey late-'80s abomination of primary-colored panels, which I promptly lost on the team bus. Instead, I skied in a vintage faux-leopard coat I'd dug out of a pile of polyester at Buck-a-Pound. After practice, I'd tie on my Doc Martens and go home to write my feminist column for the school newspaper, the Clash blaring through my headphones. I clung tightly to an identity forged in resistance to the jocks on the bus—and yet, for four months out of the year, our shared speed habit connected us. I'd become fluent in their language of ballbusting insults, so I eventually incurred more affection than I set out to earn. I started spending less time with my artist boyfriend and more time riding around in a teammate's truck, chugging Mountain Dew and blasting Guns N' Roses. Despite their acceptance of me, however, skiing remained an awkward outlier in my life.

Except, that is, when I was flying down a trail, the only sounds the hissing of my skis and soft panting of my breath. To me, skiing's greatest appeal was always its solitariness. There's something beautifully punk rock loner about the sport, despite its clubby barriers to entry: the abandon, the rebellion against gravity, the physical exertions of freedom.

But for years I didn't understand the importance of this practice in my life, nor did I know where to put it. Eventually, I became the writer I'd aimed to be, and who I was when I was skiing was entirely unrelated to my self-actualizing in New York City coffee shops. There was no space for my inner outlier. There were practical reasons I could cite, and they were legitimate ones. I couldn't afford to replace my banged-up, outdated gear, not to mention buy a lift ticket. Mountains were far away. Skiing became a city I didn't move to, or a major I didn't choose; I left it behind like a high school relationship.

Over time I became more financially stable in my career. One cold Sunday in March, my boyfriend and I decided to wake in the familiar predawn darkness and drive up to a small mountain in the Catskills. There, I found myself lining up at the chairlift for the dubious privilege of once more navigating an unsteady frozen terrain, dressed like a gear-yoked Stormtrooper.

I skied the one really challenging slope, a so-called double black sidewinder

clinging to the west of the park, until my legs burned. I was bombing down the run to wait for my guy, who was carving down at a more conservative click. Though I was bored as hell repeating the same trail, the dazzling breath had returned to my lungs. As the sun dipped behind the lodge, I bought a pair of the fastest skis the demo shop would sell me at half price. And I started finagling mountain journeys—like occasionally teaching at Dartmouth (one hour from Killington!), or leveraging my Sundance press pass—to find myself alone again on an icy steep or a powdery tree trail, drinking in the speed.

The sparkling vitality of those moments springs in part from the surge of adrenaline. But more than that: When I ski I feel total peace. In solitude, I have to concentrate on the here and now, to the exclusion of all else, which is exactly the goal of meditation.

In this state I am forcibly separated from domestic duties, professional pressures, the expectations of friends and family. I am someone who carries a heavy charge of responsibility: My to-do list shadows my days. But when I'm flying down the mountain, laundry, deadlines, social anxieties vanish. Perhaps it is no coincidence that skiing has felt more like a need since I became a mother, as those responsibilities have multiplied.

One of the greatest thrills of all is seeing my daughter in ski school. This winter marks her third on the mountain. At 6, she likes to tease, in the great tradition of chairlift bravado, that she's faster than I am (she's not). She's no jock; like her mother, she leaves the house in irreverent costumes (the Doc Martens habit has proved hereditary). She's had no interest in joining the Saturday soccer team, preferring to explore the city's museums or plumb her bookshelves. But damn, she's fast. And I think she's closer than I ever was to understanding that one can be both an athlete and an artist.

Last year, I followed her at a distance while she skied the trees during a lesson, and I nearly wept when I heard her whoop at each dip and surprising turn. That evening, she picked up her markers to express how that run felt to her, in green trees and blue stars. Her drawing looked like a concept of heaven. It looked like freedom. ●

PERSONAL BEST

→ *Strategies to help you reach your goals*



Don't just say *should*, try...

Could. When faced with a moral dilemma—like doing something that might hurt a friend but earns points at work—we tend to ask what we *should* do. But a team from Harvard Business School suggests that a simple word change—swapping *should* for *could*—may help us make a better decision. “Saying *should* may limit you to thinking of one possible solution and force you to make a trade-off,” says researcher Joshua Margolis, Ph.D. “Asking, ‘What *could* I do?’ can unlock your creative capabilities and help you come up with a wider range of possibilities.” Could it work? Try it!

Power chords

Want to get pumped for a challenge? There's a playlist for that. Northwestern University researchers tested the impact of 31 songs and found that these three inspired self-assurance and a more determined pursuit of one's goals.

ADD THESE TO YOUR
PLAYLIST:

1

“WE WILL
ROCK YOU,”
QUEEN

2

“GET READY
FOR THIS,”
2 UNLIMITED

3

“IN DA
CLUB,”
50 CENT

MY ENERGY TRICK

*“I do
a physical
activity,
like
jumping
jacks,
before
a big
meeting.”*

—Kathryn Minshew,
founder and CEO
of career-advice site
TheMuse.com

SELF MADE

TWO'S COMPANY

➔ Going into business with a friend or partner can be highly rewarding—but it's risky as well. These husband-and-wife teams show us how it's done. BY DEVIN TOMB

JESSICA LLOYD & DAVID MANDELBAUM

Cofounders of Panatea

Jessica Lloyd and David Mandelbaum were tired of relying on coffee to fuel their 12-hour workdays—hers in finance and his in entertainment. After discovering matcha (a strong, concentrated green tea), which is traditionally mixed with hot water and sipped during Japanese tea ceremonies, their energy and moods improved so much, they were inspired to bring the ancient brew to market. In 2014, the couple—both 29—launched Panatea, which sells matcha through their site, PanateaGreen.com (along with the whisks classically used to prepare it), and offers recipes (pancakes, fro yo) that incorporate and demystify the powder. Here, their advice on partnering successfully.

FOLLOW YOUR INSTINCTS

"Matcha involves some technique and prep time. We were worried whether people would be OK with that. As we hoped, they enjoy that

little break as much as we do." —Jessica

GROW SMART "Now that we have five employees, it's important to set tangible goals and ensure everyone has a role in getting there. That way you all feel a sense of ownership." —David
SEEK OUT MENTORS "We have a program called Tea on Me, where we ask interesting people to have a cup of matcha with us. It's led us to mentors like the founder of Soma water. It's helpful to have a trusted advisor outside of our relationship." —Jessica

WHY WE'RE A GOOD TEAM "She makes everything happen, while I spend a lot of my time brainstorming big-picture ideas." —David

CREATIVITY TRICK "When I need to think through a problem, I go for a run." —Jessica
SNEAKERS \$95; NewBalance.com



THE BRIGHT SIDE

"On weekends, I throw on comfy clothes and work out, then explore museums and art galleries." —Jessica
SWEATSHIRT Etre Cécile, \$210; 312-587-1000



POWER FOOD

"Matcha is so versatile—a scoop mixed with yogurt and topped with berries is a great breakfast." —Jessica



TEA TIME

"We use the Japanese technique of whisking matcha and water into tea." —David



BRAIN BOOST

"A handful of nuts is one of my go-to snacks; the protein is energizing." —Jessica

“Think about each person's skills, and divide work accordingly.”



CLOCKWISE FROM TOP LEFT: DANIEL SEUNG LEE; STYLING: JULIE BROOKE WILLIAMS; HAIR AND MAKEUP: ALEXA RUDOLFO FOR CHANEL LES BEIGES POWDER; LUCAS VISSER; STYLING: PAUL PETZY WINNIE AU; STYLING: STEPHANIE TRICOLA; HAIR AND MAKEUP: ALLIE SMITH FOR DIOR; PAUL ARMERUSTER (2); NINE OK/GETTY IMAGES; COURTESY OF AROMAFAGE; MICHAEL GRAYDON AND NIKOLE HERRIOTT; LUCAS VISSER; RENEE CORNETT/STOCKFOOD GETTY IMAGES; DANIEL SEUNG LEE; GETTY IMAGES.

MELISSA & MICHAEL FENSTERSTOCK

Cofounders of
Aromaflage

On their honeymoon in Southeast Asia two years ago, Melissa Fensterstock, 29, woke up covered in mosquito bites. She salvaged her sanity and her skin with a local vanilla-based remedy that was wildly effective at repelling mosquitoes and as fragrant as perfume. Back in New York City, Melissa and Michael, 32—both M.B.A.s—saw a gap in the growing natural-bug-repellent market and began importing a version of the fragrance (spiked with notes of citrus and cedar) made by Burmese women refugees. With newly inked deals at Nordstrom and Anthropologie, they spill their get-ahead tricks.

LISTEN UP “Often, people don’t listen to each other—they’re thinking about their next point. If you acknowledge what the other person is saying, they’re more likely to listen to you.” —Melissa

HAVE THE RIGHT MIND-SET “Resilience and a positive outlook are key.” —Michael
KNOW YOUR WEAKNESSES “Don’t force yourself to do things you aren’t good at. We should have hired an accountant from Day 1.” —Melissa

WHY WE’RE A GOOD TEAM “When I have a tough time writing an important email, Melissa gets right to the point in three sentences. Those get the response.” —Michael

BEAUTY STAPLE
“Pink lip gloss—it always makes me feel polished.”
—Melissa
LIP GLOSS \$23;
Lancome-USA.com

OUTFIT MAKERS

“I use accessories to dress up my mostly neutral wardrobe.”
—Melissa

EARRINGS \$145;
LeleSadoughi.com

GREAT ESCAPE

“I love spending time in Nantucket to clear my head and remove myself from the hustle and bustle of NYC.” —Melissa

BOUNTY HUNT

“For a health boost, I buy local produce from the greenmarket.”
—Melissa



SWEET VICTORY

Aromaflage’s natural oils outperformed the chemical repellent Deet in a recent test. \$65; Aromaflage.com



5 SECRETS TO A GREAT PARTNERSHIP

Whether you’re teaming up with your spouse or your best friend, these skills are key.

1

SET GOALS TOGETHER

“It’s so important to create a clear mission and set benchmarks with each other. It helps to have confidence that the other person will make decisions based on the company’s best interest.” —David

2

FIND YOUR WORK PERSONALITY

“Most people act differently at work than they do at home. I can be very direct, but I’ve learned to be more thoughtful with Michael, because your partner is going to take what you say to heart more than a coworker would.” —Melissa

3

BALANCE EACH OTHER

“Think about what skills each person brings to the table, and divide work accordingly. We both had a hand in the creative side, but he focused on the vision while I worked with the designers on logistics.” —Jessica

4

COMMUNICATE

“Especially when it comes to showing support. When I’m having a difficult day, Michael is usually able to be positive and cheer me up. When he’s down, I’ll point out the bright side for him. Two Debbie Downers are a recipe for disaster.” —Melissa

5

SCHEDULE DOWNTIME

“It can be really, really tough, but it’s important to carve out times when you’re *not* talking about the business. We try to plan weekly date nights where we go to a new restaurant and just enjoy each other.” —Michael



GET MORE SUCCESS SECRETS! You’ll find extra career inspiration at Self.com/go/selfmade.

HOW MODEL (AND
TED TALK STAR)

**CAMERON
RUSSELL** IS
TRANSFORMING
THE WAY WE
THINK ABOUT
BEAUTY

THE FACE OF

On a list of the 20 most-viewed TED talks, number 18, with 9 million views, stands out. The speaker is not a Ph.D. or best-selling author. But she is *gorgeous*. She tells us her appearance paid for her college education, gets her out of speeding tickets and ensures she'll probably never be stopped and frisked by police like thousands of young black and Latino men every year in New York City, where she lives. In nine minutes, she calls out the randomness and unfairness of the benefits we've heaped on her based on her looks. It may be obvious, but coming from her it's revelatory, almost shocking.

BY MEREDITH BRYAN

PHOTOGRAPHED BY
THOMAS WHITESIDE

STYLED BY MELISSA
VENTOSA MARTIN



TALK OF THE TOWN

"It doesn't matter how many covers I've shot. When people on the street stop me, it's to talk about TED."

SWEATER and **PANTS**

Prabal Gurung **NECKLACE**
Balmain **BELT** Prabal Gurung
X Bond Hardware

EVEN IF

you don't know her name, you've probably seen Cameron Russell smoldering on the cover of *French Vogue*, or trucking playfully down the runway in thigh-high yellow rain boots at the Victoria's Secret fashion show, or vamping on the beach with Doutzen Kroes in an H&M ad. One of the most photographed models in the world, she's an unlikely candidate to start a conversation about looks and privilege in America. But that's exactly what she's doing. "My TED talk was about how models get too much attention," she says now, with a laugh. "I had a feeling it would get a lot of viewers!"

Since the talk went viral, Russell, 27, has been blazing a different trail—as a critic of the dream she embodies. You may be thinking, Oh, that's rich—a supermodel criticizing our focus on appearances! But the irony of her position isn't lost on Russell. Spend time with her, and you sense that her relationship to her profession—you can't really call it her "chosen" profession, because when you look like her, modeling chooses you—is strictly professional. "It has certainly been a blessing in my life," she says. "But it's always seemed fairly invented to me." She believes that being a player makes her an effective critic, and in little time, she's become known for her opinions more than her bikini shots. "It doesn't matter how many covers I've shot," she says, proudly. "When people on the street stop me, it's to talk about TED."

When I meet her, at an empty, low-lit Italian wine bar in Chelsea, Russell is 10

minutes early and clutching her peacoat almost protectively around her body. It feels like a betrayal of her to gush over the things she values least about herself, but let's just say that she is not one of those models who appears wan and awkward in person. Nope. She's got a face that could launch a thousand ships. For a moment, I can't help but wonder: What would it be like to walk down the street looking like that? How might it warp my ego? Wouldn't I be tempted to just go clubbing in Ibiza rather than start a national conversation about how unfair it is that I'm so attractive?

Though she may look like the consummate fashion insider, Russell has always inhabited a world of her own. She was born into a tight-knit family in brainy Cambridge, Massachusetts; her mother, Robin Chase, would later cofound Zipcar. Russell's mother didn't shave her legs, wear makeup or ever mention looks—her own or her daughter's. "I grew up thinking it didn't matter at all," says Russell. The family home was a media desert in which television was limited and books on tape encouraged. Even after Russell started modeling, she recalls seeing Kate Moss on a magazine cover and thinking, I know that name. I wonder what she does.

In place of pop culture, Russell cultivated other interests—like becoming president of the United States. "I was just obsessed with politics," she says. "I guess my mom probably enhanced it when I asked her questions like, 'Why are there homeless people?' and she'd say, 'Ronald

Reagan.'" In elementary school, Russell volunteered as an intern for local political campaigns. "I was always up for a debate," she recalls. (This is one reason why her family is not surprised by the activist turn her career has taken.)

In junior high, Russell was unmoved by makeup or clothes. "I was bullied," she says. "I was shrumpy and uncool. I'd literally be kicked in the bathroom." But when a speaker came to lecture her class on body image and asked each student to write down what they'd change about their appearance, Russell wrote nothing. "I was never taught to think about these things," she says. "But I was also extremely privileged to look like those ideals."

Russell began to consider modeling. One day in SoHo, she was bum-rushed by scouts (she estimates that at least three approached her in a single afternoon). She assumed modeling would be a short-term thing, an experiment. "Then they start paying you, and you're like, Whoa, this is way better than babysitting." Just weeks after signing with Ford Models, Russell was walking catwalks for Marc Jacobs and shooting *French Vogue*, then stumbling off a red-eye at Logan airport to take her high school exams.

By 19, she'd enrolled at Wellesley, but after traveling the world and making her own money, the freshman dorms felt like regressing. So she transferred to Columbia, in Manhattan. Sometimes studying between shoots, she gravitated away from economics and political science, her majors, and

RUSSELL > 100

TACKLE ANY CHALLENGE

Whether she's running a marathon or starting her own magazine, Russell knows how to make big things happen. She shares her top tips.

FIND A COMMUNITY.

She believes that working with like-minded people can help you get informed—and stay inspired. Whether your group is focused on running or advocacy, "people who share their passion are usually most effective," she says. "Also, the Internet is a brilliant education for people who want to get involved."

OWN YOUR POWER.

Russell never questioned that she could achieve her goals, partly because her activist work has shown her that anyone can do something meaningful and make a difference. "These days, change is as likely to come from a 17-year-old organizer as from an elected official."

REMEMBER WHAT MATTERS.

Figure out what's most important to you—which could mean creating something, accomplishing something, or being a part of something. "There's this great quote about whether, at the end of your life, you're going to be happy you had a really clean house, or that you wrote a novel," she says. "It's so easy to get sidetracked from our long-term commitments."

ONE-WOMAN SHOW

"My talk was about how models get too much attention. I had a feeling it would get a lot of viewers!"

TOP Versace **MOCK TURTLENECK**

T By Alexander Wang
PANTS Bogner

*"I GREW UP
THINKING
LOOKS
DIDN'T
MATTER
AT ALL."*



A BEAUTIFUL MIND


"Those moments when I *don't* have to think about how I look make me happiest."

TOP and **PANTS** Narciso Rodriguez **BANGLE** and **CUFF** (on left hand) Dinosaur Designs **BANGLE** (on right hand) Alexis Bittar **HEELS** Gianvito Rossi

**SE
LF**

CAM-ERATHON!
Go behind the scenes of Cameron's shoot. Hover the SELF Plus app over this page for exclusive video. Details, page 8.





*"I WORK OUT,
BUT I DO
IT BECAUSE IT
MAKES ME
FEEL GOOD.
IT'S TOTALLY
MENTAL."*

**THE POWER OF
POSSIBILITY**

"I think our society is moving away from this notion of one career. Now we're all, like, a million things."

RED TOP Mikoh **NAVY BODYSUIT** Atea Oceanie **PANTS** Calvin Klein Collection

Model, Cameron Russell for The Lions; hair, Dennis Devoy for Bumble and Bumble; makeup, Georgi Sandev for Chanel Rouge Coco; manicure, Alicia Torello for Zoya; prop styling, Jessica Ennis. See Get-It Guide.

INSTANT CONFIDENCE

"Your warm-up connects your mind to your body," Diggins says. "Afterward, you feel like you can do anything."

SPORTS BRA, TANK, PANTS, SNEAKERS and **WATCH** Nike
Opposite **HOODIE**
and **SPORTS BRA** Nike



the **ULTIMATE**

WNBA superstar Skylar Diggins credits the intense warm-up she tackles before every workout with helping transform her performance on the court. Now the 24-year-old point guard for the Tulsa Shock is unstoppable—and you can be, too, with her eight-minute routine.

BY ERIN BRIED

**PHOTOGRAPHED BY
JASON KIM**

A full-page photograph of WNBA player Skylar Diggins. She is wearing a bright red Nike hoodie with the hood pulled over her head, and a white sports bra. She is smiling and looking off to the side, with her hands pulling at the front of the hoodie. A white smartwatch is visible on her left wrist. The background is a soft-focus indoor setting.

WARM-UP

SHE'S GOT GAME

"I'm psyching myself up when I warm up," Diggins says. "I think about what I want to accomplish today."

SWEATSHIRT Ohne Titel **SPORTS BRA**, **TANK**, **PANTS** and **SNEAKERS** Nike



WE TEND TO think of the warm-up as something to get out of the way, a necessary but lackluster prelude to your *real* workout. It's the brisk walk to the gym or the 10 halfhearted jumping jacks before boot camp. It's the quad stretch at the barre as you wait for class to start, or the drills you blow off because you're in a rush. But if you approach your warm-up with the same intensity that you bring to the rest of your workout, those throwaway few minutes before the main event can actually become *the* most valuable part of your routine. In fact, research shows that a smart warm-up not only decreases your risk for injury, it also improves your speed, agility, strength, endurance and flexibility. It's your secret weapon for getting more out of every second you sweat.

SKYLAR DIGGINS, the WNBA's buzziest player, swears by hers. The 5-foot-9 point guard was a top recruit in 2013, so fierce on the college court that she earned the attention of Jay-Z, who made her the first (and only) female athlete on his Roc Nation roster. Yet, despite the great expectations, Diggins put in a disappointing first season. "I thought I'd been working hard, but when I got into the league and saw how hard [Indiana Fire forward] Tamika Catchings and [Phoenix Mercury guard] Diana Taurasi were working, I realized I wasn't working *that* hard," she says. So she made tweaks that boosted her strength and confidence by giving her practice sessions new energy and focus—including kicking off each workout with an intense eight-minute warm-up.

Those minutes became an important part of her off-season, when Diggins stayed in South Bend, Indiana, to condition with her trainer, Rick Freeman, instead of playing overseas. To prep her body for their sessions—which focused on drills with kettlebells, battle ropes and medicine balls to get her ready for the

hits and bumps she takes in games—Freeman created a routine that's so challenging it could be a workout in its own right. "My warm-up is like other people's workouts," Diggins half-jokes.

It also informs every minute that follows. "It sets the tone," Diggins says. "I tell myself, 'This will be tough, but I'm going to get it done.' That mind-set gives my entire workout greater impact." By starting strong, she's able to work more efficiently, too. "If I push myself from the beginning, I can get done what I need to in less time." Another benefit: Short, high-intensity warm-ups trigger the brain to activate more muscle fibers, priming you to execute challenging physical activities, according to a study in the *International Journal of Sports Medicine*.

DIGGINS BEGINS with cardio to elevate her heart rate and activate her muscles. "You don't want to jump in with cold muscles, or you could get injured," she says. Then she does an agility drill to improve her speed. Next she works on increasing her upper-body range of motion. "If I couldn't reach," Diggins says, "I wouldn't make it in basketball." She finishes with a stretch to improve her flexibility before beginning her main workout. Throughout all eight minutes, she doesn't hold back. "You need to put in real effort—break a sweat," Freeman says.

When Diggins returned for her second season last May, after months of focused training, she was stronger, faster and more confident than ever. And despite the fact that she's up to 8 inches shorter than some of her fiercest competitors, she owned the court, scoring an average of 20.1 points a game, up from 8.5 the year before, making her the second-highest scorer in the entire league. "If I want to be great, I have to make sure I'm working hard at *all* times," says Diggins. Warm-up most definitely included.

her WARM-UP

This eight-minute circuit, developed by Diggins's trainer, Rick Freeman, will prime your body to push hard. (You can also do the routine four times and call it your workout.)

GET MOVING

Do each move for 30 seconds with no rest in between.

Squat Stand with feet hip-width apart, arms in front of you, back straight. Squat, making sure knees don't extend past toes.

Jump squat Squat, then explode upward, arms overhead.

Raised plank Hold a raised push-up position, hands beneath shoulders, hips and ankles remain in a straight line.

Low plank Balance on forearms. Hold.

Reverse lunge With feet hip-width

apart and hands on hips, lunge right leg back until right knee almost touches floor. Return to start.

Switch sides; repeat. **Reverse-jump lunge** Lunge each leg back, jumping to switch feet.

Three-point plank Start in a raised plank. Every five seconds, raise, extend and hold one limb (right leg, left leg, right arm, left arm) while keeping the others planted.

Burpee With feet hip-width apart, crouch down and plant hands on floor under shoulders. Jump feet into a plank; hop feet back to hands and jump up to start.

BOOST YOUR AGILITY

Step out With feet hip-width apart and a resistance band around ankles, step right foot at a 45-degree angle as far as you can. Return to start. Continue for 20 seconds. Switch sides; repeat. Then step right foot forward; return to start. Continue for 20 seconds. Switch sides; repeat. Finally, squat, then step right foot as far right as you can. Step left foot to right to return to hip-width. Shuffle right for 20 seconds. Then shuffle left for 20 seconds.

INCREASE YOUR RANGE OF MOTION

Windmill Stand with feet shoulder-width apart, toes turned left 45 degrees, right hand extended overhead. Pop right hip out to side as though you're balancing something heavy, bending left knee slightly. Keep back straight, core engaged and chest open as you bend to left from your waist, turning your gaze to right hand and extending left hand between feet. Return to start. Continue for 30 seconds. Switch sides; repeat.

OPEN YOUR HIPS

Leg drop Lie faceup with left leg extended. Loop a resistance band under toes of right foot and raise right leg to ceiling, foot flexed. Keep right leg straight as you slowly lower it to right as far as is comfortable; hold 15 seconds. Return to start; lower right leg to left; hold. Repeat with left leg.

SOLE

MATES



**LOVE ME, LOVE
MY WORKOUT?
WHY CROSS
TRAINING (AND
KALE) CAN
BRING COUPLES
CLOSER**

BY GINNY GRAVES
PHOTOGRAPHED BY
JOEL STANS

"I've been a difficult partner from day one," says Ashley Pettit, 33, a personal trainer in Chicago. By that she means she follows a strict diet—she's gluten- and dairy-free and can be a little fanatical about exercise. (Before her wedding in 2009, she worked out twice a day for months.) Her spouse, Noah, is a steak-loving foodie. So, four years ago, when she told him she'd decided to go vegan, she wasn't shocked when his response was "Why? You're already the healthiest person I know!"

Still, she plunged forward. When Noah wanted to go out to dinner, she'd beg off for fear she wouldn't find food she could eat. When she tried to woo him with tasty vegan meals, he'd lie awake with an upset stomach from all the raw veggies. Eventually, he started socializing more without her, and their time together dwindled. "I could see it wasn't good for us," Pettit recalls. Then, while they were planning a trip to Italy, Noah said, "Look, this isn't going to be any fun. Italy is all about the food." She knew he was right. Besides, she'd also grown slightly weary of her strict regimen. "We went out that night for a celebratory steak dinner—and relaxed together for the first time in a while," she says. "I realized how much stress my diet had caused."

Pettit isn't the first well-intentioned woman to discover a surprising truth: Healthy habits can be anything but for a relationship. "We establish patterns with our partners, and when one of you suddenly veers in a different direction, it can set off a seismic shift in your lives," says Susan Shapiro Barash, author of *The Nine Phases of Marriage*.

That's not to say that if you take up tennis, he should brush up on his backhand for the sake of your bond. But studies show that supporting each other's new interests, even if you don't share them, might be important for

your overall happiness. New Zealand researchers followed 47 couples for a year and found that those who supported each other's goals were more likely to achieve their objectives *and* rated their relationship quality higher than less encouraging couples. That study dovetails with a tested insight known as the Michelangelo phenomenon—the theory that romantic partners sculpt each other's behavior—and shows that those who promote the best in each other are often the closest.

Abigail Dougherty, 30, a registered dietitian in Tampa, Florida, can confirm this from both professional and personal experience. When she met her future husband nine years ago, she smoked, drank and had a poor diet. "Patrick, on the other hand, was a super healthy doctor," she says. As they got to know each other, he never criticized her bad habits, she says. Instead, he led by example. "He cooked healthy food and exercised every day, and it inspired me to make changes."

"IF HE'D NAGGED ME, OUR RELATIONSHIP WOULDN'T HAVE SURVIVED."

First, she started eating better. Then she took up running. By the end of a year, she'd dropped a jeans size and was healthier than ever. "I was so hooked that I went back to school to pursue a nutrition degree," she says, adding, "If he'd nagged me, our relationship wouldn't have survived. But he showed me what good health looked like and let me figure out my own approach to it."

Dougherty's husband provided what researchers call invisible support, which often works better than overt

encouragement, says Yuthika Girme, a researcher at the University of Auckland in New Zealand. Suggesting that your partner go to the gym or eat more vegetables can backfire, Girme says. "Direct support is effective when your partner is clearly distressed and wants help."

That said, change isn't always easy. When Daphne Mallory, 38, lost a lot of weight two years ago, she expected her husband, Bob, to embrace her new 125-pound self. And he has—to a point. "He's proud of me," says the Twin Falls, Idaho, business consultant. "But losing weight has altered more than my appearance. I'm more confident and assertive, and I've started doing more public speaking. Now that I'm engaging with the wider world, he feels insecure and less trusting. We're working on it, but it came as a surprise to both of us."

This conflict is actually not uncommon, says Lynsey K. Romo, Ph.D., assistant professor of communication at North Carolina State University, who published the results of a 2013 study tracking changes among 21 couples in which one partner had lost 30 pounds or more. While most said their relationships benefited, she has seen less rosy outcomes, from jealousy to sabotage (such as when one partner tempts the other with high-calorie treats or discourages exercise). "Weight loss can expose underlying problems and insecurities in a relationship," Romo says.

Exercise disparities can be equally destabilizing, says Lori Schade, Ph.D., a couples therapist in Salt Lake City. Allie Burdick, 39, a competitive runner in Ellington, Connecticut, says the hours she spends training and racing are a challenge in her otherwise happy marriage. "We've had fights about my training routine and the number of races I do," she says. Over the years, she's learned that **SOLE MATES > 100**



EARRINGS

Marion Vidal **TOP**
Thomas Pink

Opposite EARRINGS

Marion Vidal **TOP**
Trademark

Hair, Shin Arima at Frank
Reps; makeup, Asami
Taguchi at Frank Reps.

LIP SERVICE



AMUSE-BOUCHE

Play up your lips with a little color—or a lot.

LIPSTICK Nivea Lip Butter in Vanilla & Macadamia Kiss, \$3

Opposite **LIPSTICK** Nars Audacious Lipstick in Olivia, \$32

A perfectly smooth pout makes the season's newest lipstick shades—from dazzling reds to delicate pinks—look all the more inviting. **BY KARI MOLVAR**

PHOTOGRAPHED BY SIMON BURSTALL
STYLED BY LINDSEY FRUGIER

That second after a really fantastic kiss: Your pulse is racing. Your hair is a bit tousled. You feel slightly dizzy, in a good way. And your lips—well, they look pretty amazing, too. They're fuller and flushed from the heat of the moment as surges of oxygen and blood rush to their surface. The latest lipsticks play up that just-kissed effect, with a full spectrum of romantic shades and lush, hydrating formulas. Whether you prefer a bold streak of crimson or a subtle whisper of pink, this season is all about the lips. Here's how to make yours impossible to resist.

PREP YOUR LIPS

"Everything starts with a smooth, moisturized mouth," says New York City makeup artist Pati Dubroff. Yet, in the depths of winter, biting winds, freezing temps and indoor heat can siphon the hydration from your skin, making lips prone to dryness and peeling.

Defend yourself against the elements by keeping your body well hydrated and nourished. "Your lips are a good indication of your overall health," says Jessica Wu, M.D., a Los Angeles dermatologist and author of *Feed Your Face*.

Her advice: Drink at least eight glasses (or 64 ounces) of water a day and up your intake of moisture-rich omega-3 fatty acids, found in salmon, leafy green vegetables, walnuts and flaxseed. Also consider keeping a portable mini-humidifier handy to infuse the air with more moisture. (The 11+ Bottle Humidifier Mini, \$60, fits on a bedside table or office desk.)

Next, rid your lips of dead skin, which will hinder any product from sinking in and may prevent lipsticks from going on evenly. Pat McGrath, creative design director for CoverGirl, relies on a facial scrub to gently remove any rough flakes on lips, much the same way she would use it to buff a dull complexion. Revlon global artistic director Gucci Westman, meanwhile, uses a spa-inspired trick that's easy to replicate at home: "I put a little clear lip balm on a warm, steamed washcloth and massage it over lips. It makes your mouth so soft and supple," she says. Those who are ultrasensitive might want to reach for a water-based peel to help lift any stubborn patches on their lips without risking irritation (try AquaReveal Smooth Talker Water Peel for Lips, \$26).

WHETHER YOU PREFER A BOLD STREAK OF CRIMSON OR A SUBTLE PAT OF PINK, THIS SEASON IS ALL ABOUT LIPS—SO MAKE YOURS IMPOSSIBLE TO RESIST.

PLUMP THEM UP

Once your lips are buffed, the next step is to hydrate them so that they look full and dewy. "The lip area is very delicate, so it's important to strengthen the barrier function to prevent water loss," says NYC dermatologist Joshua Zeichner, M.D.

The new wave of supercharged lip treatments boasts ingredients plucked from antiaging creams and reparative serums. Dr. Jart's Ceramidin Lipair (\$15) uses ceramides, lipids and fatty acids to lock in hydration. Zelens The Balm (\$48) contains hyaluronic acid and a form of retinol to minimize wrinkles. And Bite Beauty Smashed Agave Lip Mask (\$26) harnesses the antioxidant power of resveratrol to offset free radical damage from environmental pollution. (Bonus: It delivers a soft, rosy tint.)

Sun protection is also key: "UV light can dry out the skin, making lips thinner and weaker," says Dr. Wu. Look for balms with built-in sunscreen, like Jack Black Intense Therapy Lip Balm SPF 25 (\$8), which also contains healing vitamin E.

PLAY WITH COLOR

Healthy, bare lips are plenty sexy and modern, but for those who want a hit of color, look for options that are "neither completely matte or shiny, but in between," McGrath advises. The new semimatte lipsticks won't dry out your lips the way previous generations did, since many are formulated with soft waxes and coated pigments to deliver high-impact color without the slick finish.

Once you find your perfect shade, apply it the way the pros do: with your hands. Backstage at spring fashion week, Westman patted models' lips with a berry stain at the Oscar de la Renta show, while at Topshop, makeup artist Hannah Murray tapped a satiny matte ruby lipstick (try Topshop Beauty Lip Ombre, \$12) on the center of models' mouths using her middle finger.

"The idea was to create a diffused look, almost like the girls had been kissing their boyfriends at the bus stop," Murray says. For a vibrant pop that also adds a touch of fullness, "top everything with a smudge of brick red lipstick," she says. Then lightly blend until the color looks a bit worn off—or, you know, sealed with a kiss.

Make Up For Ever Rouge Artist
Intense #54 Pearly Golden Pink, \$20

E.L.F. Studio Moisturizing
Lipstick in Crazy Cranberry, \$3

Almay Smart Shade Butter Kiss Lipstick
in Red Light/Medium, \$7

Rimmel London Show Off Lip
Lacquer in Celestial, \$6

Marc Jacobs Beauty Le Marc Lip
Crème in Rel of Light, \$30

Topshop Beauty Lips
in Secretary, \$12

Chanel Rouge Coco Ultra Hydrating
Lip Colour in Gabrielle, \$36

Essence Longlasting Lipstick in
Blush My Lips, \$3

Revlon Ultra HD Lipstick
in HD Azalea, \$9

Bobbi Brown Creamy Matte Lip
Color in Pink Nude, \$26

Shiseido Veiled Rouge
in Carnevale, \$25

Elizabeth Arden Beautiful Color Moisturizing
Lipstick in Matte Rose Petal, \$25

Milani Moisture Matte Lipstick
in Matte Confident, \$5

Maybelline New York Creamy Mattes
in Ravishing Rose, \$8

CoverGirl Colorlicious Lipstick
in Succulent Cherry, \$7

Tarte Amazonian Butter Lipstick
in Ethereal Pink, \$16

PRETTY IN PINK (AND EVERYTHING ELSE)

Packed with moisturizing ingredients, the latest lipsticks condition and deliver the perfect tint—from barely there nudes to your richest reds.

PHOTOGRAPHED BY JOEL STANS



A LITTLE BIT UP

"People feel mildly happy
most of the time,"
according to psychologist
Robert Biswas-Diener.

CAN YOU BE DEPRESSED & HAPPY?

IT'S NOT AS ODD AS IT
SOUNDS—AND IT'S NOT
ALWAYS SUCH A BAD
THING EITHER. HERE'S
WHAT OUR GRAY MOODS
MAY BE TELLING US.

By Rebecca Webber

There are days when Ashley, 30, feels like her life couldn't be better. She excels at her flex time job as creative director of an e-learning company based in Nashville, leaving her enough hours in the week to revise a YA novel she's been working on. ("I feel good when I create, and I really want to be a published author," she says.) Married just a few months ago, she has a thriving social life, hitting the city's restaurants and bars with her husband and their friends and joining a workout buddy for regular Zumba classes.

Then there are the times when all the unrealized aspects of Ashley's life dominate her thoughts: the unfinished novel. The old paint job on their house. The small things that went wrong at the wedding (including a deejay who forgot to load her playlist). "I get progressively more upset as I think about them," she says. Sometimes, she can't even muster the energy to get out of her pajamas and spends a whole day on the couch "being unproductive and feeling sorry for myself."

PHOTOGRAPHED BY ADAM VOORHES

Joy and despondency tag-team in Ashley's life in a way that might seem contradictory. But her experience is hardly unusual. "People who say they're happy are generally less likely to also report feelings of depression, but that correlation is far from perfect," says Jean Twenge, Ph.D., professor of psychology at San Diego State University and author of *Generation Me: Why Today's Young Americans Are More Confident, Assertive, Entitled—and More Miserable Than Ever Before*. "Certainly, some do experience both."

Young women may be most prone to this apparent paradox. A Pew Research Center poll from 2010 found that young adults are more likely than older ones to report a happy mind-set, with 31 percent identifying as "very happy" and an additional 56 percent as "somewhat happy." But they also show more symptoms of depression than do previous generations. A 2014 study authored by Twenge in the journal *Social Indicators Research* found that, since 2000, young Americans have reported substantially higher levels of depressive symptoms than those in the '80s and '90s, including negative feelings, sleep disruption and poor concentration. The trend was magnified in females, who are nearly twice as likely as males to have clinical depression. The Mayo Clinic reports that one in five women will develop depression in her lifetime. "The data suggests that women ruminate more about failures," explains Emiliana Simon-Thomas, Ph.D., science director of the Greater Good Science Center at the University of California in Berkeley. And that sort of obsessive stewing may lead to depressive symptoms.

TRUE BLUE?

It's not unusual to moan, "I'm so depressed!" after a bad day. But as the American Psychiatric Association defines it, depression is a disorder with a clear-cut list of symptoms. These include taking little interest or pleasure in doing things, feeling down or worthless, sleeping too much or too little, feeling tired and having trouble concentrating. (For an adapted version of the list, called the Patient Health Questionnaire, google "PHQ-9.") Experiencing more than a couple of the symptoms on the APA's list daily (or almost daily) for at least two weeks may predict a diagnosis.

Happiness, meanwhile, is both an emotion and a subjective judgment about life. Happiness and life-satisfaction questionnaires administered by psychologists ask things like "Is your life close to ideal?" and "Do you have the important things you want?" And so, while happiness and depressive symptoms typically move in opposite directions (the more you have of one, the less you have of the other), they can also float up or down in tandem, because they reflect different things. For example, you can be dissatisfied with your life yet still feel energetic and upbeat. Or you can be generally happy with your circumstances, yet your mood can be lousy.

Like many other disorders, clinical depression falls on a continuum, from mild to moderate to severe. A mildly depressed person might feel badly a lot of the time but manage to keep up appearances, whereas a severely depressed person often can't drag herself out of bed. But if sadness strikes only once in a while, and if it never keeps you from your morning

meetings or your best friend's birthday party, experts call it something else: "Totally normal," says Jackie Gollan, Ph.D., associate professor of psychiatry and behavioral science at Northwestern University's Feinberg School of Medicine. Especially if you're grieving or recently had a bad breakup, though the feelings might also stem from small issues, like missing your family, disliking your job or having an argument.

These fleeting blue moods can occur within a broader experience of well-being. "A wide range of research shows that people feel mildly happy most of the time," says Robert Biswas-Diener, psychologist and author of *The Upside of Your Dark Side*. "It's our natural resting place."

That pretty well describes Marlo, an athletic, 30-year-old sports marketer in Los Angeles, who occasionally spends evenings at home feeling melancholy, sipping whiskey and listening to country music by George Strait. "It reminds me of where I grew up," she explains, on a farm in a small town in the Deep South, where her parents still live. She misses them and her friends who stayed home, marrying young and having babies. Marlo, meanwhile, is still looking for a mate. "Guys in L.A. are impossible," she says.

Her work typically makes her troubles worthwhile—it's taken her to three Olympics. Still, whenever there's a lull or a tough week, "I have to find ways to deal," she says. After one breakup, she took up boxing. "I'd call my trainer and tell him I was about to cry, and he'd say, 'Come over and box,'" she says. "I'd get out all this anger and aggression and sadness."

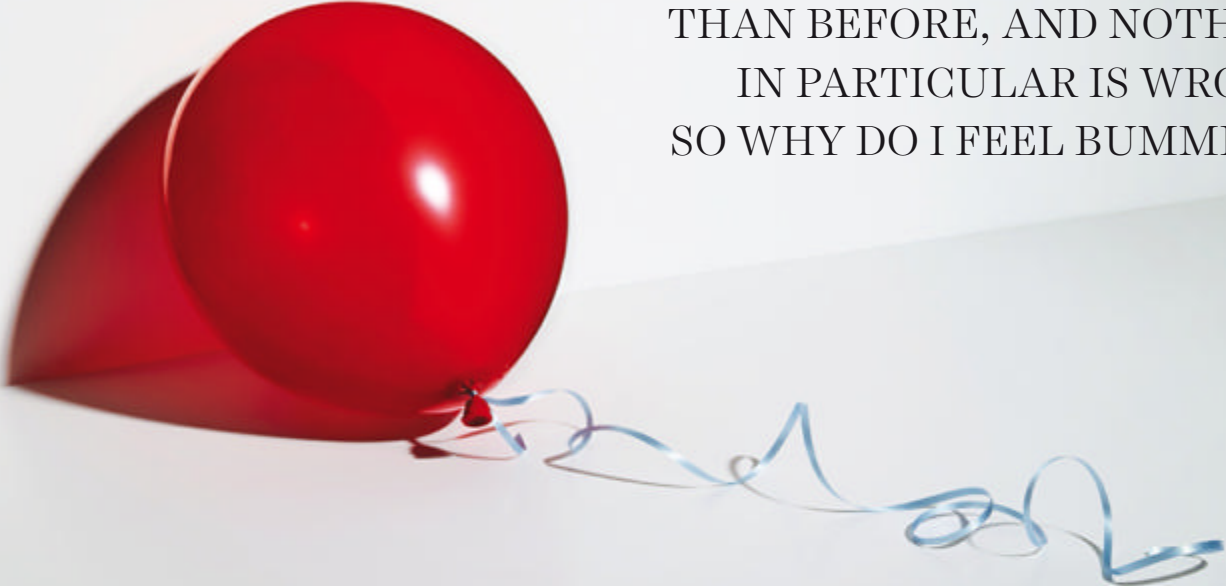
Though many of us can naturally find our way back to our happiness set point, sometimes our built-in coping mechanisms can't quite keep up with circumstance.

Katherine, 25, is an analyst with an energy company in her hometown of San Antonio. It isn't her dream job; she loves fashion and travel. But she saw many of her fellow MBAs struggling to find work and felt lucky for the experience and solid pay. She's been putting in up to 12 hours of daily toil ever since, squeezing in exercise and friends.

About six months into her job, she started laboring to get out of bed. She was plagued by dissatisfaction with her job, the frustration and disappointment from "settling" and anxiety about her work performance, she says. (Anxiety and depression often go together, Twenge notes.)

One day last spring, a routine work phone call set off a full-blown panic attack. "I felt really shaky, like my heart rate was really fast and I couldn't breathe," Katherine says. She started crying and fled to the company nurse's office, where she lay in a dark room until she recovered. "It was uncontrollable and totally embarrassing," she says. "That was when I realized this isn't normal, and I went to see a counselor."

The counselor screened her for depression. "I was somewhere in the middle, not completely depressed, but not in a good place either," Katherine says; she subsequently visited a psychiatrist, who prescribed a small dose of Zoloft. "It helps control the emotions that were making it hard for me to go to work." The counselor also offered tactics to help her manage her moods. "She had me write in a diary every day things that I was grateful for," Katherine explains. "So I wasn't writing 'Crappy city. Boring job. My life sucks.' I was grateful for my family and all the opportunities I've had."



“THINGS ARE GOING WELL.
I’M MAKING MORE MONEY
THAN BEFORE, AND NOTHING
IN PARTICULAR IS WRONG,
SO WHY DO I FEEL BUMMED?”

PERFECTION PROBLEM

Ironically, the very habits that help women become super successful may also lead to depression. We have lofty goals, but we may feel disappointed if we don’t reach them. Or we do what others expect of us. “I call it ‘shoulding’ on ourselves,” says Christine Carter, Ph.D., sociologist and author of *The Sweet Spot: How to Find Your Groove at Work and at Home*.

And while perfectionism might make us good students, employees and entrepreneurs, it also correlates with depression. Multiple studies by Paul Hewitt, Ph.D., professor of psychology at the University of British Columbia, found that people who strive to be flawless are significantly more vulnerable to depressive symptoms. “I’m a total type A personality,” Katherine admits. “I don’t like to make mistakes.”

Add to that our culture of overwork. A study of 2,000-plus white-collar employees found that those who regularly work 11 or more hours a day had more than twice the risk of becoming depressed. Technology compounds the problem. “It’s created the expectation that we are available 24/7,” Carter says. “It’s impossible to enjoy your life and feel profoundly, truly joyful if you don’t give yourself time to rest. Even social media, which allows us to connect with more people, has been shown to impact well-being, not least because it taunts us with perfect, airbrushed versions of others’ lives.”

And while it’s great that individuals can strike out on their own, finding jobs in new cities or starting families by themselves, a solo lifestyle can increase loneliness, which is also linked to depression. “We’re tribal, cave people,” Carter says. “If you’re spending the majority of your day alone, it

doesn’t feel good to most people. There’s a little part of your nervous system wondering where your clan is.”

Rachel, who lives by herself in the Houston area, is an ob/gyn resident at 26. “I did college in three years and didn’t take any breaks because I wanted to move forward faster,” she says. She treats patients and scrubs in and out of surgery for 80 hours a week, then often comes home at 9 p.m. Sometimes she’ll call around to see if any friends can grab dinner, but they’re usually too busy with their partners or new babies. So she’ll play her guitar or go for a run to keep from feeling bad. “I feel it most when I’m not busy,” she says.

Alone at home, she’ll ruminate on how she’ll be able to find a partner and start a family, given the intensity of her job: “I should feel satisfied because things are going well. I’m making more money than before, and nothing in particular is wrong, so why do I feel bummed? I probably should see a counselor, but I don’t have the time. I tell myself I don’t have this diagnosis because I don’t want it.”

It’s difficult to take on the stigma of mental troubles, which is why the women interviewed for this article asked to be identified only by their first name.

SILVER LININGS

Bad moods, though unpleasant, are not necessarily a bad thing. Research shows that people in negative moods are better negotiators and less gullible. They’re more aware of threats and take fewer risks. An angry mood can boost performance in competition. In DEPRESSED & HAPPY > 101

LACE

UP!

LACE CUTS LOOSE
WITH TOMBOY
SHAPES AND
DETAILS. MODEL
MARTHA HUNT
SHOWS US THE
GIRLIE TREND'S
PLAYFUL SIDE.

THE FRILL OF IT

A sheer top is sexy and sporty with cutouts, zippers and racing-stripe accents. **TOP** \$1,572, and **SKIRT** \$820, Preen by Thornton Bregazzi **EARRINGS** Miriam Salat, \$295 **BAG** Charlotte Olympia, \$2,695

Opposite MIX MASTER

A lace blouse, vintage floral jacket and two-tone mini make for a very modern mash-up.

JACKET Etro, \$6,942
TOP Martel, \$258 **SKIRT** Veda, \$449 **EARRINGS** Miriam Salat, \$295
BAG Halston Heritage, \$245 **BAG STRAP** M&J Trimming, \$1.59 per yard

PHOTOGRAPHED BY
BJARNE JONASSON

STYLED BY MELISSA
VENTOSA MARTIN

MARTHA HUNT

AGE 25 **ORIGINALLY FROM**

Wilson, North Carolina

HOME BASE New York City

5 THINGS THAT INSPIRE HER

FOOD BLOGS "I'm constantly hunting online for new recipes—it gets me in the kitchen. I just made a poached cod with tomato and saffron sauce that was so good."

LOL INSTAGRAMS "Looking at hilarious posts reminds me to put something funny on my accounts—and to not take myself too seriously. My favorites are animal memes."

STYLE ICONS "Mine are Jane Birkin and Kate Moss: They've got that effortlessly cool vibe, which I try to emulate. And I think Carolyn Murphy is a total badass."

HER TRAINER "Usually we do an hour of sculpting three days a week, plus two days of yoga or pilates. But if I'm tired, he encourages me to take care of myself. He'll say, 'You've been in three different countries this week. Rest is more important.' I need that influence in my life."

OUTDOOR SPORTS "I'm always up for a challenge, whether it's running, hiking or tennis. Having the time to exercise outside feels like a luxury—I'm so happy when I can do it."

SWING SET

A tennis-inspired top and skirt with Mary Janes and a patent-leather peacoat hit the sweet spot between fun and cool.

COAT Hilfiger Collection, \$850 **TOP** Philipp Plein, \$1,695 **SKIRT** Lie Sangbong, \$455 **BAG** Carven, \$290 **SHOES** Repetto, \$335



DAY GLOW

Shots of neon, embroidery and acrylic embellishments make this shift a total standout—just add an LBT (little black turtleneck).

DRESS Peter Pilotto, \$9,430

TURTLENECK Hanro of Switzerland, \$200

EARRINGS Jennifer Fisher

BAG Rena for Aquatalia, \$450

VIOLET FEMME

In deep fuchsia, a floral lace dress is romantic yet striking.

DRESS Custo Barcelona, \$450

BEAUTY NOTE

For bold brows like Hunt's, try L'Oréal Paris Brow Stylist Sculptor, \$9.



SHORT STORY

Athletic color blocking and a zippered neck give a lace minidress a fun retro vibe.

DRESS Carven, \$1,690

BAG Bally, \$1,395

Hair, Wesley O'Meara/
Brydges Mackinney;
makeup, Kristi
Matamoros/Kate
Ryan; producer,
Jeremy McGuire/GE
Projects; manicure,
Andrea J. Vieira.
See Get-It Guide.



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FOOD UTILITY



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(SELF)

INDULGE

DIVE RIGHT IN

➔ *From sporty adventures to relaxing retreats, our winter getaways guide has you covered.*

BY CHRISTINA VALHOULI

Who couldn't use a little mood boost this time of year? Research shows that water—swimming, soaking or just being near it—can be good for both body and mind. “Adrenaline, dopamine and endorphins all increase,” says Wallace J. Nichols, Ph.D., author of *Blue Mind*. Check out our favorite destinations by the water, whether you're thinking of kayaking or just kicking back, plus stylish gear to help you look great taking the plunge. DIVE > 97

(SELF) INDULGE

SURF'S UP

Riding waves tones your core and upper body.



PACK THEM WITH YOU

These lightweight, top-of-the-line flippers are better than the gear at most resorts. Plus, they come with a matching mask and snorkel.

Flippers, mask and snorkel, \$90; REI.com

the SPORTY GETAWAY

These oceanside destinations have just about every activity under the sun.

VIEQUES, PUERTO RICO

THE PLACE This tiny island off the coast of Puerto Rico is famous for its pristine white beaches and bioluminescent bay, which glows in the dark. The hypermodern, 21-room El Blok hotel boasts a rooftop terrace with stunning sunset views—and delicious cocktails. Rent bikes from the nearby Black Beard Sports to explore the town. From \$180 per night; ElBlok.com.

THE VIBE Casual. At the restaurants and beaches, the mood here is relaxed and unstuffy.

THE WATER Snorkel at Playa La Chiva (the water is so clear, you can see the bottom), or head to La Chata for surfing. Discover hidden caves, and sign up for a twilight sail along Esperanza Bay.

TOMALES BAY, CALIFORNIA

THE PLACE Locals joke that the difference between summer and winter in Tomales Bay is about 7 degrees: Expect cool weather in the 50s. This

area is a mecca for athletically minded naturalists looking to kayak, bike or fish along unspoiled California coastlines. The newly renovated Straus Home Ranch, located on an organic farm, has a cozy, country-inspired design as well as gorgeous water views. From \$500 per night for a house rental; StrausHomeRanch.com.

THE VIBE Rugged. Think narrow inlets, fog and sandy beaches. Fleece pullovers and all-terrain boots work for both seaside hikes and dinner at the Hog Island Oyster Farm, a local favorite.

THE WATER Kayaking is the big draw here. Companies like Blue Waters Kayaking provide full moon excursions. Or go sailing and take in the bay's beauty.

ST. LUCIA

THE PLACE This Caribbean island is famous for its Pitons—twin peaks of volcanic matter that rise high above the ocean floor. They're great for exhilarating (and challenging)

hikes. A fitness resort, the Body Holiday, has a wellness center, medi-spa and a glass-walled Spin and yoga studio with ocean views. All-inclusive rates start at \$618 per night; TheBodyHoliday.com.

THE VIBE Tropical. The lush jungle scenery, warm weather and Creole culture make for an exotic recreational paradise.

THE WATER Go scuba diving, try stand-up paddleboarding or waterskiing, or head to the shore for a game of beach volleyball.

ROW ON
Stand-up
paddleboarding
lets you work
out and
see the sights.



THE LIFE AQUATIC
Get an adrenaline rush exploring the reefs.

the SPA ESCAPE

If your goal is to relax and recharge, these spots offer a wide array of indulgent treatments to make that stress disappear.

UBUD, BALI

THE PLACE There's no place like Bali, with its peaceful atmosphere and spectacular landscape.

Splurge and book a stay at the luxe Como Shambhala Estate, which is nestled in the jungle, next to the Ayung River, and serves organic, "field-to-table" Indonesian cuisine. From \$600 per night; ComoHotels.com.

THE VIBE Serene. Secluded villas mean you don't have to see other guests if you don't want to; the sound of the flowing river nearby is as soothing as it gets.

THE WATER Treat yourself to a Balinese bathing ritual, which includes a detoxifying salt scrub, or a heated-river-rock massage. The Ayung has its own sacred spring, the Source, which feeds the outdoor hydrotherapy pools at Como Shambhala's spa.

MONTAUK, NEW YORK

THE PLACE Located at the tip of Long Island, Montauk is the most laid-back town in the Hamptons. A winter jaunt means lower rates and no crowds. The recently renovated Gurney's is the only hotel in the United States with an indoor, sand-filtered seawater pool.

From \$220 per night; GurneysMontauk.com.

THE VIBE Romantic. Book a couples' massage before dinner at a cozy restaurant; cap off the evening with a moonlit stroll on a stretch of quiet beach.

THE WATER Take a dip in Gurney's indoor pool, which has floor-to-ceiling windows with breathtaking Atlantic Ocean views. The 30,000-square-foot spa offers thalassotherapy treatments, including hydromassage and seaweed body wraps.



SWIM WITH A VIEW
Ion Luxury Adventure's naturally heated lap pool overlooks stunning lava fields.

NESJAVELLIR, ICELAND

THE PLACE Iceland's surreal landscapes and natural hot springs make it a popular wellness destination. The new Ion Luxury Adventure Hotel, less than an hour from Reykjavik, Iceland's capital, is also near the Gullfoss waterfall and the hot springs of Geysir. From \$197 per night; IonIceland.is.

THE VIBE Otherworldly. Visitors come to Iceland to enjoy striking scenery and feel energized by the water, which is rich in minerals. Winter is also a prime time to view the northern lights.

THE WATER Take a dip in Ion's outdoor pool, which is fed from a spring, or hit the Lava Spa, which uses natural springwater and Icelandic herbs in its treatments.



NATURE'S HOT TUB
Unwind in Iceland's hot springs.



THE BIG CHILL

Cool off in a private pool (left), or lounge beneath a canopy of trees at Bali's Como Shambhala Estate (below).



Naturopathica,
631-329-2525



BRING IT HOME

Stock up on detoxifying Dead Sea bath salts at Naturopathica, a spa and boutique in East Hampton, on your way back home.

(SELF) INDULGE



the TRAVEL ESSENTIALS

Booked your flight? Get the most out of your time away with these chic, packable finds.

1 Toss a mini travel journal in your day bag. \$10 each; [Poketo.com](#) **2** Stand out in a color-blocked two-piece. [Albertine](#), \$240; [Beach House](#), 310-733-2130 **3** A fun visor shades your eyes. \$35; [Lacoste.com](#) **4** This pouch doubles as a wallet. \$145; [ClareV.com](#) **5** Get outdoors in a bold, athletic top. \$88; [CynthiaRowley.com](#) **6** Sunglasses that are sporty and stylish. \$180; [WestwardLeaning.com](#) **7** Swipe on lip gloss, pre-cocktails. [By Terry](#), \$47; [Barneys.com](#) **8** A poppy-colored pedi glams up your poolside look. \$27; [Dior.com](#) **9** Start a friendly competition with this paddle set. \$150; [Frescobol.com](#) **10** Soothe muscles with seaweed-infused sea salts. \$12; [Pursomalife.com](#) **11** Sleek headphones with quality sound. \$349; [MasterDynamic.com](#) **12** Silver sandals go from day to night. [Ancient Greek Sandals](#), \$240; [ModaOperandi.com](#) **13** Witty short stories for lazy afternoons. [Knopf](#), \$18; [Amazon.com](#) **14** In orange, a leather duffel pops. \$1,100; [TAnthony.com](#) **15** Capture sunsets with an instant camera. \$100; [JCrew.com](#) **16** Stay protected with SPF 50+. \$48; [KateSomerville.com](#)



What exactly is the difference
between want and need?



THE FACE OF CHANGE

CONTINUED FROM 70



toward a community-organizing class. Russell ended up interviewing more than 50 grassroots artists for her thesis about public art and political power.

Recounting her story, Russell has become animated. She makes rapid-fire references to “cultural hegemony” and to academic papers she’s “obsessed” with. Another irony of her modeling career is that, though clients don’t hire her for her brain, she’s well informed in part because she spends so much time on planes, flying to and from shoots, burning through e-books. “I’ve downloaded 200 or so,” she says. Her inspirations these days are not politicians or even artists but poets and writers like Audre Lord and J.M. Coetzee.

When she’s not reading, Russell runs and does yoga—though she’s loath to connect either to her modeling career. “That’s a dangerous path,” she says. “I work out because it makes me feel good.” While at Wellesley, she and a friend ran the Boston marathon; they trained for just three weeks. “Sports are totally mental,” she says with a shrug.

Though she’s a vegetarian who enjoys making soufflés for her younger sister, Linnea, a hospital research coordinator who lives with Russell in Manhattan, she’s stumped when I ask whether she has to watch what she eats. “I have the same chicken legs as my 88-year-old grandmother, so I really think it’s genetic,” she says finally.

In 2013, inspired by the extraordinary response to her TED talk, Russell launched a magazine called *Interrupt* to help empower artists, feminists and activists working outside the mainstream media. “I am constantly thinking, How can I make space for other people?” she says. Anyone can apply to guest-edit

Interrupt. A recent issue, branded the “The LGBT Love Issue,” is edited by a Pan-African queer collective called HOLAAfrica! and a youth program called Project S.O.L. Russell’s face is nowhere to be seen until you flip to the back. She’s sitting with her fellow staffers at a table with laptops and coffee cups, her hair piled messily on her head, her grin wide and stunning.

Russell is also on the board of Hollaback!, an international movement to end street harassment, and Art & Abolition, which supports survivors of sex slavery in Kenya. That she doesn’t yet know where all of this is headed doesn’t concern her. “I feel like our society is moving away from this notion of one career,” she says. “Now we’re all, like, a million things.” What she has realized: “Those moments when I don’t have to think about how I look make me happiest. Think about it—the times when you were on vacation, or in some cabin in the woods.” She smiles again—impassioned, electric. “Weren’t you happy?” ●

SOLE MATES

CONTINUED FROM 79



things are smoother if she warns her husband about upcoming races and explains her workout schedule. “Fortunately, that conflict doesn’t spill over into the rest of our lives. He doesn’t complain about having sex with an athlete,” she says.

Improved sex is a happy outcome that Romo’s weight loss study bears out. “Several couples said sex got better,” she says. “The people who’d lost weight felt more confident about their bodies, and many initiated healthy activities outside the bedroom, from cooking to going to the gym. Sharing enjoyable activities

promotes emotional intimacy, which in turn promotes physical intimacy.”

Case in point: Marissa Vicario, 36, a holistic health coach in New York City, who eased her now-fiancé, David, into her routine—cooking at home, eating leafy greens and exercising daily—after they started dating six years ago. Now they’re training for marathons and obstacle-course races together. “When it’s cold and rainy on a Saturday morning, it’s incredibly nice to know I don’t have to get out of bed alone,” says Vicario, who also knows that the benefits go beyond better health. “Working out together has given us insight into each other,” she adds. “At times I’m plagued by self-doubt, especially before races—and that attitude crops up in my work as well. When David sees me going to that place emotionally, he jumps in and reminds me of all the times I’ve been successful.”

Being on the same page about health habits is no guarantee of increased unity,

though. Alyssa James, 25, a freelance writer, thought she’d met her match when she bonded with a fellow weight lifter a few years ago. “At first it was great. Then we started getting competitive, and that led to teasing,” she says. “Eventually we started cutting each other down in front of friends. It tore our relationship apart.”

This raises an important issue. “Having similar values toward fitness and nutrition can solidify a connection with your partner, but how that plays out in real life can look different from couple to couple,” Barash says.

Pettit, the former vegan, can vouch for that. Her husband has embraced her healthier lifestyle—in his own way. And that’s a positive thing. “His more laid-back, adventurous approach is good for me,” Pettit says. “I have a tendency to get stuck in routines. He provides balance. We complement each other, and for us, that’s far better than being exactly alike.” ●

DEPRESSED & HAPPY

CONTINUED FROM 87



important ways, negative feelings can contribute to our success.

One hundred percent happiness should never be the goal anyway, says Biswas-Diener. "Sometimes the appropriate emotional response is to be guilty or jealous or angry or sad." Each mood is normal and serves a valuable purpose. Guilt means you've violated your own moral code, while sadness means something important is missing. "Think of your moods as a thermometer that takes the temperature of your life," he says. "If you just want to be happy all the time, it's like wanting to break your thermometer."

Of course, no one wants to live under a gray cloud. Biswas-Diener suggests we aim

for an 80:20 ratio of positive to negative emotions. "A 50:50 ratio is probably not good enough. All that emotional distress is telling you that the circumstances of your life need attention," he says.

Rather than running from bad moods or drowning them in work busyness, listen to your feelings. "What are they telling you?" asks Biswas-Diener. Doing so "starts to undercut their negative impact," he says. And it may lead you to think of creative solutions for the underlying problems. Ashley, the would-be YA novelist, has begun to use this tactic when she is ambushed by negativity. "Actually looking at it makes it easier to deal with than pushing it away," she says.

You can push back against occasional sad feelings in other proven ways. Add activities and people to your life that make you feel competent and give you pleasure, Gollan says. Go for a hike, do volunteer work, or join a book club. "Exercise is the second thing I recommend. Figure out how to add more steps per day to increase your energy

level and stamina," she continues. A recent Swedish study suggests that exercise causes muscles to produce an enzyme that protects the brain from depressed feelings.

Seek social and emotional support, another tactic shown to ward off depression. "My grandma doesn't have Facebook, and she and I write letters all the time. And I actually have to call her on the phone and talk to her. I love that," Katherine says.

If a screening suggests symptoms of depression, talk to your primary care physician, Gollan says. "Ask if you should be referred to a psychologist or psychiatrist. Mild depression can be tackled by behavioral approaches. Moderate to severe might also need medication. State-of-the-art care is really both."

If instead your blues are garden-variety, take heart. You're human. Put on a pot of tea and your favorite moody playlist. Acknowledge your sadness. Use it to make a few tweaks to your life. Then allow the bad mood to pass like a dreary winter day, leaving clear sky in its wake. ●

GET-IT GUIDE

Cover Top, Donna Karan New York, \$895; Saks Fifth Avenue. Pants, \$2,176, and belt, \$274; Iceberg.com.

Earrings, Sonia Boyajian Jewelry, \$220; SoniaBStyle.com. Shoes, Altuzarra; TheLine.com for similar styles.

Page 4 Shirt, Sacai Luck, \$396; Dover Street Market, 646-837-7750. Shorts, Theory, \$675; Lord & Taylor. Bag, Ela, \$348; ElaByEla.com. Earrings, \$295; MiriamSalat.com. Ribbon (worn as belt), M&J Trimming, \$1.59 per yard; MJTrim.com.

Page 17 Sweatshirt; Shop.Norma Kamali.com for other styles. Sports bra, \$85; HeroineSport.com. Pants, \$110; OlympiaActivewear.com.

Page 34 Top: Sweater, \$265; MihJeans.com. Leggings, House of Mai, \$395; 212-719-3888. Bottom: Scarf, \$165; TheodoraAndCallum.com.

Page 47 Sports bra, Adidas by Stella McCartney, \$50; Adidas.com. Pants, \$305; LucasHugh.com. Sneakers, \$170; Adidas.com.

Page 49 Sports bra, \$25, pants, \$45, and sneakers, \$100, Under Armour; UA.com. Headband, \$20 for six; Adidas.com. Fitness bracelet, \$150; Samsung.com.

Page 52 Tank, Donna Karan New York, \$595; Saks Fifth Avenue. Sports bra, \$85; LiveTheProcess.com. Pants, Lululemon Athletica, \$78; Lululemon.com.

Page 69 Sweater, \$850, and pants, \$1,175, Prabal Gurung; Stylebop.com. Necklace, Balmain, \$1,645; Barney's New York. Belt, Prabal Gurung X Bond Hardware. **Page 71 Top**, Versace, \$1,325; 888-721-7219. Mock turtleneck, T by Alexander Wang, \$285; AlexanderWang.com. Pants, Bogner, \$649; 212-219-2757. **Page 72 Top**, Narciso Rodriguez, \$995; Neiman Marcus, 888-888-4757. Pants, \$1,395; NarcisoRodriguez.com. Bangle (right hand), \$295; AlexisBittar.com for stores. Oval bangle (left hand), \$102, and cuff, \$220, DinosaurDesigns.com. Shoes,

Gianvito Rossi, \$795; Net-A-Porter.com. **Page 73 Red top**, \$108; Mikoh.com. Navy bodysuit, Atea Oceanie, \$225; TheLine.com. Pants, Calvin Klein Collection, \$1,895; 212-292-9000.

Page 74 Tank, \$30, sports bra, \$65, tights, \$75, watch, \$165, and sneakers, \$110; Nike.com. **Page 75 Hoodie**, \$150, and sports bra, \$35; Nike.com. **Page 76 Sweatshirt**, Ohne Titel, \$240; Intermix.com for stores. Sports bra, \$35, pants, \$50, and sneakers, \$110; Nike.com.

Page 78 Sneakers (from left), \$170 and \$140; Nike.com.

Page 80 Shirt, \$195; ThomasPink.com. Earrings, \$220; MarionVidal.com.

Page 81 Jacket, Trademark, \$698; Trade-Mark.com. Earrings, \$220; MarionVidal.com.

Page 88 Jacket, Etro, \$6,942; 212-317-9096. Shirt, Martel, \$258; MartelNYC.com. Skirt, Veda, \$449; 212-219-8332. Earrings, \$295; MiriamSalat.com. Bag, Halston Heritage, \$245; Halston.com. Bag strap, M&J

Trimming, \$1.59 per yard; MJTrim.com.

Page 89 Shirt, Preen by Thornton Bregazzi, \$1,572; KirnaZabete.com.

Skirt, Preen by Thornton Bregazzi, \$820; Shopbop.com. Earrings, \$295; MiriamSalat.com. Bag, \$2,695; CharlotteOlympia.com.

Page 90 Jacket, Hilfiger Collection, \$850; 212-223-1824. Vest, Philipp Plein, \$1,695; 212-644-3304. Skirt, Lie Sangbong, \$455; 212-924-2025. Bag, \$290; Carven.com. Shoes, Repetto, \$335; DianiBoutique.com.

Page 91 Dress, Peter Pilotto, \$9,430; Bergdorf Goodman, 800-558-1855.

Turtleneck, Hanro of Switzerland, \$200; Shop.HanroUSA.com. Earrings, Jennifer Fisher, price upon request; JenniferFisherJewelry.com. Bag, Rena for Aquatalia, \$450; Aquatalia.com. **Page 92 Dress**, Custo Barcelona, \$450; Shop.CustoBarcelona.com (available in March). **Page 93 Dress**, \$1,690; Carven.com. Bag, \$1,395; Bally.com.

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WHY I...

DO ACRO-YOGA

By **BRIOHNY SMYTH**, 32, yoga instructor and co-owner of Bryce Yoga with her husband, Dice Iida-Klein, in Venice, California



Acro-yoga makes us a better team. We have to help each other every step of the way.”

—Smyth

I started doing yoga at 15, before I discovered any other type of exercise. The emphasis on both physical and mental health spoke to me, and I’ve been practicing ever since. I met my husband, Dice, six years ago, when we were both teaching yoga. A friend played matchmaker, and he took my class. We clicked immediately and were married two years ago. We like to say that our first date never ended.

A year into our relationship, a teacher encouraged us to try acro-yoga, where one person supports, or “flies,” the other into a pose. I loved it instantly. At home, Dice and I would put a futon mattress on the ground so we could practice. It was a totally new challenge, and we liked the feeling that we were creating new poses while playing around.

When I’m flying, Dice supports me, but that doesn’t mean I can relax. I have to use core strength to balance my weight and help him. Sometimes I want to ease off a pose but see him persevering, so I stick with it. Now I fly him, too, which has pushed me. To support him, I have to engage every muscle—while staying still.

As we’ve continued to practice, we’ve noticed that we communicate better. We both can get so busy that we’re sitting in the same room but not really connecting. Linking our bodies in a pose repairs that—it’s the greatest relationship tool I’ve found. I’ve never been stronger, both physically and in my marriage.

Iida-Klein flies Smyth into an acro-yoga pose in Venice, California.

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