

SELF

NINA DOBREV'S BIG ADVENTURE

Life After The
Vampire Diaries

**THE SEXY
ABS & ARMS
WORKOUT**

**BEACHY HAIR
FROM BRAIDS
TO WAVES**

PUSH YOUR LIMITS
**8 WAYS TO TRY
SOMETHING NEW**

**201
HOT
SUMMER
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SELF

"I'VE LOVED
WORKING ON
THE VAMPIRE
DIARIES,
BUT I KNOW
THIS IS A STEP
IN THE RIGHT
DIRECTION."





(JUNE)

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"There's nothing better than walking off the field knowing that you gave it everything you had."

—SYDNEY LEROUX, forward,
U.S. Women's National Soccer Team

STYLING: LINDSEY FRIGIER; HAIR: TAKUYA SUGAWARA FOR BUMBLE AND BUMBLE; MAKEUP: JUNKO KIOKA FOR CHANEL; PRODUCTION: DANIEL LAURIE; SEE GET-IT GUIDE.

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CLOCKWISE FROM TOP LEFT: RYAN LIEBE, BEAU GREALY, ANDREAS SJÖDIN, JASON KIM, @COREY_WILSON, TODD BARRY.

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Photographed by Andreas Sjödin in Los Angeles Styling, Melissa Ventosa Martin; hair, Adir Abergel at Starworks; makeup, Jake Bailey for Lancôme; manicure, Holly Falcone at Kate Ryan; set design, Colin Donahue; production, Rosco Production.

CLOTHES

Top, Jonathan Simkhai. Bikini, Flagpole Swim. Earrings, Tenthousandthings. Page 1: Swimsuit, Cover. Shorts, Lisa Marie Fernandez. See Get-It Guide.

GET THE LOOK

Dove Youthful Vitality Shampoo, \$5. Shiseido Veiled Rouge lipstick in Carrera, \$25



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SWEET SUMMER TREATS!

There's nothing like an ice cream sandwich on a hot day. Put your own spin on the classic with our good-for-you DIY recipes. From cool flavors to creative fixings, we've got tons of ideas at Self.com/go/icecream.



KEEP YOUR SUIT IN SHAPE

Chances are, you'll be logging a lot of time in your bathing suit this season. Our quick care tips will ensure it always looks like new. Learn the best ways to wash, prevent fading and more at Self.com/go/swimsuitcare.

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FIND A NEW SPORT

Make the most of those days outdoors: Take our interactive quiz to discover which warm-weather fitness activity is perfect for you! Whether it's surfing, beach volleyball or kickball, find your match, then fine-tune your skills at Self.com/go/summersport.





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Contributing Editor

Jessica Alba

Contributing Experts

Stephanie Clarke, R.D., Willow Jarosh, R.D., Marianne Battistone
--

Anna Wintour

Artistic Director



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Subscription inquiries: subscriptions@self.com, or call 800-274-6111, or log on to Self.com

Mary Murcko

Publisher, Chief Revenue Officer

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NORTHWEST Director	Lexie McCarthy
	50 Francisco St., 4th Floor, San Francisco, CA 94133; 415-955-8240
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	875 N. Michigan Ave., Chicago, IL 60611; 312-649-3500

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EDITOR'S LETTER

SUMMER FUN!

I grew up in Southern California, the land of endless summer. The sun was always shining, the breeze always inviting, the beach always beckoning. Weekends and school breaks were spent by the pool or on the tennis court. I may live on the East Coast now, but I will always be a summer person at heart.

There's a mind-set to these months: relaxed yet active. During the week, I'm on the go, just like any other time of year. But on the weekends, I switch gears, trading my pencil skirts for bathing suits and tennis outfits (my latest favorites are below). By the end of any given day, I'm worn out from hours in the sun (though always in SPF 60!), ready for a glass of rosé on the patio. It's a perfect cycle of effort and reward.

Our June issue is dedicated to everything we love right now: new adventures (page 84), beachy hair (page 94) and, of course, the most delicious cocktails (page 99). And we have one more thing to toast: the FIFA Women's World Cup, happening in Canada this month. We recruited the stars of the U.S. Women's National Team to lead us in an inspiring workout that's great to do with friends (page 78). So try out their moves, watch their matches, and cheer them on. Go Team USA! And happy summer...



Joyce Chang
Editor-in-chief
Email joyce@self.com
Twitter [@joycemarg](https://twitter.com/joycemarg)
Instagram [@joycemarg](https://www.instagram.com/joycemarg)

Love-all: my tennis picks

Want to own any court? Bring monogrammed balls and a chic racket. **Balls**, \$7-\$13; ChalkTalkSports.com. **Racket**, \$750; Lacoste.com

Break from the all-white look in graphic mesh and neon. **Top**, [Monreal London](http://MonrealLondon.com), \$310; IntermixOnline.com. **Skirt**, [Monreal London](http://MonrealLondon.com), \$230; Shopbop.com

With one of my best friends, Amy Liu (left), post-match in St. Lucia



I wear a sporty visor because it feels cooler than a hat—and I like a high ponytail.
\$20; UA.com



These court shoes are as cute as it gets.
\$165; Nike.com



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A woman with blonde hair is shown in mid-stride, running on a paved bridge. She is wearing a pink sleeveless top and patterned shorts. The background shows a metal railing and some greenery.

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STARTER

MEET YOUR MATCH

→ Try sand volleyball—and serve yourself up a great workout.

BY ALEXANDRA ENGLER

In case you needed another reason to go to the beach: Playing sports in the sand tones muscles while going easy on joints and old injuries, says Los Angeles-based strength and conditioning expert Michelle Lovitt. "It also revs your heart rate and burns major calories, thanks to the extra energy you expend moving around on soft ground," she says. No beach near you? Sand volleyball courts are popping up all over the country—in parks, sports clubs and even at outdoor bars like Volleyball Beach in Kansas City, Missouri, and Sandbar Cantina and Grill in Dallas. Find a league (for any skill level!) near you at Beach-Volleyball.MeetUp.com.

FROM LEFT BIKINI T by Alexander Wang SUNGLASSES Ray-Ban®
BIKINI Flagpole Swim SUNGLASSES Westward Leaning

HAIR SHERIDAN YARD AT THE WALL GROUP; MAKEUP JOHN MCKAY FOR CHANEL LES BEIGES; POWDER; MODELS, MARTIN SIMMONS AT NOUS MODELS AND SILJA DANIELSEN AT WILHELMINA; PRODUCTION, KELSEY STEVENS PRODUCTIONS; SEE GET IT GUIDE.

Photographed by STEVEN BRAHMS
Styled by LINDSEY FRUGIER

JUNE 2015 / SELF 15



tone

If you add one item to your home gym, make it the Metaball. Assembled, it's an adjustable-weight kettlebell or medicine ball; pop it apart to use as dumbbells or push-up stands. (The resistance band is a bonus.)

\$120; GetMetaball.com

SHOP

Nike's Roshe Run Print sneakers are sure to turn heads at the gym and on the street. Plus, the lightweight mesh is designed to let feet breathe.

\$80; Nike.com

PUSH

If you're used to resting between intervals, you may be capable of pushing yourself harder than you think. In a recent United Kingdom study, cyclists whose recovery intervals were shortened without their knowledge completed a sprint workout just as powerfully as when they timed themselves. Once you've adjusted to a regular interval pattern, try cutting your recovery by 10 percent.

FITNESS INSIDER

→ This month's hottest finds and trends will inspire you to get up and moving.



exhale

Athletes who grunt while kicking, punching or serving aren't just showing off: In a Hardin-Simmons University study, vocalizing effort increased tennis players' stroke velocities by about 4.5 mph.

Feeling shy? The authors say that quieter exhalations still yield similar strength gains.

READ

Pick up a copy of *Runner: A Short Story About a Long Run* by ultramarathoner Lizzy Hawker. Since stumbling into the sport at 29, Hawker has won the 103-mile Ultra Trail du Mont Blanc five times—a race record. Steal her why-not-me attitude for the track, the gym and life.

→ Get Hawker's five tips for conquering any challenge at Self.com/go/hawker.

Barbara Palvin

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WHICH IS BETTER...

Wearing *SPF under or over your makeup?*

DEPENDS ON THE TYPE OF SUNSCREEN.

Chemical sunscreens (containing, say, Mexoryl or oxybenzone) react with skin to provide UV protection, says Rebecca Kazin, M.D., assistant professor at the Johns Hopkins department of dermatology. Apply them under foundation. Physical blockers (made with zinc oxide or titanium dioxide) form a protective film on skin, so UV rays bounce off the surface. These go on over makeup. Brush on SPF powders last.

Buying ORGANIC or LOCALLY GROWN produce?

GO ORGANIC.

Of course, both local and organic is the ideal, but if you have to choose one, organic fruit and vegetables contain 18 to 69 percent more protective antioxidants than conventionally grown produce, according to a review of 343 studies in the *British Journal of Nutrition*. "If you

ate four servings of organic fruit and vegetables, the extra antioxidants you'd get would be like eating an additional serving," says Charles Benbrook, Ph.D., study coauthor and leader of the M2M Farm and Food Diagnostics program at Washington State University in Pullman. One reason: Organic farmers are less likely to overfertilize their plants, Benbrook says, so their fruit and vegetables are smaller and more nutrient-dense (and usually tastier as well). Organically grown foods also contain

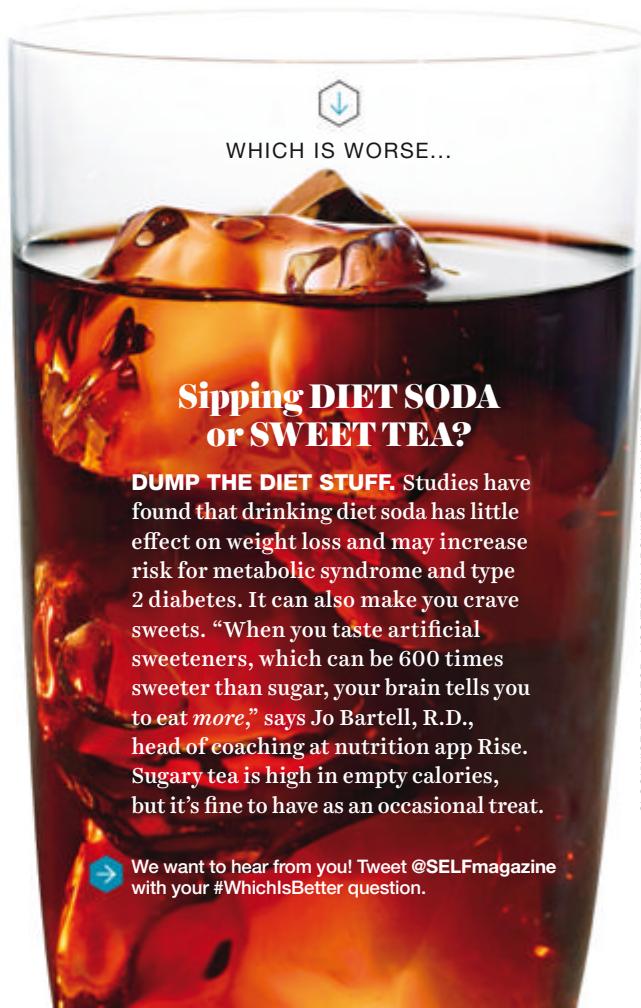
fewer (if any) pesticides, which Benbrook says have been linked to numerous health issues, including cancer and the suppressed neural development of children. It's worth noting that imported fruit and vegetables, which often travel long distances to market, aren't usually picked ripe. This may diminish nutrient levels, Benbrook says, but the organic imports would still likely contain more antioxidants than their locally grown, nonorganic counterparts.



WHICH IS WORSE...

Sipping DIET SODA or SWEET TEA?

DUMP THE DIET STUFF. Studies have found that drinking diet soda has little effect on weight loss and may increase risk for metabolic syndrome and type 2 diabetes. It can also make you crave sweets. "When you taste artificial sweeteners, which can be 600 times sweeter than sugar, your brain tells you to eat more," says Jo Bartell, R.D., head of coaching at nutrition app Rise. Sugary tea is high in empty calories, but it's fine to have as an occasional treat.



We want to hear from you! Tweet @SELFmagazine with your #WhichIsBetter question.



Karlie Kloss

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FITNESS FESTIVALS

→ *Whether you're a weekend warrior or an elite athlete, these health and wellness celebrations offer major motivation and killer workouts—all in the middle of some seriously gorgeous scenery.* BY JAYME MOYE

Wanderlust

VARIOUS DATES AND LOCATIONS

North America's biggest mindful-living bash takes place in 20 cities throughout the United States and Canada (including Tremblant, Quebec, shown above). By day, dozens of world-renowned instructors lead activities ranging from ChiRunning and sunset hikes to stand-up paddleboarding and slackline yoga. Spend evenings enjoying delicious farm-to-table food, organic wine and campfire jams.

Telluride Weekend of Wellness (WOW)

JUNE 11-14; TELLURIDE, COLORADO

Like a weekend-long TED Talk for the fitness industry, WOW combines mental and physical inspiration with a mix of sweat-inducing classes (yoga, boot camp, TRX and indoor cycling, to name a few) and thought-provoking lectures from athletes, trainers,

coaches and even a sports psychologist. This year's scheduled speakers include Hilaree O'Neill, the first woman to climb two 8,000-meter peaks in 24 hours.

Pacific Crest Weekend Sports Festival

JUNE 26-28; SUNRIVER, OREGON

The resort town of Sunriver, about 15 miles south of Bend,

is an outdoor recreation mecca, and this weekend it's all about endurance sports. Sign up for a marathon, triathlon, 5K or 10K run, or a bike tour—or do three events on three different days! Just save enough energy to hit the expo and beer garden for live entertainment, local brews and healthy freebies. You may even meet your fitness idols here: Pacific Crest draws elite athletes like pro triathlete and coach Mackenzie Madison.

Telluride Yoga Festival

JULY 9-12; TELLURIDE, COLORADO

A pristine canyon surrounded by 14,000-foot peaks is the breathtaking setting for America's top yoga festival, eight years running. Along with Vinyasas and meditation, you'll experience full-day workshops and group social events, like hikes and Ayurvedic dinners. While you're there, visit Telluride's spas and do some celeb watching, too; the town is known for both.

Vermont Mountain Bike Festival

JULY 31-AUGUST 2; BROWNSVILLE, VERMONT

Held on the grounds of a former ski resort, this fat-tire fest attracts both experts and beginners. Go for the guided rides and clinics; stay for the Mountain Biking Olympics—with tongue-in-cheek events like adults racing toddler-sized bikes while being chased by kids with water balloons.

Cycle North Carolina Mountain Ride

AUGUST 1-2; LAKE LURE, NORTH CAROLINA

Last year's inaugural two-day Mountain Ride drew cyclists from 21 states to the postcard-worthy scenery (and steep climbs) of the Blue Ridge Mountains. Group road rides range from 11 to 80 miles, with rest stops and snacks along the way. Sleep at a B&B or rough it in your sleeping bag (with indoor and outdoor camping options), and enjoy evening live music, lakefront bonfires and wine and cheese.

SeaWheeze

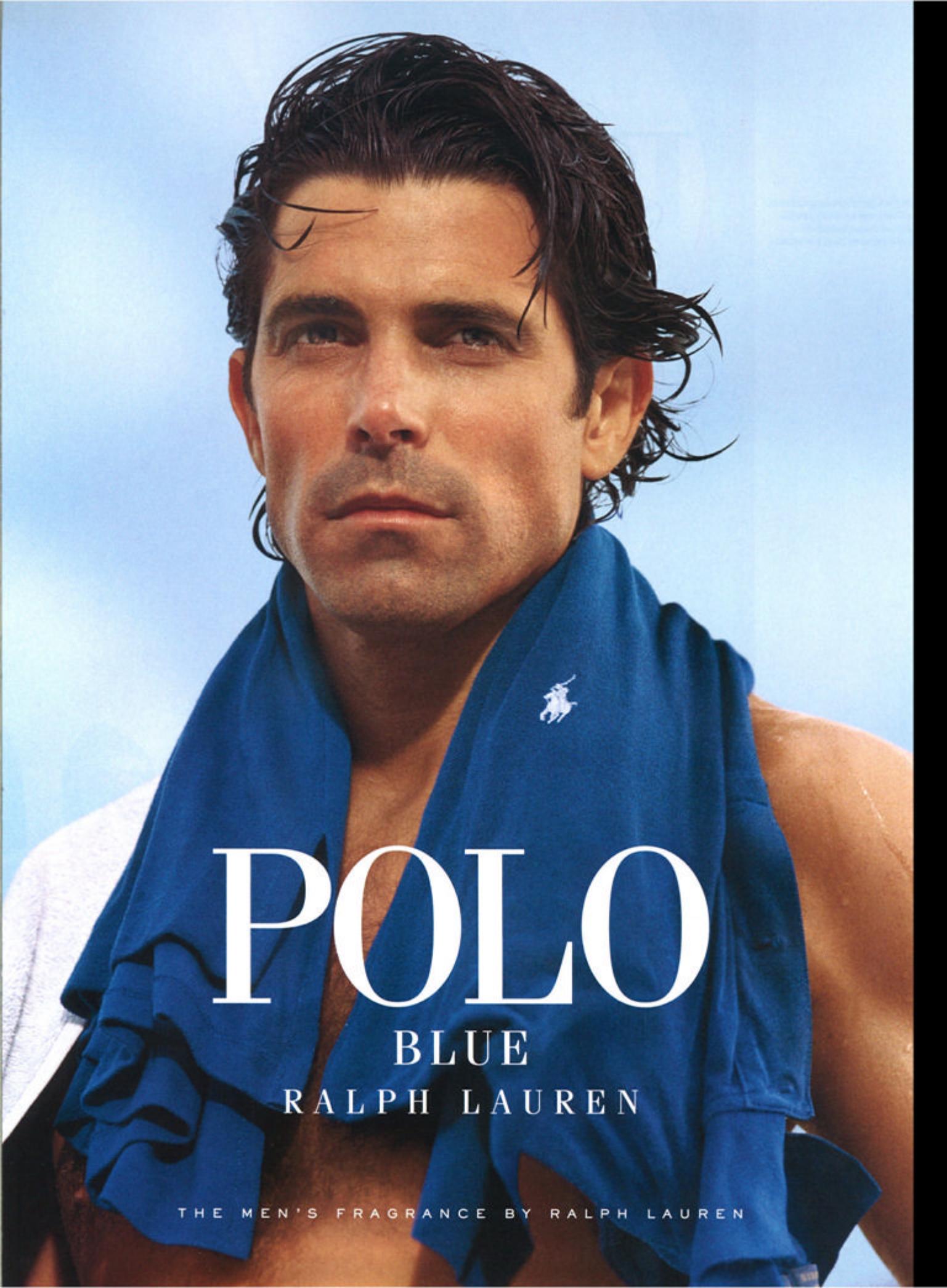
AUGUST 15; VANCOUVER, BRITISH COLUMBIA

Festival founder Lululemon pulls out all the stops for this oceanfront half marathon and sunset yoga bonanza. Last year's postrace party included a 12,000+ person class with famed yogi Eoin Finn, an indie music concert, limited-release local beer and live trapeze performers.

Monterey Beach SportsFest

OCTOBER 3-4; MONTEREY, CALIFORNIA

This festival gives "a day at the beach" a whole new (and extremely active) meaning. Compete in a volleyball tournament, polo match in the bay, open-water swim or a "splash and dash" aquathlon. Or soak up some sun with a beach yoga class in the sand.



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HEALTHY NOW

→ *The latest trends and tips to live well this month*

Learn to crave the good stuff

Research from Tufts University shows that we can rewire our brain circuits to prefer healthy foods. The trick is to choose those foods when you're ravenous. "Hunger helps form neurological connections between taste and pleasure," explains Susan B. Roberts, Ph.D., a Tufts professor of nutrition science and founder of the iDiet program. By eating your snack 10 to 15 times on an empty stomach, Roberts says that you can fast-track the formation of a new habit. Some women in Roberts's weight loss groups say that they changed their cravings in just two weeks!



70

PERCENTAGE OF AMERICANS WHO THINK IT SHOULD BE LEGAL FOR WOMEN TO PURCHASE BIRTH CONTROL PILLS OVER THE COUNTER

SOURCE: 2014 REASON-RUPE POLL

THE VERDICT

Group acupuncture

This growing trend is a bit like group therapy—with needles. Licensed acupuncturists treat a couple of dozen clients (typically lying down in an open, relaxing space) at once, checking on them periodically.

PROS At \$15 to \$50 a pop (versus \$100 for one on one), it's great if you're on a budget or just curious

to try acupuncture, says Lisa Rohleder, a founder of the People's Organization of Community Acupuncture, which has about 200 clinics in North America.

CONS Since patients remain clothed, needling takes place only on the extremities. (And a restless neighbor may momentarily interrupt your Zen.)

→ Learn more and find a group practice near you at Self.com/go/groupacupuncture.



And when you're craving something sweet, indulge in **NEW Special K Divine Fudge Brownies**.



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(SELF)

IMAGE

BAG Loewe,
\$3,390; Neiman
Marcus.com



CHECK MATE

→ *Loewe's newest carryall will take you anywhere you want to go.*

Finding the right summer bag is no easy feat: You want one that's fun but functional, that can hold all your daytime essentials (shades, SPF, beach read) and that looks stylish enough for evening cocktails, too. Our dream find: this gorgeous Loewe tote. Its soft, woven leather bands form a pattern that riffs on checkerboard racing flags. With its versatile size and a grip that feels just right in your hand, this is one splurge that will see you through the season—and more to come. —*Sara Gaynes Levy*



THE ROUNDUP

SWIM FANS

→ *Suit up in fun tropical prints with splashes of neon—then grab your friends and a spot in the sand.*

SWIMSUITS, FROM TOP & Other Stories, \$75; Stories.com. Jo de Mer, \$290; Shopbop.com. Osklen, \$197; 212-219-8250. \$229; WeAreHandsome.com. For other items, see Get-It Guide.

HAIR: RUDY MARTINS AT L'ATELIER NYC. MAKEUP: CÉDRIC JOLIVET FOR GIORGIO ARMANI BEAUTY. MANICURE: MIKI SAKAMOTO FOR DIOR VERNIS. PROPS: STYLING: CHRISTOPHER STONE AT HALLEY RESOURCES. MODELS: ORSANA GEOFIT AT IMG. LILIANA AT WILHELMINA. KRISTINA O AT WILHELMINA.

Photographed by BEN LAMBERTY
Styled by DANIA ORTIZ



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*Brown spot improvement applicable to the daily moisturizer. © Johnson & Johnson Consumer Companies, Inc. 2015

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daily
moisturizer
BROAD SPECTRUM
SPF 15

(SELF) IMAGE

The pink camo print is girly and fun (matching your lipstick: optional). \$178; Spektre.com

Blue mirror lenses and a brushed matte frame create a cool contrast. \$182; [Etnia Barcelona.com](http://EtniaBarcelona.com)

THE FIND

ROUND SUNGLASSES

→ *Modern shades in a classic shape are a summer style win.*

A graphic, two-tone look stands out (like wearable pop art!).

Elizabeth and James, \$190; Nordstrom.com

Aviators take a sexy turn with sleek curves and high-shine gold. Dior, \$505; 800-929-3467 for stores

HAIR, RUDY MARTINS AT L'ATELIER NYC; MAKEUP, CEDRIC JOIVET FOR GIORGIO ARMANI BEAUTY; MANICURE, MAKI SAKAMOTO FOR DIOR VERNIS; PROP STYLING, CHRISTOPHER STONE AT HALLEY RESOURCES; MODEL, OKSANA GEDROIT AT IMG MODELS. SEE GET IT GUIDE.



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Ambrosio at her home in Santa Monica, California

UP & OUT

→ Model and designer Alessandra Ambrosio on her busy morning routine

"I love what I do, and if I'm organized, there's time for it all," says the supermodel, 34, who just launched her Ále by Alessandra swim collection. After getting up by 7 A.M. (no alarm clock required), she makes eggs and fruit for her children, Anja, 6, and Noah, 3, then shuttles them off to a playdate and fits in a quick workout before getting ready. "I usually pick outfits at the last minute, and my beauty regimen takes less than 30 minutes," she says. Moments later, Ambrosio is out the door, with one last step: "I glance in the mirror to make sure everything is in the right place!" —Sara Gaynes Levy

3 ways she gets up and out

1

TACKLING HER TO-DO LIST

"I grocery-shop in the morning. I like to make decisions for my line then, too. My mind is fresh."

2

SWEATING EVERY DAY

"I do yoga, pilates, the Bar Method. I stay motivated by making workouts part of my routine—I just do it!"

3

STOCKING UP HER CAR

"My trunk is like a gym locker. I store my yoga mat, sneakers and an extra pair of heels in there."

"I wear minimal makeup but always use creamy blush."

MAKEUP Lilah B. cheek and lip duo in B. Daring (top) and B. Fearless (right), \$46 each; LilahBeauty.com



"I am a fan of color! My style leans toward Brazilian bohemian meets Malibu chic."

TOP H&M, \$25; HM.com

"I usually have kids' snacks like Chia Bars and Pirate's Booty on me, and I munch on cereal bars while driving."

CHIA BARS
\$1.50 each; HealthWarrior.com



"I have to wear heels for work a lot, but in my off-hours, I prefer flats."

SANDALS
\$398; Aerin.com



"I try to take my kids to the beach as often as possible."



"I design swimsuits that can be worn like a top, with denim cutoffs."

SWIMSUIT Ále by Alessandra, \$164; EverythingButWater.com



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EYE SPY

LINER NOTES

→ *The fresh way to play up your eyes this season: with a pastel pop of color* BY KATHERYN ERICKSON

A dash of eyeliner equals instant definition, but instead of sticking to basic black, why not punch it up a little for summer with pale pink, lilac or aqua blue? At Christian Dior, models wore colorful satin "stickers" on their lids, a move that's easy enough to do without your own glam squad. Just press the adhesive strips to the base of your lashes, and voilà—smudgeproof liner. Or frame your eyes with a vivid swipe of pencil or powder shadow, then leave the rest of your face bare. The results: simple, yet totally stunning.

3 ways to line eyes



SATIN STRIPS

Use a Q-tip to press each one into place.

Dior Pastel Eyes Multi-Wear Adhesive Eyeliner Patches, \$61 for four

EYESHADOW
Smudge along your lash line, then blur it out.

CoverGirl Eye Shadow Quad in Va Va Violets, \$9



EYE PENCIL

Draw a tapered line across your lids.

Revlon PhotoReady Kajal Matte Eye Pencil in Matte Marine, \$9



Photographed by TAEA THALE



Nuts.

49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber



Crazy.

15 POTATO CHIPS

- 160 calories
- 2 grams protein
- 1 grams fiber

Wrap your noggin around this: a heaping helping of pistachios has the same calories as a handful of potato chips. Pistachios are naturally cholesterol and trans fat free, a good source of protein and fiber, and heart friendly. A recent Harvard study also suggests that eating nuts seven times a week or more is as healthy as it is smart. Which makes pistachios the sane choice when it comes to snacks.

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2015 Paramount Farms International LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Paramount Farms International LLC. WP12340



Get Crackin'

SPORTY GIRLS' GUIDE TO SPF

→ *Pro athletes tell us how they fend off the sun when training on the "shady side" of the course isn't an option.* BY JOLENE EDGAR

Growing up in Southern California, surfer Lakey Peterson learned to respect the sun from an early age. "I was just a baby when a family member was diagnosed with melanoma," she says. "I vividly remember my parents chasing me around with a bottle of sunscreen." That lesson stuck with Peterson, who at age 20 is ranked fifth in the world among female surfers: Day in and day out, she's vigilant about SPF. "I have to be extra careful. I see a dermatologist for skin checks at least once a year, and I keep sunscreen everywhere—in bags, pockets, my car, my bedroom—because forgetting isn't an option for me," she says. Or any of us: Skin cancer rates are on the rise among women, and athletes are particularly at risk, given all the time spent training outdoors. So, how can you protect yourself from the sun without sitting on the sidelines? We asked top athletes—who defend their skin like they do their titles—for their smartest SPF advice.

SOLAR POWER

Pack your routine (and workout bag) with high-performance SPFs.

From left: **SERUM** SkinCeuticals C E Ferulic, \$162 **SPRAY** Coola Organic Suncare Eco-Lux Sport SPF 50 Unscented Spray, \$36 **LOTION** Eau Thermale Avène Mineral Light Hydrating Sunscreen Lotion SPF 50+, \$36 **LIP BALM** Coppertone Sport Lip Balm SPF 30, \$3. For other items, see Get-It Guide.

Photographed by CHELSEA McNAMARA

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PRESUN GAME PLAN

The ultimate defense against UV damage: prepping with not one but three layers of protection.



1 First, apply an antioxidant serum to neutralize skin-sabotaging free radicals from the sun.

Goldfaden MD Fleuressence Native Botanical Cell Oil, \$129



2 Next, rub on an oil-free face cream that prevents dark spots from forming.

Dr. Andrew Weil for Origins Mega-Bright SPF 30 Skin Tone Correcting Oil-Free Moisturizer, \$50



3 Finish with a zinc-based sunscreen on your face and body that won't rub off easily.

Beautycounter Protect All Over Broad Spectrum Sunscreen SPF 30, \$26

SPF: WHAT MAKES A WINNING FORMULA?

Here's how to decode the label so you can be sure your pick will go the distance when it matters most.



MDSolarSciences Mineral Tinted Crème SPF 30 Broad Spectrum UVA-UVB, \$32

TRAIN BY THE CLOCK

Try track-and-field star Monica Hargrove's interval workout strategy:

9 A.M. "I get up and practice early in the day when the sun is less intense."

10 A.M. "When the sun is strong, I always do certain parts of my routine, like stretching and core, in the shade. And after every interval, I hustle under the bleachers to get in the shade."

11 A.M. "I wrap up my workout and head to the weight room."



Pro trick: Never miss a spot again

We love this idea from top-ranked golfer Beatriz Recari: "I slather sunscreen *all* over my body before getting dressed. I used to just put SPF on the skin exposed by my shirt and shorts. But then I got a sunburn through my clothes!"



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Weleda Skin Food, \$19

Peter Thomas Roth
Rose Stem Cell
Bio-Repair Precious
Cream, \$75

POSTSUN RECOVERY FIX

Boost your body's repair process and calm inflammation with these athlete-approved essentials.

SOOTHING SERUM
"I like Aesop Parsley Seed serum with aloe vera, which is really nice after you've been in the sun," says surfer Lakey Peterson.

RICH MOISTURIZER
"I worship Weleda Skin Food; I put it on before bedtime to soothe chapped skin and rehydrate after a long day," says skier Lexi duPont.

Aesop Parsley Seed Anti-Oxidant Serum, \$67

HYDRATING CREAM
"I normally apply a rose face cream once or twice a week—it's the best for your skin, and it also feels amazing," says Peterson.

3 SPFS WITH MVP STATUS

When you're competing up to eight hours a day in blazingly hot locations (think: the equator), you need a sunscreen that outperforms the rest.



CERA VE SUNSCREEN SPF 50 FOR FACE (\$15) "I feel most protected with a broad-spectrum zinc SPF, and one that's water-resistant—otherwise I'd sweat off my sunscreen within 20 minutes!" says U.S. Women's National Soccer Team midfielder **Lauren Holiday**.



AVASOL SURF & SPORT BARRIER STICK SPF 30 (\$19) "I use sticks on my face, ears and lips because they hold up better in water than creams. I love that this one is naturally tinted so I can easily see if it's wearing off in any areas," says **Peterson**.



BANANA BOAT SPORT PERFORMANCE CLEAR ULTRAMIST SPF 30 (\$8) "Greasy hands and tennis rackets definitely don't mix," says professional tennis player **Nicole Gibbs**. "That's why Banana Boat's spray-on formulas are my best solution on the court."



What one athlete does, start to finish

"Establishing a sunscreen routine—and following it, no matter what—is crucial for me," says skiing phenom **Lexi duPont**. "I put on sunscreen every morning, first thing. Then I time my SPF touch-ups with water breaks, so it becomes habit, or set the alarm on my watch." Throughout the day, she reaches for portable or travel-sized SPFs, like Adventuress YouVees Sunscreen Swipes (\$33 per box). "I can zip them into my pockets, so they never weigh me down."



"I PUT ON A TON OF SUNSCREEN. I REALLY LAY IT ON THICK, LIKE BODY CREAM! I ALSO WEAR UNDER ARMOUR SUNBLOCK TEES. THEY'RE LIGHTWEIGHT AND HAVE SPF PROTECTION BUILT INTO THE FABRIC, SO I CAN JUST POP ONE ON AND GO."

—**Kelley O'Hara**, defender on the U.S. Women's National Soccer Team





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Introducing Neutrogena® Hydro Boost Water Gel.

Has your skin started to lose its get up and glow? Dehydration is a common culprit. Formulated with hyaluronic acid, new Hydro Boost is clinically proven to quench skin instantly and release continuous hydration all day. Skin is plump, deeply hydrated, and back to its glowing self.

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neutrogena.com/hydroboost

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*stratum corneum layer
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luminous
skin



Sea Mineral Infusion
lotion and body wash



WORKS AS WELL AS PREMIUM BEAUTY BRANDS

(SELF) IMAGE

BEAUTY BUZZ

→ **Beauty director**
Elaine D'Farley shares
this month's best finds.

Sun-kissed in seconds

No one likes waiting (and waiting!) for self-tanner to dry and develop. Luckily, the latest formulas show results in less time than it takes to set up a beach umbrella. James Read, a self-tanning expert who works with Rosie Huntington-Whiteley, had speed in mind when he created his Instant Bronzing Mist, which looks golden upon application and continues to darken for five hours. L'Oréal Paris Sublime Bronze Self-Tanning Serum dries in seconds and develops into a tawny shade that lasts up to two weeks. Or brush on that glow with Tom Ford's glam powder on cheekbones and décolletage.

FROM TOP Tom Ford Bronzing Powder in Gold Dust, \$95; L'Oréal Paris Sublime Bronze Self-Tanning Serum, \$11; James Read Tan Instant Bronzing Mist, \$20



Troi Ollivierre
lipstick in
Parker, \$28



GAME CHANGER

Jessica Richards

WHO Richards is a former fashion stylist who founded the insider-favorite Brooklyn beauty boutique Shen Beauty.

WHY Richards has a knack for spotting up-and-coming indie brands, which she carries in her Cobble Hill boutique and e-shop. "I look for products that are effective and that have a good story behind them," Richards says. Two new ones that fit the bill: J.Crew makeup artist Troi Ollivierre's lipsticks, and organic brand Pai's Copiba Deep Cleanse AHA Mask. Also watch for a full Shen Beauty skin-care line, coming later this year.



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(SELF)

MOTIVATE

WORK THAT CORE

→ *Board sports are great for sculpting your abs. Here's how to get results on water or dry land.* BY MAURA CORRIGAN

It's no coincidence that surfers and stand-up paddleboarders (SUPers) look great in their bikinis. Both sports help build serious abdominal muscles—a product of fighting through waves and constantly adjusting to the ocean's unsteady surface. "Every paddle and power stroke uses your core, and that's about 80 percent of an SUP workout," says pro paddleboarder and SUP-yoga instructor Gillian Gibree (shown here), owner of Paddle Into Fitness in San Diego. CORE > 46

HAIR: SHERIDAN WARD AT THE WALL GROUP; MAKEUP: JOHN MCKAY AT DE FACTO FOR CHANNEL BEIGE; PROPS: PONDER PRODUCTIONS; KELSEY STEVENS PRODUCTIONS; MODEL: GILLIAN GIBREE AT BLU; SEE GE-FIT GUIDE

Photographed by STEVEN BRAHMS
Styled by LINDSEY FRUGIER

JUNE 2015 / SELF 45

And building a strong core is important for more than looking good in a two-piece. "It's essential for day-to-day activities like twisting and lifting, but it also improves coordination and can help prevent knee, spinal and running injuries," says Venu Akuthota, M.D., professor of physical medicine and rehabilitation at the University of Colorado School of Medicine. Just doing crunches won't cut it, either. "In real life," Dr. Akuthota says, "you don't use your transverse abs or obliques in isolation. You use them in combination with other muscles in your stomach, back and butt."

Paddling or surfing on a board is one way to work all those key areas; another is with a strength-training routine that focuses on a range of core muscles (like our double-duty arms and abs moves on the opposite page). You can also try a fun twist, and a brand-new challenge, with indoor group workouts. These classes, available nationwide, use unstable surfaces to engage the core and simulate real-life sports—no swimsuit required.

Three core classes to try

SURFSET

Practice planks, squats, push-ups and pop-ups (the surf term for the transition from lying to standing) on a 70-by-22-inch surfboard secured atop inflatable balls. Each class has a cardio component, too, with heart-pumping moves like wave runners, SurfSet's version of mountain climbers done on the board. Find a class at SurfSetFitness.com.

INDO YOGA BOARD

This 69-by-16-inch wooden board rocks side to side as you flow through Vinyasa sequences. Once your balance and technique improve, you can up the difficulty level by attaching inflatable cushions to the board's underside. Find a class at IndoBoard.com.

REALRYDER BIKES

If indoor cycling is more your style, try a class on a RealRyder bike. They're built on a special frame that constantly moves beneath you the way a bike would, forcing you to engage your core as you move in three planes of motion—leaning side to side, shifting forward and back and rotating during turns. Find a class at RealRyder.com.

ON TREND

ENJOY THE RIDE

Sure, cushy sneakers feel good, but for runners, that padding has some heavyweight responsibilities: It has to absorb shock, decrease stress on the foot and help prevent injury, all without weighing you down. Luckily, today's shoes are lighter, stronger and more resilient than ever, thanks to high-tech foam blends and innovative designs for every type of runner. Here are six new styles (from left to right) that feel ultra-comfy but still offer hard-core performance benefits. —Amy Schlinger

NEW BALANCE FRESH FOAM ZANTE

The hexagonal-cut Fresh Foam in these shoes provides evenly distributed cushioning, no matter what part of the foot you land on. Lightweight materials and arch support help prevent fatigue. \$100; NewBalance.com

ASICS 33-M

Plush foam in the soles keeps its shape from the third mile to the 300th—but still has enough bounce to keep legs going for the long haul. Antiodor sock liners are a nice bonus. \$140; Asics.com

PUMA IGNITE

World's fastest man Usain Bolt rocks these—they contain a layer of super durable foam that's used in cars to help disperse impact. \$100; Puma.com

ADIDAS ULTRA BOOST

Their cushioning contains 3,000 tiny foam capsules that transfer energy from foot strike to push-off, giving you extra power. The rigid heel design adds ankle stability. \$180; Adidas.com

NIKE AIR ZOOM PEGASUS 32

Runners who want to feel the terrain under their feet will love the new Pegasus, redesigned to offer a better fit. Even with its ample heel, the shoe has responsive handling. \$110; Nike.com

UNDER ARMOUR SPEEDFORM GEMINI

The foam foot bed starts out soft and springy for light jogs but firms up to offer shock absorption as pace or intensity increases. \$130; UA.com



ABS & ARMS

These moves tighten and tone two areas you'll want to show off when you hit the beach. Plus, your core will get stronger, giving you better balance—just in time for all that surfing and stand-up paddleboarding.

YOUR TRAINER Mahri Relin, founder of Body Conceptions studio in New York City, created this workout exclusively for SELF (based on her hot new Power Sculpt class).

YOU'LL NEED a 2- to 3-pound weight.

DO one set of these moves three times a week. For a greater challenge, add 30 seconds of cardio, like high knees or jumping jacks, after each move.

2

REACH & CROSS

Works abs, arms, glutes

Start on hands and knees, weight in right hand. Pull left knee to chest as you bring right elbow to knee. Swing leg back and up, reaching right hand toward left foot (as shown) for 1 rep. Do 15 reps. Switch sides; repeat.



4

FROG CRUNCH

Works arms, abs

Lie faceup, legs together and 45 degrees off floor, arms extended overhead with weight in both hands. Bend knees and open legs, keeping feet together as you lift upper body and bring arms forward until weight is between knees (as shown). Return to start for 1 rep. Do 30 reps.



1

INVERTED REACH

Works obliques, arms

Lie faceup, knees bent, feet hip-width apart, right hand behind head. Hold weight in left hand, elbow on floor at chest height. Squeeze knees together and extend right leg. Lift left shoulder and reach toward right knee, keeping chest open (as shown). Return to start for 1 rep. Do 15 reps. Switch sides; repeat.



3

ARM LIFT & LEG SWING

Works abs, shoulders, glutes, upper back

Start in a high plank, hands beneath shoulders, weight in right hand. Lift weight straight up to chest, elbow pointing out. Lower weight to floor. Swing right leg out to side, touching toes to floor (as shown). Return to start for 1 rep. Do 15 reps. Switch sides; repeat.



5

PELVIC LIFT & HEEL TAP

Works lower abs, hips, legs, glutes

Lie faceup, hands behind head, upper body slightly lifted. Lift legs to ceiling with weight between feet. Engage abs to lift butt and pelvis off floor. Return to start. Bend knees and lower feet to floor (as shown). Return to start again for 1 rep. Do 30 reps.

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The Tommy Bahama Women's collection has you covered from your paddleboard to the beach to the boardwalk.

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WATER

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BEACH

Wander to the water's edge wearing a sexy and sunny Tommy Bahama Pearl Solids Bikini in Crazy Daisy.



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SUN

Soak up the summer with Maui Jim Sunglasses, Tommy Bahama Waikiki Dream Watch, and Leather Anchor Bracelet.



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RELAX

Kick back with a Tommy Bahama Canvas Marlin Beach Bag, Antigua Cove Hoodie, and Sun Products by Coola®.



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FUN

Seek out an island adventure in your Tommy Bahama Seaside Stripe Romper, Palms Sequin Fedora, and Takimi Leather Sandals.



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MAKE LIFE ONE LONG WEEKEND™

(SELF) MOTIVATE



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

GYM BAG

COLOR RUN

→ *This fun (and functional) gear will help you stand out on the course and clean up post-race.* BY MEG LAPPE

1 Wide, stretchy headbands with silicone grips hold hair in place all the way to the finish. **Illusion Headbands**, \$12 each; Asics.com

2 Coated lenses on these oversize glasses repel dirt and color powder. **Nike Recover**, \$156; NikeVision.com

3 Striped socks add a playful touch—special air channels vent away sweat. **Fusion Run Streak OTC**, \$36; Stance.com

4 Supportive straps hold you in on bumpy courses; flat seams prevent chafing. **Without Walls Crisscross**, \$34; UrbanOutfitters.com

5 Swipe on a few streaks of temporary hair chalk to brighten up the starting line. **Color.Bug**, \$20 to \$25 each; KevinMurphy.com.au

6 Is the forecast soggy? Stay dry in this hooded ultralight vest. **Inspire**, \$98; Athleta.com

7 Neon mesh panels add a pop of color and keep you cool. **Drop of Mindfulness La Plage**, \$70; Carbon38.com

8 Stash race clothes in an easy-to-clean carryall; this one is made with water-resistant rubber. **StellaSport Sea Sack**, \$60; Adidas.com

9 Freshen up fast with lightly scented wipes that cool and soften your skin. **Total Refresh Cooling Body Cloths**, \$3; FeelBanFresh.com

10 A plastic pouch keeps your phone and keys protected. **Miami Blue Small Zip Cosmetic Bag**, \$38; StephanieJohnson.com

11 This zinc oxide sunblock shields skin from harsh UVA and UVB rays (and comes in 11 bright shades). **Colored Nosecoat**, \$7; Zinka.com

12 Cushioned sneakers absorb shock and add power to your stride. **Launch 2**, \$100; BrooksRunning.com

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Use and reapply as directed.



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EAT CLEAN

GRAIN BOWLS

→ Try the trend with these flavorful dishes for every meal of the day. RECIPES BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.



BREAKFAST

Black-Rice Bowl With Fresh Berries

In a medium saucepan, bring 1/2 cup black rice and 3 cups unsweetened almond milk to a boil. Reduce heat and simmer, stirring often, until rice is tender and a little milk remains, about 30 to 40 minutes. Remove from heat and stir in 1 1/2 tbsp tahini, 2 tbsp cocoa powder and 2 tbsp maple syrup until smooth, about 1 minute. Divide between 2 bowls and top each with 1/3 cup mixed berries and 1 tsp sesame seeds.

NUTRITION INFO 354 calories, 19 g fat (2 g saturated), 59 g carbs, 11 g fiber, 13 g protein

SWAP YOUR OATMEAL FOR THIS ANTIOXIDANT-RICH PORRIDGE.

LUNCH

Buckwheat Bowl With Garlic Cod

Heat oven to 350°. In a bowl, mix 1/2 tsp olive oil, 1/2 tsp curry powder, 1/8 tsp cayenne pepper and 1/4 tsp kosher salt; add 1/4 cup unsalted cashew halves and toss to coat. Place on a baking sheet and bake until nuts are fragrant, about 8 minutes. In a medium skillet over medium heat, heat 2 tsp olive oil. Add 2 cups sliced cremini mushrooms and sauté until softened, about 7 minutes. Set aside. In the same skillet, heat 1 tbsp olive oil for 1 minute. Add 2 seasoned cod fillets (4 oz each) and sauté until cooked through, about 3 minutes per side. Set aside. Add 1/4 cup water and scrape browned bits with a spatula. In another bowl, combine 2 tbsp reduced-sodium soy sauce, 2 tsp brown sugar, 1 tbsp rice vinegar, 2 tsp chopped

garlic, 2 tsp chopped ginger, 1/2 tsp cornstarch and 1 tsp sesame oil. Add to skillet and stir over medium-low heat until thickened, about 3 minutes. Return cod to skillet and turn to coat in sauce. In a bowl, toss 2 cups cooked soba noodles with 1 tsp olive oil. Divide noodles between 2 bowls and top each with half the mushrooms and cashews, a piece of cod and 1 tbsp sliced scallions. Drizzle with sauce.

NUTRITION INFO 573 calories, 26 g fat (4 g saturated), 58 g carbs, 4 g fiber, 29 g protein

DINNER

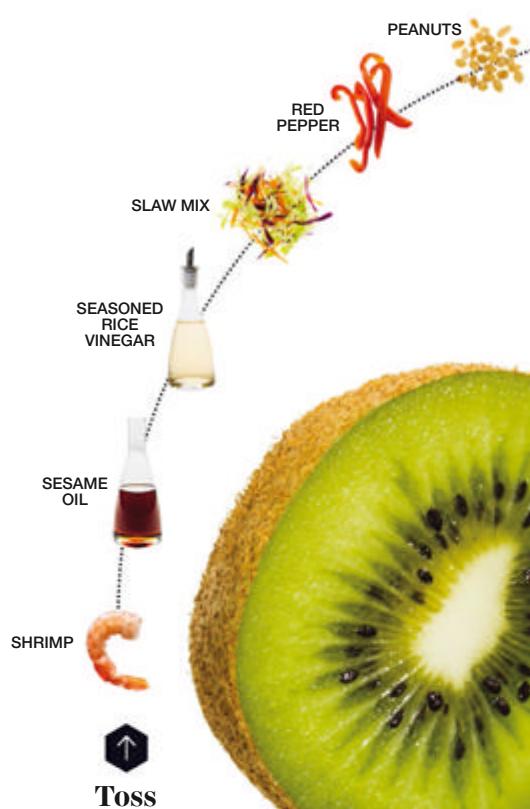
Millet Bowl With Chicken and Roasted Veggies

Heat oven to 425°. In a bowl, toss 1 cup sliced carrots with 1 red bell pepper, halved and seeded; 2 tsp olive oil and 1/4 tsp salt. Place on a baking sheet and roast until tender, stirring once, about 30 minutes. Chop pepper into chunks and set aside. In a medium skillet over medium heat, cook 1/2 cup sliced red onion in 2 tsp olive oil until golden brown, stirring often, about 10 minutes. Toss 1 1/2 cups cooked millet with 2 tbsp toasted cashews, 1 tsp olive oil and 1/4 cup chopped parsley. Divide millet mixture, pepper, carrot and onion between 2 bowls. Top each with 3 oz grilled chicken strips and sprinkle with sea salt.

NUTRITION INFO 503 calories, 20 g fat (3 g saturated), 47 g carbs, 6 g fiber, 34 g protein



Photographed by JONNY VALIANT



KIWI, 3 WAYS

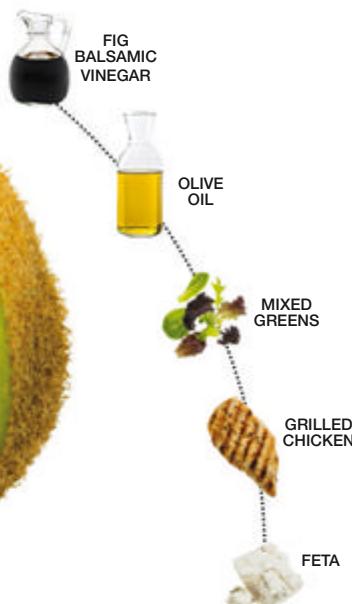
→ *Bite for bite, kiwis pack more vitamin C than oranges—and in these recipes, they add a tropical zing.*

RECIPES BY MARGE PERRY

START HERE!



Combine these



Blend these

2 Kiwi-Watermelon-Strawberry Pops

SERVES 8

In a blender, puree 2 sliced strawberries, 2 cups watermelon chunks, 2 tbsp honey and 1 tsp lime juice. Peel and cut 6 kiwis into 16 slices, each $\frac{1}{4}$ inch thick. Thread 2 slices each onto 8 ice-pop sticks. Place each stick in an ice-pop mold. Fill molds with watermelon-strawberry puree and freeze overnight.

NUTRITION INFO 60 calories per serving, 0 g fat (2 g saturated), 27 g carbs, 7 g fiber, 24 g protein

1 Kiwi, Chicken and Feta Salad

SERVES 2

In a bowl, whisk together 1 tbsp fig balsamic vinegar, 1 tbsp extra-virgin olive oil and a pinch of salt. Add 4 cups mixed field greens and 1 cup chopped grilled chicken breast (about 5 oz). Peel and halve 2 kiwis and cut into 1-inch wedges; add to salad with $\frac{1}{3}$ cup crumbled feta. Toss well to combine.

NUTRITION INFO 314 calories per serving, 15 g fat (5 g saturated), 18 g carbs, 5 g fiber, 28 g protein

3 Kiwi and Shrimp Slaw

SERVES 2

In a bowl, toss 8 oz shrimp with 1 tsp sesame oil and a pinch of salt; grill (or cook on a grill pan) 2 minutes per side. Set aside. In another bowl, whisk 2 tbsp sesame oil with 1 tbsp seasoned rice vinegar. Add 4 cups shredded cabbage slaw mix; $\frac{1}{2}$ red bell pepper, cut into thin strips; 2 kiwis, peeled and cut into thin wedges; and $\frac{1}{4}$ cup peanuts. Add shrimp to bowl and toss to combine.

NUTRITION INFO 344 calories per serving, 18 g fat (2 g saturated), 27 g carbs, 7 g fiber, 24 g protein

MOTIVATE



HAT \$40, and **TOP** \$165; Lacoste .com **SKIRT** \$76; GracedByGrit .com **BAG** \$3,950; AlisonVanDer Lande.co.uk **CLUBS** Taylor Made, \$800; TaylorMadeGolf .com **WATCH** \$400; Garmin.com



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Adjustable straps on top and a snug hipster bottom mean this neoprene set stays put during dives. **Top, Bambi, \$79, and bottom, Milly, \$89; Triangl.com**

GO-TO GEAR

COUNTRY CLUB FIT

→ These preppy workout finds are just right for center court, the fairway and everywhere else June takes you. BY MEG LAPPE



LIPSTICK
Poppy coral complements glowy summer cheeks.
Tory Burch Lip Color in Pretty Baby, \$32; Nordstrom.com



GOLF BALLS
In pastel pink, they won't go missing on the green or in the rough.
Canvas 3 Ball Holder (includes three balls and a tee), \$36; AmeAndLulu.com

WATCH
You can swap in one of seven sporty nylon bands.
Classic Southampton Lady in Silver, \$175; DanielWellington.com



SNEAKERS
Canvas lining makes classic kicks breathable, even on hot days.
Belmont So T, \$55; KSwiss.com



WATER BOTTLE
Stand out on the tennis court with this monogrammed version, available in eight colors.
Monogram CamelBak Eddy, \$20; CaseysBoutique .Etsy.com



EMILIANO GRANADO: STYLING, TAYLOR OKATA; HAIR, ELIOSE CHEUNG FOR ORIBE HAIR CARE; MAKEUP, YACINE FOR CHANEL LES BEIGES SET DESIGN; SET STYLING, DAN HASKETT AT READYSET STYLING; DEVON JARVIS: STYLING, MELISSA NICOLE BUCK; LIPSTICK: AMEE BARYCHKO/NCP DIGITAL STUDIO.



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(SELF)

WORTH

WISH YOU WERE HERE?

→ *Why a little bit of envy can help you live better—and even have more fun* BY MEG LAPPE

You can't be on vacation or at a party all the time—yet someone on your social feeds always is, especially this time of year. And when you scroll past those perfectly filtered photos, it's natural to wish you were out living the dream too. Social media prompts such comparisons: The more you check Facebook, the more likely it is that seeing other people's highlight reels may bring you down, according to a recent University of Houston study. But when you feel

a twinge of envy, don't ignore it or mute it with positive thinking. Instead, resolve to do one thing that will boost your own life and make you happy. "People are often surprised to learn that envy can be very motivating," says W. Gerrod Parrott, Ph.D., author of *The Positive Side of Negative Emotions*. "It can help you learn from someone else's example, lead you to fix a situation or inspire you to try new things." Like planning a getaway of your own.



PERSONAL BEST

→ *Make an impression, keep your schedule in check, and more.*

POWER OF THE PEN

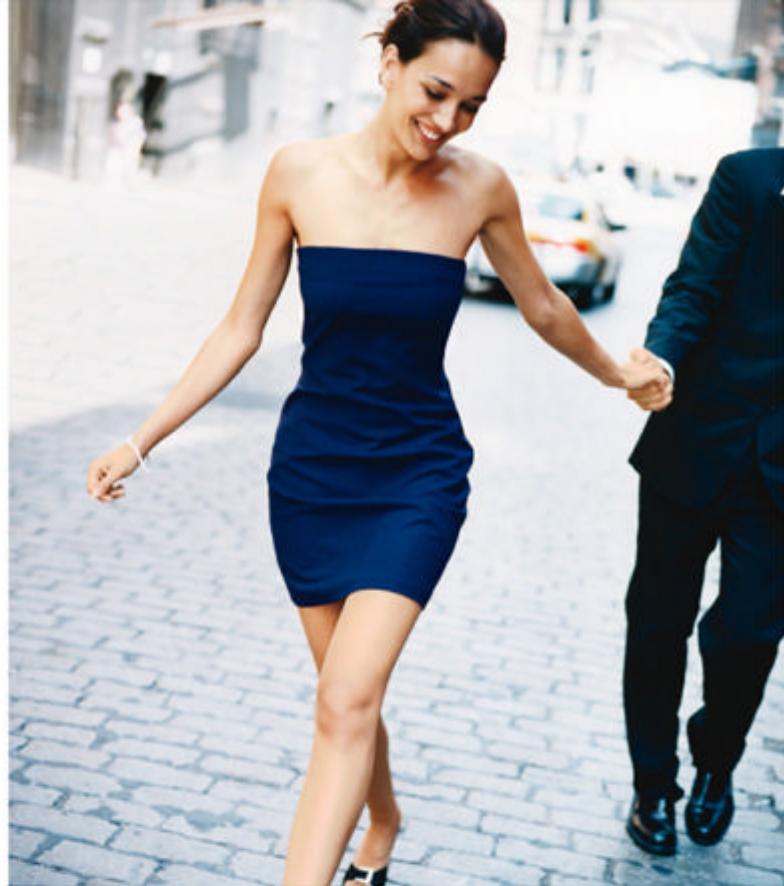
Firing off a quick thank-you email may be tempting, but a handwritten note is more thoughtful—literally. “We write more slowly than we type, so we think more about what we want to say,” says Naomi Baron, Ph.D., a professor of linguistics at American University. Myka Meier, founder of Beaumont Etiquette in New York City, suggests springing for quality correspondence cards. Look for simple, graphic designs and thick card stock—your notes will send an impressive message.



From top: Much Appreciated, \$27 for 10; BellInvito.com. I Love Stripes, \$25 for 12; StationeryBoutique.Etsy.com. Thank You, \$16 for 6; VandaliaStreetPress.Etsy.com

55

Percentage of extra popcorn moviegoers ate while watching a tearjeker versus a comedy. (The most likely cause: emotional eating.)
SOURCE: CORNELL UNIVERSITY FOOD AND BRAND LAB



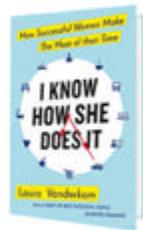
The boyfriend effect

Here's one more reason to schedule that date night: Spending time with your significant other when you're both off the clock could boost your happiness at the office. Good romantic relationships protect against work-related depression, a University of Montreal study found. Coauthor Pierre Durand, Ph.D., explains: Staying connected to loved ones provides you with an outside perspective and social support that can help counteract workplace stress.

Q / A

THE EXPERT LAURA VANDERKAM

The *I Know How She Does It* author and productivity pro helps you find quality time.



You analyzed time logs from 1,001 days in the lives of successful women who have fulfilling personal lives. What's the secret to finding that balance?

▲ For many, it's about consciously scheduling leisure time. You have to say “This is my time” and deal with what everyone else wants from you around that.

Is there a trick to not feeling overscheduled?

▲ Make a rough plan to fit in three fun things you'd like to do this weekend. That way, your time off will be rejuvenating rather than a bunch of chores.

How do you stop working at a decent hour?

▲ I do a 4 P.M. triage: If an evil villain is going to steal your laptop and phone in an hour and keep them until the morning, what would you still do? A lot of things can wait. Treat your personal life with the same urgency as your work. You'll be more likely to leave on time—and to enjoy the life you're leaving for.



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LEARNING CURVE

IN SICKNESS AND IN HEALTH

→ For **Rachel Bertsche**, planning a wedding was all about being the beautiful bride—until a sudden illness in the family taught her the true meaning of marriage.

In the months leading up to my wedding, I was focused on one thing: myself. I signed up for a half marathon that took place a few weeks before the big day so I'd be in the best shape of my life. I did phase one of the South Beach Diet—no starch, no grains, no fruit, no alcohol—for seven weeks instead of two. I set a goal weight (118 pounds!) that I thought represented my most perfect self. I booked a slew of beauty appointments: hair, nails, wax, repeat. My focus was not, I realize now, on my would-be marriage to Matt, my college sweetheart and boyfriend of six years, or the life we would build together. It was on looking the part of the quintessential blushing bride—glowing in white, toned and happy—and having the photos to prove it.

For 10 months, Matt and I had been planning the classic fairy-tale wedding: a princess dress, 15-piece band, four-tiered cake and 200 guests at a private Chicago club. And it wasn't just for us. My mother doubled as wedding planner, meeting with florists and caterers, overseeing every detail of her only daughter's wedding. My in-laws invited nearly 60 friends and were hosting a 175-person rehearsal dinner that might as well have been a second wedding. With every decision we made (Black-tie or suits? Chicken or fish? Band or deejay?), I felt increasing pressure to put on a memorable show.

And then, suddenly, figuring out our playlist and seating chart didn't seem so important anymore. Five weeks before I was set to walk down the aisle, my father-in-law-to-be, Mark, was diagnosed with pancreatic cancer. The news was a blow; he'd mentioned some stomachaches, but, like his son, Mark never complained.

I was in shock. But my fiancé, who's always levelheaded, was taking it relatively well. Although the long-term prognosis was grim, Mark would start chemo immediately. And his family assured us that he would make the trip from Boston to Chicago for our wedding, no matter what.

A month later, I sat down to brunch with friends on a Sunday morning. They ordered lemon-ricotta pancakes; I asked for an egg-white omelet, hold the toast. While the waiter was delivering our drinks, Matt called. When I didn't immediately answer, he texted: "Call me."

I knew instantly that something was wrong. The doctors were stopping his dad's chemo, Matt told me. It wasn't going to give Mark any more time and would only make his final days more painful. And he couldn't come to our wedding; there was no way he would survive the trip. If Matt didn't want me to know he was crying, his quavering voice betrayed him. The thought of my fiancé receiving this news alone in the apartment we shared had me crying, too.

I was devastated at the idea of losing a man who already felt like family. And I knew how much pain Matt was in. But I confess that, in that moment, I was also feeling the loss of my dream for my big day. I'd been envisioning an exciting

celebration, and now all I could picture was a wedding filled with tears—and not for the reasons I wanted. But I quickly returned my focus to Matt.

After all, I had an inkling of what he was experiencing. My own dad had died three years earlier. The circumstances were different—he had lived with cancer for seven years before we lost him—but that didn’t make saying good-bye any easier. I knew how lonely Matt would feel, how much he would worry about his mother being alone and how every time he watched a Red Sox game or went fishing he’d think, I’ve gotta tell Dad, only to feel the gut punch of loss all over again. He would picture his future—our wedding, our eventual children and whatever career successes would come—and ache at the fact that his dad wouldn’t be there to witness it. And, knowing Matt, he’d do it all privately, unwilling to draw attention to his pain.

I wanted to be Matt’s rock, to support him through the misery of watching the strongest person he knew become a muted version of himself. That’s what he’d done for me. When we first saw each other after my dad died, Matt hugged me tighter than he ever had. I’d been in the same T-shirt and shorts for 48 hours—and smelled like it—but he nuzzled his face into my hair all the same as I wept into his shirt. Then we collected ourselves and went into my house, where Matt spent the weekend carrying heavy furniture to the basement for my mom in preparation for shivah and watching sports with my brother. He was a part of our family long before it was official. And now it was my turn.

I’d adored Matt’s dad for years. At my own father’s funeral, the first thing I said to Mark was, “Now you’ll have to be my dad.” He took the responsibility seriously. On a night not long before he got sick, our whole family was visiting Boston. The men were on the lawn playing Wiffle ball, the women in the kitchen prepping corn on the cob for dinner. Mark walked in, asked if he could “borrow” me and sneaked me out for a father-daughter game of catch.

That Mark wouldn’t see us get married seemed unfathomable. By the time I got home to Matt, I had a proposal of my

own: “Let’s get married at the hospital, on Tuesday. That way all three of our parents can be there.”

I didn’t think Matt would go for it. In our twosome, I’m usually the impulsive one, while Matt mulls every decision, sometimes taking days before pulling the trigger. But he said, “That’s a great idea. Let’s call my mom.”

Two days later, our family gathered in the hospital chapel, surrounded by donated flowers and a grocery store cake. When the time came, I slipped into the

strong and authoritative presence, the leader of our family even on his deathbed. I knew from experience that families get through tragedies like this—what other choice is there?—but in that moment, as I looked around the room, at his family and mine, all I could see was loss.

Before this intimate, last-minute affair, I thought a wedding was measured by the gloss and glamour of the photos. But here, there hadn’t been time to put on a show or be the perfect bride or do anything other than feel lucky that we

IT TURNS OUT THE ONLY THINGS NECESSARY FOR A BEAUTIFUL WEDDING ARE A BRIDE, A GROOM AND THE PEOPLE THEY LOVE MOST.

hospital bathroom, changed into an understated short white dress borrowed from my cousin, did my makeup under the fluorescent lights and gave my long curly hair a single spritz of hairspray.

My almost-father-in-law, so much frailer than the man I’d played catch with barely two months earlier, sat in a wheelchair, drowning in a button-down shirt and shorts. My mother walked me down the short aisle to Matt, who looked grateful to be marrying me in front of his family, though there was sorrow in his bright-blue eyes. The rabbi said a wedding is not made by hundreds of guests or lavish decorations but by the love in the room. And there was a lot of love.

We exchanged rings and traditional Hebrew vows and, poof, we were married. Four days before we planned. We broke the glass, and Matt and I fed each other cake. I even smeared frosting on his nose. It was a lighthearted gesture that made everyone laugh and broke the somber mood, if just for a moment.

As the gathering wound down, my new father-in-law said he wanted to give a toast. We gathered closely as he spoke, his voice so weak, it was basically a whisper. He said his life’s priorities were family, work and play, in that order, and that he was proud to see his sons starting families of their own. He didn’t cry, but his voice broke as he said he’d finally gotten daughters in my sister-in-law and me. He held my hand the whole time. I pictured family gatherings to come, without his

at least had this. Our small ceremony brought needed perspective when the prewedding frenzy was at its height; it helped me to remember what this whole ritual was really about: the two of us being there for each other.

Matt said I looked as stunning as he’d ever seen me, and I felt that way, despite the bags under my eyes and the wrinkled, secondhand dress. It turns out the only things necessary for a beautiful wedding are a bride, a groom and the people they love most. We all cried. And laughed, and cried some more. But isn’t that what marriage is—funny and loving and raw and complicated?

The following Saturday—two weeks before Mark would pass away—Matt and I got married. Again. We did the whole grand spectacle. His mother walked him down the aisle; my mother walked me. We didn’t mention anything to guests about our quiet ceremony earlier in the week, just exchanged the same vows and same rings. This time around, I burst into laughter. At the unnecessary hoopla of this “second” wedding, at the absolute absurdity of it all.

Later, the band played the Black Eyed Peas’ “I Gotta Feeling” and the singer belted out “Tonight’s gonna be a good night.” We spent the evening on the dance floor; we’d been dancing together since college, and it was our happy place. The hora went on forever. We all felt the absence of one very important person—but the room was still full. ●

SELF MADE **FARAH SHARIFF**

→ You have a big idea—what next? The woman behind Microsoft's fitness tracker has your plan. BY DEVIN TOMB

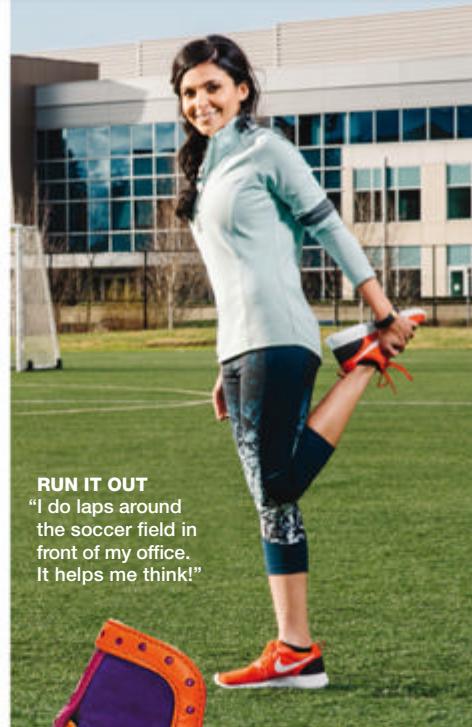
Midway through a marathon training run in December 2012, Farah Shariff had an *aha!* moment: What if Microsoft, where she worked as an engineer on the Xbox team, created a fitness tracker? One that went beyond a daily step count to monitor stress, even UV exposure? She raced home, pulled together some research and fired off a pitch to her managers. Soon the idea was a go, and the company's first wearable device, the Microsoft Band, hit shelves in late 2014. Shariff, 29—who was premed in college until an engineering class opened a new career path—helped oversee the entire project. She even road tested the prototype herself, spending hours running in a lab and monitoring her sleep. Here, she shares three secrets to making your ideas happen.

BE AUTHENTIC “Start with what moves you. My interest in wellness grew out of being diagnosed with vasculitis, an inflammation of the blood vessels, in my legs. It’s why I began running, and I wanted to use that passion to come up with a cool product that helps people.”

HONE YOUR MESSAGE “Focus on convincing your audience that your idea is great. Is it something no one else is thinking about yet? Or do you have a unique spin? I paraphrase my thoughts in advance of a meeting. When you’re clear and concise, people listen.”

REFINE AS YOU GO “Think of hurdles along the way as checkpoints to improve your concept rather than roadblocks. And always be open to receiving feedback! It’s easy to get too close to your idea.”

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HEELS Brian Atwood
\$850; Saks
FifthAvenue.com

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“I love red lipstick
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LIPSTICK \$16;
MACCosmetics.com



DREAM COME TRUE
“It’s phenomenal seeing the final product, knowing I was behind it.”

TRACKER Microsoft Band, \$200; MicrosoftStore.com



SHOT OF INSPIRATION

“Greece is so beautiful and relaxing. A photo from a recent trip is my computer wallpaper.”



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LOVE AND CHEMISTRY

TALK TO ME

→ When the conversation flows, you feel happy and connected. Here's how communication can boost your bond. BY JEN DOLL

In the past few months, I've gone out with several men, each with his own way of communicating. There was the guy who responded to every question with "That's a good question!"—whether he answered it or not. There was the man who never let me add my two cents (if I tried, he'd just talk louder). But then there was that epic date that went from brunch to drinks to dinner and into the next morning—our seamless back and forth reminding me of how it feels to never want to stop talking.

It's easy to talk, but it's not always so simple to truly connect—which is why when we do, it can feel a lot like falling in love. Often, that's exactly what it is. The way we speak is inextricably tied to who we are: our personality laid out in words, cadence, tone and nonverbal cues. So what makes talking so great with some and terrible with others?

Researchers have been working on answers to this question for decades. In the 1970s, social psychologist Howard Giles, Ph.D., observed that people tend to alter their speech to sound like those they're talking to. That's called convergence, and it's a way we form bonds. Divergence—no relation to the best-selling YA novel—is its opposite, and it means emphasizing our differences. You might say we converge when

we involuntarily mimic the British accent of the hot guy we're grabbing coffee with (oops); we diverge when we remind him it's an apartment, not a flat.

Even seemingly insignificant words have this effect. In a 2010 study, social psychologist James Pennebaker, Ph.D., found that he could predict whether speed-daters would go on another date by recording how often both used certain pronouns, articles and prepositions. Later, when Pennebaker analyzed committed couples' instant messages, he and his team found that "language matchers" tended to stay together. He thinks language-style matching is a sign not only that someone is trying to engage but also that those efforts are reciprocated, two key traits that can sustain long-term romance. But before you overthink every word, know this:

YOU CAN'T FAKE IT "Your relationship isn't going to get better if you just imitate words," Pennebaker says. Imagine trying to match every one of your boyfriend's *but*s with one of your own. Impossible! Instead, listen. "If two people are paying close attention to each other, they tend to mimic each other's language," he adds. "And the more the couple is paying attention to one another, the better off the relationship."

WE IS POWERFUL Love takes two, and successful couples reflect that in the way they talk. In a 2009 study, researchers found that married couples who use *we* more often than *you* reported greater marital happiness. Adding more *we* into your conversations may be awkward, but thinking about your relationship as a team effort is always a good thing.

DIFFERENCES AREN'T DEAL BREAKERS Communication gaps can break down along gender lines, says Deborah Tannen, Ph.D., professor of linguistics at Georgetown University. Men tend to shy away from eye contact, but it doesn't necessarily mean they're not listening. Some men may talk a lot early on to impress, then later feel that being together is enough—just as women want more conversation. Still, a breakthrough is possible. "I always think awareness of differences is key," Tannen says. How to get there? We could talk about that all night. ■

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NINA'S NEXT

AFTER SIX YEARS ON *THE VAMPIRE DIARIES*, ACTRESS NINA DOBREV IS SAYING GOOD-BYE TO THE ROLE THAT MADE HER FAMOUS—AND SHE'S GEARING UP TO MAKE BOLD MOVES, ON AND OFF THE SCREEN. LET THE SHOW BEGIN!

BY HOWIE KAHN

"I'm buying you tequila shots!" jokes Nina Dobrev, upbeat but contrite. She's a little late meeting me for dinner, but not because she's a star who's unconcerned with the clock. It's because, despite her nine years in the business, the sprawl of Los Angeles is new to her: She'll be living here full-time in just a few weeks but doesn't know the roads quite yet. Still, says the 26-year-old actress, every new route holds its own excitement. She joins me at the table, wearing a navy silk jumpsuit, black cardigan and sandals, fluttery false eyelashes still glued to her lids. "We shot until 6 A.M., and then I flew here," she says. "I forgot to take them off."

Since 2009, Dobrev has spent 10 months of every year living in Atlanta, shooting her 22-episode-per-season CW series, *The Vampire Diaries*. Treading in the scripted world of doppelgängers and the undead, Dobrev deftly took on the highly dramatic coming-of-age story of an innocent-at-first high school student named Elena Gilbert. Over the years, Gilbert fell in love with not one but two members of the bloodthirsty Salvatore brood (while in real life, Dobrev dated Ian Somerhalder, who played the older Salvatore brother, Damon). Gilbert would eventually die, come back to life and become a vampire herself—and a vampire premed student, no less.

PHOTOGRAPHED BY ANDREAS SJÖDIN

STYLED BY MELISSA VENTOSA MARTIN

ACT

RINGLEADER

"She's genuine, funny, really ambitious and an insanely hard worker," says one director. "Whatever she wants to do, she'll excel."

BODYSUIT Lucas Hugh
CUSTOM SNEAKERS
New Balance

“THE SHOW HAS BEEN A BIG PART OF MY LIFE. IT'S IMPORTANT FOR ME THAT THE ENDING BE EPIC AND POWERFUL.”



As Gilbert, and sometimes as her immortal nemesis, Katherine Pierce (born in 1473), Dobrev developed a massive and dedicated fan base, including nearly 5 million Instagram followers, many of whom were crushed in April when the actress used the same medium to announce her imminent departure from the show. Shooting her final scenes, she says a few weeks prior, will be emotional: *TVD* represents not only Gilbert's coming-of-age but her own. "It's important for me that it be epic and powerful," Dobrev says. "I feel like I'm a completely different person than I was and I've grown so much. It's been a big part of my life, and I want it to be beautiful. I want it to end well."

Having signed a six-year contract at the show's onset, Dobrev knew from the beginning that this year might mark the end of her run. *TVD*'s seventh season will commence filming later this year, but without its star, whose take on all of it is forward-looking and optimistic, not nostalgic or fearful of change. Never once does she say leaving is scary; she does, however, call it bittersweet. "I've loved working on this show," she says. "It's been such a crazy, awesome adventure, and I've been surrounded by so many people who I consider family. I know this is a new exciting step in the right direction for me, but it's going to be so strange not to be with them."

Still, like any smart professional, Dobrev's been thinking a few moves ahead for years. "I'm very business-minded," she says. Keen on the long game, she started filming movies in between seasons, appearing in dramas like *The Perks of Being a Wallflower* (filmed around Pittsburgh); farces like *Let's Be Cops* (Atlanta); and, most recently, in this spring's emo-horror satire *The Final Girls* (New Orleans), which premiered to rave reviews at South by Southwest. She's eager now to tackle even more ambitious film roles. And after playing so many of the supernatural types (dead, undead, capable of flight), she also seems unfazed by the idea of moving to otherworldly Hollywood.

what the list of dishes below represents. If you order a marinated kale salad, you are saying, "I am...pure." If you want corn and portobello mushroom tacos, it's "I am...transformed." Sizing up the dogma of the dinner menu, Dobrev, more of a doer than a seeker, looks up at the waiter, shrugs and jokingly says, "I am...feeling like a steak."

Born in Sofia, Bulgaria, in 1989, the same year that country's Communist regime collapsed, Dobrev got used to pushing boundaries and crossing borders at an early age. She flew to America when she was 2 with her mother, Michaela, and older brother, Alex, to eventually meet her father, Kamen, in Toronto. Fresh out of the Bulgarian army, Kamen Dobrev had left one year earlier to secure work and save enough money to bring over the rest of the family. He delivered pizzas and pumped gasoline until funds were sufficient. "My mom crossed into Canada to meet him at Niagara Falls with one suitcase and a kid in each hand," Dobrev says. "I learned hard work from them."

Living in Scarborough, Ontario, a tough suburb of Toronto, the family moved around a lot for the first few years. Dobrev remembers packing her own school lunches because her mom worked multiple jobs—as a receptionist, selling clothing, whatever it took to keep the family afloat—while Kamen went to school to study computer engineering. At 10, Dobrev began competing in aesthetic gymnastics meets and eventually had to make a tough choice between athletics and acting.

"It was either continue with the gymnastics and try to go to the Olympics, or audition more. Gymnastics was four hours a day, six days a week. There wasn't time for both." In her early teens, Dobrev began going to Toronto to try out for acting parts. "I would take the subway," she says, "and then four different buses. Nothing was ever handed to me."

Her first big break came in 2006, when she was cast on the popular Canadian teen melodrama *Degrassi*:

"I REALLY DO WANT TO GO TO THE MOON AT SOME POINT," DOBREV SAYS. "NOT IF—WHEN. AND WHEN I DO, I'LL SEND YOU A SELFIE."

It's the unknown and the lofty, not to mention the prospect of a well-earned break, that's exciting Dobrev these days. "I'll be stepping outside my comfort zone," she says while checking out the specials at Café Gratitude in Larchmont. She's talking about her future as an actor and as a newbie screenwriter, sitting at one of the restaurant's outdoor tables. We're beneath a sign that reads I AM WHOLE AND COMPLETE UNTO MYSELF, all in capital letters.

The restaurant's vegetarian menu plays on identity. At the top, the words "I am" are printed large, followed by an ellipsis that signifies you could be anything...from

The Next Generation, alongside an actor named Aubrey Graham, now known to millions on this side of the border as Drake. Over the course of 52 episodes, until 2009, Dobrev played a teenaged mom who ultimately moved to Paris to pursue a modeling career. In real life, she left *Degrassi*, and Toronto, for *The Vampire Diaries* and Atlanta—but only after she got sick, botched her first audition, took a mulligan and submitted a tape to make up for the initial mess. "None of us thought about her twice after that first try," recalls Julie Plec, the show's cocreator and writer. "But when we saw that tape, we were all blown away by" NINA'S NEXT ACT > 102

NINA'S WORKOUT

"Exercise has to be fun for me," Dobrev says. Here's what she likes to do:

VOLLEYBALL

"I've been carrying a ball around the set with me. We'll bump it around between scenes. The producers of our show even built me a volleyball court near the set because I love it so much."

YOGA

"I'll do it because of the mind-body thing. It's a lot like dance in that the stretching and elongating feel so good. My favorite position is still lying down, Savasana."

RUNNING

"I have playlists that I'll put on when I'm on the treadmill. Whenever it's the chorus, the exciting part, that's when I'll go on an interval and speed up to 6.5. And then once it's not that part, I'll slow down to, like, 5. When it comes back, I'll get up to 10 or something."

CORE WORK

"I do planks on a balancing ball. Then, keeping my feet on the ball and my arms in plank, I bring my knees in toward my chest. Three sets of 10 and you're shredded. I actually hate it, but I love the results."

Hair, Adir Abergel at Starworks; makeup, Jake Bailey for Lancôme; manicure, Holly Falcone for Chanel Le Vernis; set design, Colin Donahue; production, Rosco Production. See Get-It Guide.

A STEP AHEAD

"I'm ready to put up that fight again," Dobrev says of auditioning for new roles. "I'm excited to put up that fight."

SWEATER Lucas Nascimento

SPORTS BRA No Ka 'Oi

BRIEFS Spanx by Sara Blakely

EARRINGS Tenthousandthings



POWER POSE

Tying a kimono vest with a rope belt is an easy styling move that packs plenty of punch. "Belts can really make a statement," Maas says.

VEST \$665 DRESS
\$445, and **BELT \$70**,
Isabel Marant **EARRINGS**
Agnona, \$495



OUT FOR KICKS

Platform sandals and a wide ringed belt are a winning match for a simple outfit. "I love mixing edgier pieces with classics," Maas says.

TOP \$495 SKIRT \$495, and BELT \$575. Edun SHOES Salvatore Ferragamo

KARATE COOL

Martial arts-inspired looks—from obi belts to modern wrap skirts—make a big impact this season. Top model **Mirte Maas** sports the most striking new combinations.

PHOTOGRAPHED BY JASON KIM
STYLED BY LINDSEY FRUGIER



CHOP TO IT

A cropped top in crimson red reads fierce yet feminine. "I feel incredibly confident in bold colors," Maas says.

TOP \$895 **SKIRT** \$350, and **BELT** \$1,795, Donna Karan New York **EARRING** Sorelle, \$80

BEAUTY NOTE

Strong brows take any look up a notch. Try Maybelline Eye Studio Brow Define + Fill Duo (\$8), a dual-ended wand with a shaping gel and powder.



MAKE A MOVE

Swap your LBD for an LBJ (little black jumpsuit), cut low in the back and finished with a belt. "If you see me in a backless look, I'm definitely feeling sexy and free," Maas says.

JUMPSUIT H&M Conscious Exclusive, \$80
EARRING Jennifer Fisher, \$155 **CUFF** Pluma, \$402 **BAG** Narciso Rodriguez, \$1,150

MIRTE MAAS

AGE 23 ORIGINALLY FROM

Ulvenhout, Netherlands

HOME BASE Brooklyn,
New York

HER GO-TO WORKOUT

To stay lean and toned, I hit the gym and do Bodyburn, which combines pilates and cardio, two to three times a week.

HER NEXT CHALLENGE

I want to learn to scuba dive. My best friend from high school is an instructor in the Caribbean, and I'm going to train with her.

HER BEAUTY ROUTINE

I wear minimal makeup, lots of moisturizer and sunscreen. And coconut oil is a great natural remedy for everything!

HER SUMMER-FUN PICKS

I'm a huge fan of bonfires on the beach at night. And I love going to rooftops to watch the sunset.

HER DE-STRESSING TRICK

Petting my beautiful Himalayan cat, Punzel!

CORE PRINCIPLES

Balance a free-flowing wrap skirt with a body-con top that highlights killer abs. "I'm proud of the work I put into mine," Maas says. (Her must-do move: hanging leg crunches.)

TOP \$690 **SKIRT \$1,200**
BELT \$620, and
SANDALS \$720, Marni





SHOW OF FORCE

A banded cutout top reveals just enough skin—add gold cuffs for a knockout effect. “When I’m wearing warrior jewelry, I feel like a badass,” Maas says.

TOP \$1,410, and
PANTS \$1,230, Roland
Mouret **ARMBANDS**
Jennifer Fisher

Hair, Kayla MiChele for Wella Professionals; makeup, Georgi Sandev for Chanel Rouge Coco; manicure, Holly Falcone for Chanel Le Vernis; set design, Todd Wiggins at Mary Howard Studio; model, Mirte Maas at Women Management. See Get-It Guide.

STRENGTH IN NUMBERS

"Anything we do together makes the workout better," says Sydney Leroux (far right), with Ali Krieger (left) and Crystal Dunn.

ALL APPAREL Nike



A woman in athletic gear, including a blue and yellow sports bra, dark shorts, and knee-high socks, is smiling and stretching on a grassy field. She has a tattoo on her upper arm and another on her lower back. The background is a bright, outdoor setting.

JOIN THE TEAM

What's the trick to making a workout feel more like a party? Doing it with friends. As the **U.S. WOMEN'S NATIONAL SOCCER TEAM** prepares to kick some grass in this month's FIFA World Cup, some of its star players tell us why team training is a winning strategy for a great body and a happy outlook. **BY ERIN BRIED**

PHOTOGRAPHED BY TODD BARRY
STYLED BY LINDSEY FRUGIER

WHAT IF...

the secret to getting in amazing shape were making exercise a team effort? Imagine: Taking a break from logging miles solo on the treadmill. Playing games would become your workouts, the fun your motivation, your teammates the most inspiring personal-cheering squad you could hope for.

For proof that it works, you just need to watch the U.S. Women's National Soccer Team compete for the World Cup this month—and then ask yourself how many times you've felt so elated after a workout that you've wanted to give everyone in arm's reach a full-body hug. "It's those relationships that make the victories more meaningful," says forward Sydney Leroux, a four-year veteran of the national team. "There's nothing better than walking off the field knowing that you gave it everything you had, not only for yourself but also for your teammates."

Even if your prize is more likely to be a round of drinks than the World Cup trophy, being part of a team makes workouts easier to stick with and more enjoyable. "We tend to view sport as play and exercise as work, which is why we call one a game and the other a workout," says Marcus Kilpatrick, Ph.D., associate professor of exercise science at the University of South Florida. While the difference may seem purely semantic, the implications are profound. According to Kilpatrick's study in the *Journal of American College Health*, we are more intrinsically motivated to play

sports than to exercise. In other words, even if you took away all the many physical benefits of chasing a ball down a field—the flatter abs, the tighter butt, the leaner legs—we'd still want to do it. "Team sports satisfy two innate needs: to feel connected to others and to feel masterful," he says.

Playing with a team that makes you feel great is what turns sports into more than a workout—and that satisfaction is everything. "Of course, other areas of my life make me very happy, but soccer is just different," Leroux says. "Scoring makes me feel pretty badass. I get so excited, it's almost like every goal I've ever scored is my first. And you can't ever be too cool to celebrate with your teammates."

Tearing it up together on the field doesn't mean workouts are pain-free, but being in it together helps get everyone through the struggles. "My teammates push me every day," says Crystal Dunn (who joined the team as a defender but won't be playing in this year's World Cup). "When I don't think I can make another run, they somehow get me to do it. Hearing someone cheer for you goes a long way."

And though Leroux is known as a fierce attacker on the field, she has, Dunn says, skills even more powerful than her uncanny ability to find the back of the net. "When I've been in a lull, Syd's reached out to me and told me to keep working at it. I admire her tenacity, and I'm so happy she's on my side."

Leroux also receives the same lift from the team: "When you feel like you're dying, and you see your teammate next to you also feeling like *she's* dying, it just makes you want to push even harder."

That connection fuels the desire to be stronger, faster and tougher. It also makes a huge difference in performance. In fact, a study in the *Annals of Behavioral Medicine* found that, when paired with a more capable partner, female exercisers not only put in more effort than those working out alone, but also pushed themselves a staggering 208 percent longer. Another study in *Biology Letters* found that, since social bonding triggers a greater release of endorphins, the feel-good chemicals in the brain, athletes (in this case, rowers) who worked out together actually withstood twice as much pain as those who worked out solo.

Of course, there's one more major perk to team training that you can't get anywhere else. Sweating together forms friendships for life. (Just check out Dunn's and Leroux's Instagrams, where they document their lip-synch contests, dance-offs and goofy pranks.) "My teammates are like family," says Leroux, who counts five of them as bridesmaids in her upcoming wedding celebration. (She quietly married pro soccer player Dom Dwyer in January.) "They're my people, my girls, my ride-or-dies, and I would do *anything* for them." How many of your treadmill neighbors can you say that about?

HOW TO FIND A TEAM

Whatever your skill level and schedule, there's one for you.

PICK A SPORT

New to a game? Go for one that's unlikely to have a varsity team (like kickball or shuffleboard), so you can all learn together.

SET YOUR GOALS

Some teams play to win. Others play just to *play*. Decide which competitive vibe best suits your personality and time constraints.

FIND YOUR MATCH

Try your local parks department or SportsVite.com, which lists teams by region. You can also post your own info so teams can contact you.

GIVE IT A TRY

Choose a team, contact the captain, and join a practice. Since the point is to have fun, keep playing until you find a group you like.



REACH HIGHER

"We never want to let each other down," says Leroux (right), with (from left) Krieger, goalkeeper Ashlyn Harris and Dunn. "We're going to push ourselves to the limit because that's what it takes to win."

Hair, Takuya Sugawara for Bumble and Bumble; makeup, Junko Kioka for Chanel; production, Daniel Laurine. See Get-It Guide.



S
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L
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WATCH THE
STARS KICK IT
Hover the SELF
Plus app over
this page for
exclusive behind-
the-scenes video
of our shoot.



JUMPING FOR JOY

"What separates us from our competitors is our work ethic and will to win," says Dunn (center), with Harris (left) and Krieger.

WINNING MOVES

Grab a soccer ball for this full-body workout designed by Dawn Scott, fitness and performance coach for the U.S. Women's National Soccer Team. You can do this routine alone twice a week to get stronger and faster, but to see results sooner (and to double the fun), do it as part of a team.

TURKISH GET-UP

Lie faceup, left arm and leg extended at 45-degree angles, right knee bent, right arm extended to sky. Look at right hand as you raise right shoulder off ground, propping yourself up on left elbow, then left hand. Lift butt as high as you can and tuck left leg, planting knee directly below hip on ground. Lift left hand off ground, gaze forward and push off right foot to stand. Reverse move for 1 rep. Do 3 sets of 5 reps per side.

SINGLE-LEG RUSSIAN DEAD LIFT

Stand on left foot, right foot slightly lifted behind you, holding a soccer ball with both hands in front of thighs. Bending at waist and hips, lower ball toward toes while extending right leg behind you for balance. When shoulders, hips and right ankle are parallel to ground, return to start. Do 3 sets of 8 reps per side.

OVERHEAD WALL THROW

Stand arm's length from a wall, feet hip-width apart. Holding a soccer ball with both hands overhead, elbows bent and pointed upward, toss the ball quickly against the wall and catch it. Do 3 sets of 10 reps.

ON-THE-BALL PUSH-UP

Start in a high plank with both hands on a soccer ball. Keeping shoulders, hips and ankles aligned, do 3 sets of 8 push-ups. (For an easier option, lower knees to ground.)

SIDE-PLANK LEG LIFT

Start in a side plank, left forearm on ground and perpendicular to body, right arm extended toward sky, hips and feet stacked. Keeping abs engaged and spine long, lift right leg toward sky, foot flexed. Return to start. Holding the plank, repeat for 30 seconds for 1 set. Do 3 sets per side.

LATERAL SKI JUMP

Stand with feet shoulder-width apart, knees slightly bent, arms bent 90

degrees at sides. Squat, pressing through balls of feet, and explode upward, jumping about 2 feet to left. Reverse move to return to start for 1 rep. Do 3 sets of 6 reps.

SIDE LUNGE

Stand with feet hip-width apart, abs engaged, hands clasped in prayer position in front of chest. With right foot planted and right leg straight, step left leg out to the side, keeping feet parallel. Shift weight to left foot, bending at knee and sinking back into hips until left knee is directly above toes. As you exhale, push off with left foot to return to start. Do 3 sets of 6 on each side.

ANKLE JUMP

Stand with feet hip-width apart, hands on hips. Jump as high as you can, pushing off with balls of feet and keeping knees slightly bent. Repeat for 10 seconds, never allowing heels to touch ground, for 1 set. Do 3 sets.

CONE DRILL

Place 6 cones (or other markers) each 1 step apart. With arms bent at 90 degrees and knees high, sprint over cones, placing each foot, one after the other, between each cone. After last cone, sprint 10 yards. Walk back to start. Repeat 4 times for 1 set. Do 3 sets, resting 1 minute between each.

TOE TAP

Stand 6 inches behind a soccer ball. Keeping ball stationary, alternate tapping toes on top of it, hopping around the ball in a circle as you go. Aim for 8 taps per circle for 1 set. Do 3 sets.

BALL VOLLEY

Stand on left leg, holding a soccer ball, right knee bent with foot in front of you. Drop ball and kick it up with right foot, catching ball before it touches ground. Do 10 volleys for 1 set, challenging yourself to complete 2 or more kicks per volley. Do 3 sets on each side.

YOUR WORLD CUP PRIMER

Watch the U.S. women's team battle for victory.

1 KNOW THE KEY FACTS

The monthlong tournament kicks off in Canada on June 6, with 24 nations represented. Experts say the U.S. team, which last claimed the Cup in 1999, has a great shot at winning.

2 CATCH THE GAMES LIVE

Fox will broadcast all three of the team's early matches: June 8 at 7:30 P.M. ET versus Australia (on Fox Sports 1); June 12 at 8 P.M. versus Sweden; and June 16 at 8 P.M. versus Nigeria. It will also air the third-place match on July 4 at 4 P.M. and the final on July 5 at 7 P.M.

3 LEARN THE HISTORY

At the last World Cup, in 2011, the U.S. team came in second to Japan in a penalty shoot-out.

4 SHOW YOUR SPIRIT

Pick up Leroux's official team replica tee (\$30; USSoccerStore.com)—you can also nab those of veterans Abby Wambach and Alex Morgan. Then start cheering. Team USA's official chant: "Oosa-oosa-oosa-ah."

Deep dive

Getting out of your comfort zone and finding an “optimal level of anxiety” can build resilience, according to researcher Michael Gass, Ph.D.



CHOOSE YOUR OWN

GRAB YOUR BOARD

By Molly Young

Whether you're skimming across a wave or paddling out to catch one, surfing is a thrilling combination of fun and fear. Just like life.

Some families play board games and do crafts. Mine surfed. I grew up in a tiny Northern California beach town known for its gentle waves and territorial residents (every time the county erected a sign to the town, the locals tore it down). My quintessential sense memory is not of a fragrant madeleine but of the taste of salt on my lips after two hours of oceanic aerobics. Our house was littered with bars of surf wax. As a small child, I once mistook one for vanilla taffy and took a bite out of it. In response, my mother got me a hand-me-down wet suit and borrowed a board. I paddled out the next week, my arms as thin as capellini noodles in the water.

By 16, I was at the beach every day. I'd traded my small wet suit for a teen-sized one, my borrowed toothpick for a 7-foot board. Surfing had changed my body, too. Strange contours—which I eventually recognized as muscles—appeared in my upper arms, enabling me to carry luggage and grocery bags with ease. My soft, round tummy had hollowed and developed the tensile strength of Kevlar. (Yay.) The sun bleached my hair and dusted my skin with gold. I hated high school—so much that I dropped out before sophomore year ended—but I loved zipping into my neoprene armor after school. I sat on my board, facing the horizon, legs twirling in the kelp-green water, catching waves as they came. Harbor seals bobbed above and below the surface, offering unexpected therapy (it's impossible to feel anxious when you're making eye

contact with a seal). Surfing, in a word, was safety.

It's funny I saw it that way, because surfing in Northern California is far more treacherous than going to high school in Northern California. It is one of the few hobbies that feel proximate to actual peril, even death. Every day I could have drowned, could have been conked in the head by my own surfboard (or someone else's). Sharks were a daily possibility. (I quickly learned the difference between a shark fin and a dolphin fin when spotted offshore, and I never, ever went surfing when I had my period. Just to be safe.)

But until I surfed, I never understood that fear could be pleasurable. Maybe not the fear itself but the willful conquering of it. Surfing still scares me every time I do it, even 15 years later. Yet it thrills me every time, too: the sheer velocity of it, skimming across a wave faster than I could ever run on land with nothing but a board (coated in that oh-so-tasty wax) beneath my feet. I've even developed a strategy for handling the inevitable wipeouts: I pretend I'm a pebble in a rock tumbler—remember those?—being polished by the surging water and sand. Like any good mental trick, it quells the panic.

Because that's the thing about adult life. It's filled with things—possibly even defined by things—that are initially frightening but ultimately invigorating. Job interviews, first dates, big moves. Things you can neither predict nor perfect. Things for which surfing makes good practice.

Make it a goal this year to try something new—because pushing your physical and mental limits makes you stronger in every way. Let these women's stories inspire you, then check out more ideas to get your blood pumping.

ADVENTURE

CLIMB ON UP

By Jardine Libaire

Muscling your way up a steep, craggy cliff may be exactly what some of us need to reach new heights.

I started hiking the Barton Creek Greenbelt in Austin, Texas, a year ago. I wasn't alone: At one juncture in the trail, if you look up through the brush to the limestone cliffs, you'll catch impressions of movement—bare backs, rope, tattoos. I was never sure what those people were doing. But I was curious, because they seemed like a tribe, and I assumed all tribes were closed.

I was taking these walks during a transitional time in my life. I'd recently sworn off drinking and Austin's dive-bar scene to discover what went on in the daylight. But so far I was just lonely, having given up one world without locating the next.

It was by pure chance that I eventually started dating one of these tribesmen—a rock climber who would come home, hands battered with cuts and sticky with chalk dust like powdered sugar, practically high from climbing. He told me that women are natural climbers because we tend to use our legs rather than our arms for strength, and we're typically more nimble. He wore me down enough to buy climbing shoes—hard-rubber things like ballet toe shoes—and lured me to those cliffs I'd seen.

At the site, I received quick tutorials on teamwork (I would clip into a safety rope that a partner on the ground held in case I fell) and technique (use your core, be patient, say "Falling!" before you fall). Then I stepped up to the wall of stone.

It was a funny moment, my first confrontation with the rock. I felt like someone was asking me a question, and I couldn't even fathom what they wanted to know, let alone come up with an answer. But I did ultimately learn this: There's a lot to be said for starting something you don't know how to finish, something you can't fully control. Climbing for me was not just shaking hands with fear but pressing my whole body against it.

Midway up, I was hanging in the sky, legs quaking with fatigue and anxiety, a condition that climbers call "the Elvis shakes." Once climbing, it's easy to rush each move, as if pursued by vulnerability itself, but it's an invaluable experience to stop, quiet the mind and look at the situation. Each time I did that, I would suddenly see a way that had been invisible, a viable combination of hand grips and footholds that I could use. My muscles felt depleted as I reached for the top. But the strangers below, standing in sunshine filtering through the tall trees—people I'd skeptically eyed months before when I hiked past—cheered me on as I pulled myself over the rock's sharp lip.

On the way up, I'd avoided looking down, too terrified to see how far I could fall. But now, from the cliff's crown, I did look, and seeing the distance I'd come—sobriety, finding new friends, ascending this rock—provided its own beautiful, wordless answer.

The science of adventure

Why the right kinds of thrills can be a boost for body and mind

Risks can be scary: In the face of panic, the body tends to shut down. But when major challenges seem doable, the brain releases adrenaline, which leads to a quick rush, and dopamine, which causes intense feelings of pleasure. Research has shown that, historically, men are more eager to chase this rush. But a study review in *Nature* finds that gender differences in thrill seeking are leveling out—a good thing, because testing your boundaries is where lasting growth occurs. "Many of us strive to be comfortable, but we don't grow there," says Michael Gass, Ph.D., professor at the University of New Hampshire. Gass studies adventure therapy—how outdoor challenges reshape our emotions and behavior. The trick is to find your sweet spot. "You want to feel challenged yet in control," Gass says. "Enough uncertainty without too much anxiety."

GETTY IMAGES, OPPOSITE: TRACY LEBOE; PREVIOUS SPREAD: © COREY_WILSON

TAKING AIM, LETTING GO

By Lisa Lutz

Few things in life require such singular focus as hitting that bull's-eye.



A few years ago, I uprooted my life in San Francisco and moved to a small hamlet in New York's Hudson Valley. After the confines of city life, I just couldn't resist the space. The creek and waterfall in the 2-acre yard clinched the deal. I was seeking quiet and beauty, and I got both.

There wasn't much to do, I soon realized, especially in winter. I couldn't walk to a coffee shop or see a movie without a significant drive. I turned inward—too inward. So I began to think about



Get out there!

Try one of these hot adrenaline-fueled activities this summer.

- 1 KITE SURFING** Skim and hop along the water propelled by a kite. Check out KiteSurfingMap.com for locations.
- 2 CANYONEERING** Hike, rappel and swim through hidden crevices and gorges. Learn more at CanyoneeringUSA.com.
- 3 WHITE-WATER SUP** Ride rapids on a stand-up paddleboard. For more info, visit AmericanCanoe.org/courses/SUP.
- 4 FAT BIKING** Go off road and explore rugged terrain on oversized tires. Find a rental at RideFatBikes.com.
- 5 ZIP LINING** Fly through the forest at heights of up to 1,000 feet. Search for tours at ZiplineRider.com.

activities to take me out of my head.

I often drove past an archery store in town. I liked the idea of having a target, honing a craft. One day, I stopped in and requested a lesson. A lean, weatherworn guy in his 50s took me to a long room in back of the store. He showed me how to draw the bowstring and where to keep my sights. Within a few tries, I was shooting in the vicinity of the target. I left with my own recurve bow—almost as big as Katniss Everdeen's—and quiver of arrows.

Back home, I hung a target on a tree and strung my first arrow. I drew the bowstring back and focused on the bull's-eye. The pull felt easy at first, but soon my arm began to strain and shake. Even through my leather glove, I could feel the string cutting into my fingertips.

An arrow rest is as precarious as a foot on a ledge; any extra movement and the arrow will fall out of form. You can't overthink it. You simply have to draw and shoot. Archery may seem like it's about

precision or aim, but really it's about trusting your first instinct. I began to shoot quickly. My aim improved as arrows vanished into the snowy yard.

I hung up my bow in December and rattled around my house (and my head) for the duration of the brutal winter. By spring, I was anxious to get outside again. I found an arrow in my yard. Then I spotted another—as if I were on an impromptu Easter egg hunt. I grabbed my bow, quickly strung a new one and let go. ●



FOOD
WARS

THE TRUTH ABOUT SOY

Is it a superpowered health booster or a dangerous health risk? Does it prevent cancer or cause it? SELF combed through years of research to understand the controversy surrounding this plant protein. What we learned actually surprised us.

BY MELINDA WENNER MOYER



Few foods are as divisive as soy. Is it healthy or harmful? Depends on who you talk to. Think of that glowy-skinned woman you know who brunches on tofu-kale scrambles and takes her iced soy latte with a spoonful of Zen. Then picture that other friend, the one who swore off soy completely after reading up on its reproductive risks. Who is right? It's far from obvious. Clean-eating and paleo blogs tend to be antisoy; author and part-time vegan Mark Bittman embraces it. One of the most studied foods in recent history—researchers have looked at its effect on everything from memory to sex drive—soy has become a spongy white canvas onto which so many of us project our hopes and fears about food. “Soy has certainly generated a lot of confusion,” says Heather Patisaul, Ph.D., a biologist at North Carolina State University who studies it and other sources of environmental estrogen. “People went from embracing soy to fearfully avoiding it.”

In any case, soy is almost everywhere. Americans spent \$4.5 billion on soy foods in 2013, up from \$1 billion in 1996. Soy protein derivatives are used to boost things like texture and shelf life in hundreds of supermarket foods, such as cereal and nutrition bars. Meanwhile, fast-food restaurants like Chipotle are serving up veggie mains like *tofu sofritas*.

So what's the real story—can soy harm us or heal us? To find some clear answers, we dug deep into the research and talked to scientists who have been studying soy for decades.

PHOTOGRAPHED
BY RYAN LIEBE

THE RISE OF SOY

If your grandparents look at you strangely when you talk about tofu, it's because soy foods are relatively new to the United States. Farmers have grown soybeans in America for decades to make animal feed, but it wasn't until vegetarianism became trendy in the 1970s that soy became a popular people food, too. Then it caught on quickly, and for good reason. Tofu and other soy foods—like edamame, soymilk, tempeh and miso—contain all of the essential amino acids, which the body needs to build complete proteins. Soy foods are also cholesterol-free and low in saturated fat.

Soy's popularity exploded in the 1980s and '90s, after research suggested it could significantly reduce the risk for chronic diseases. Large population-based studies showed that Asian women, who consume a lot of soy protein, had much lower rates of heart disease, diabetes and obesity than U.S. women. (The Japanese eat around 9 grams a day, versus about

Did soy prevent tumor growth by blocking estrogen activity? Or did it do the opposite: fuel tumor growth by imitating it?

1 gram for Americans.) In 1995, researchers at the University of Kentucky zeroed in on soy's heart-healthy potential after closely analyzing 38 clinical studies. Their conclusion? Eating 50 grams of soy protein a day—the equivalent of 2½ cups of tofu or 7 cups of soymilk—reduced “bad” LDL cholesterol levels by an impressive 12.9 percent. Partly because of these findings, in 1999 the FDA began allowing manufacturers to put labels on soy foods touting that 25 grams of soy protein could reduce the risk for heart disease. A year later, the American Heart Association got on board, announcing: “It's prudent to recommend including soy protein foods in a diet low in saturated fat and cholesterol.” Soy products began flying off supermarket shelves.

Meanwhile, soy was getting buzz for another reason: its possible role in preventing cancer. Those same population studies were showing that Asian women had a fivefold lower breast cancer risk than American women. Mind-blowingly, it was reported that when young Asian women moved to the United States and began to eat like Americans, their risk for cancer went up about 30 percent.

Eager to understand why, researchers focused on compounds called isoflavones. More than a century earlier, scientists had discovered that certain plants—notably some legumes, or beans—produced

these compounds to ward off pests such as fungi and bacteria. Soybeans are by far the richest source: They have 50 times more isoflavones by weight than split peas. Could isoflavones also protect humans?

It certainly seemed possible. Scientists have spent decades trying to understand how isoflavones act inside our bodies. But generally, after you eat a soy burger, its isoflavones travel from your intestines into your bloodstream. There, they chemically look a lot like the female hormone estrogen. Back in the early '90s, scientists weren't sure whether isoflavones fooled the body into thinking they *were* estrogen, thereby cranking up estrogen activity, or whether they somehow interfered with estrogen activity and turned it down. It's an important question, since some reproductive cancers, including certain types of breast cancer, are “estrogen-receptor-positive,” meaning the tumors grow when exposed to estrogen.

The low cancer rates in Asian women suggested an answer: that these estrogen doppelgängers— isoflavones—protected against cancer by somehow blocking estrogen activity inside breast cells. Backing this up, studies on lab mice showed that isoflavones like genistein, found in soy, could inhibit breast cancer development.

And so, as America embraced pink ribbon campaigns and nationwide walks for a cure, soy was looking like something of a miracle food.

A GROWING CONCERN

But like most nutritional stars, soy soon fell off its pedestal. Research began to emerge suggesting that soy foods didn't improve heart health as much as earlier studies had suggested. “The evidence wasn't nearly as robust as people had hoped,” recalls Mark Messina, Ph.D., a former program director at the National Cancer Institute who is now the executive director of the Soy Nutrition Institute, which works with the soybean industry to collect nutrition data.

“A lot of studies came out not showing an effect or showing a very small effect” on heart health, explains American Heart Association spokeswoman Penny Kris-Etherton, Ph.D., a nutrition scientist at Penn State University. In 2006, Kris-Etherton coauthored a new report by the AHA, which concluded that 50 grams of soy protein a day reduced LDL levels by only about 3 percent—not the celebrated 12.9. Some even wondered if lower cholesterol was a side benefit of a better diet in general: As Patisaul puts it, “Was it really the isoflavones in soy lowering cholesterol or the fact that people who start eating soy then start eating less meat?” At any rate, a 3 percent drop is probably not a big deal. “If you're already a young, healthy person with reasonable cholesterol levels, soy may not do a lot,” Patisaul adds. In its 2006 report, the AHA revised its position, stating that earlier

research on soy's remarkable heart benefits had "not been confirmed" (though it still recommends soy as a healthy lowfat plant protein).

There was more bad news to come. In the early 2000s, news spread about a series of studies published by William Helferich, Ph.D., a nutrition scientist at the University of Illinois, and his colleagues. Their work showed that genistein—again, one of those isoflavones found in soy—caused human breast cancer cells to multiply in a petri dish and breast cancer tumors to grow in mice. Helferich also found that genistein made these tumors less responsive to anticancer drugs like tamoxifen. Because soy was still such a nutritional darling, Helferich's findings were initially met with derision. But with further research, Helferich says, "the tide started to shift."

What changed? Scientists had come to see that these isoflavones were fickle Jekyll and Hyde-like characters. The big question was which persona they took on in breast cancer cells: Did they prevent tumor growth by thwarting estrogen activity, as the population studies seemed to suggest? Or did they fuel tumor growth by boosting estrogenlike effects, as Helferich's studies reported?

Nobody seemed to know. One 2006 paper in the *Journal of the National Cancer Institute* came to two apparently contradictory conclusions. On the one hand: "We cannot recommend widespread use of high-dose isoflavone supplements by women at high risk for breast cancer or by breast cancer survivors." But, on the other hand: "There are no data to suggest that consumption of soy foods in amounts consistent with an Asian diet is detrimental to breast health." Many physicians began warning breast cancer patients to avoid soy entirely—especially isoflavone supplements, which had become popular, because they can contain highly concentrated doses.

Soon, doctors began raising additional concerns about soy. Estrogen controls a lot of bodily processes, including menstrual cycles and fertility. In fact, this was something that farmers and zoologists had known for a long time. In the 1940s, Australian farmers noticed that their sheep became infertile after they grazed extensively on clover; scientists discovered it was because the type of clover the sheep grazed on is rich in isoflavones. Then, in the 1980s, researchers struggled to understand why zoo cheetahs kept becoming infertile and developing liver problems. Again, isoflavones from their high-soy diets were thought to be one of the major culprits.

People don't eat clover or dine exclusively on soy—but some research suggested that even a few servings of isoflavones could affect human fertility. A 2009 review of 47 studies revealed that premenopausal women who eat more than two servings of soy a day tend to have lower blood levels of follicle stimulating

DO YOU KNOW YOUR SOY?

EDAMAME These whole green soybeans are picked before they're mature. Full of fiber and protein, they're as unprocessed as it gets.

SOYMILK Its creamy taste comes from soaking soybeans in water, then grinding, cooking and filtering them. Soymilk is a protein-rich dairy replacement, but keep an eye out for hidden or added sweeteners.

SOY PROTEIN ISOLATE This powdered form of soy adds protein to processed foods. You'll find it in everything from soy burgers and cereal to shakes and energy bars.

TEMPEH A cooked, fermented soybean cake that's firmer and less processed than tofu. It's usually mixed with other grains or seeds.

TOFU A spongy block made by coagulating soymilk into curds. Soft or firm, it's a healthy meat substitute.

hormone and luteinizing hormone, responsible for releasing eggs from the ovaries. These changes, they wrote, can delay the release of an egg by about one day in each menstrual cycle. Though it sounds dramatic, experts tend to downplay this finding. A one-day delay in ovulation doesn't affect a healthy woman's overall fertility, says Carmen Williams, M.D., a reproductive and developmental biologist at the National Institute of Environmental Health Sciences, an arm of the National Institutes of Health. She adds: "It should be of no concern."

THE BOTTOM LINE

The biggest unresolved question about soy is whether it protects against or fuels breast cancer. Recent studies point to a fascinating answer: It may actually depend on when you start to eat it. Helferich was feeding genistein to adult mice that already had breast tumors. But new research by Leena Hilakivi-Clarke, Ph.D., professor of oncology at Georgetown University, and others suggests that when rats are fed isoflavones earlier in life, or before they develop tumors, their breast cells actually develop differently. These differences *protect* them against cancer. And the isoflavones may even help breast cells fight cancer if it does develop.

Hilakivi-Clarke says it's ideal to start consuming soy before puberty, but that young women could start drinking a cup of soymilk a day "so that one day, if you get breast cancer, you may have better odds of beating it." That said, you shouldn't think of soy "as a magic bullet that protects against breast cancer," says Daniel Doerge, Ph.D., a research chemist with the FDA's

Square meal

The type of soy you eat does matter. The less processed the food is, the better for your health.



MORE ON THE FOOD WARS Read part one of our series, on gluten, at Self.com/go/foodwars.



National Center for Toxicology Research. It may lower cancer risk slightly, but it's not a guarantee.

How much soy is OK to eat? The FDA's recommendation of 25 grams of soy protein is under review and has yet to be revised. Most experts agree that one to two servings a day is healthy and safe—after all, most Japanese consume that amount throughout their lives. The serving suggestion is a range because soy foods contain different amounts of isoflavones—generally, processed forms contain less, though it can differ among brands. Put another way: A good daily amount for a 135-pound woman is about 50 milligrams of isoflavones—equal to roughly 1 cup of tofu, 2 cups of soymilk or two nutrition bars. (Remember, though, that soy is hidden in many packaged foods and would count toward the total.) “Quadruple that amount and you might start running into problems,” Dr. Williams says. (These guidelines apply to men, too, by the way. Research suggests that a few servings a day of soy won’t “feminize” guys or affect their fertility.)

Certain women—notably, those with fibroid tumors or endometriosis—may want to be careful not to exceed these recommendations. Estrogen fuels the growths that lead to fibroids and endometriosis pain, so “it’s possible, though not very well studied, that consuming a lot of estrogenic-type foods could make estrogen-driven disease worse,” Patisaul explains. For everyone else, the American Cancer Society’s stance is that “moderate consumption of soy foods appears safe for both breast cancer survivors and the general population, and may even lower breast cancer risk.” However, it’s smart to avoid soy supplements until more research is done.

To that point, the type of soy food you eat does matter. As a rule, the less processed, the better. “In Asia, people just eat real food,” Patisaul explains—think handmade tofu and bowls of edamame. While processing doesn’t seem to affect soy’s nutrition—and can actually bump up its protein content—soy protein powders are often used in foods like cereals, shakes and bars that may be high in sugar and other less nutritious ingredients.

It seems, then, that the pro- and antisoy camps might both be right. Soy is good for you, but it depends on when, how much and what types you eat. As is the case with so many claims in nutrition, the devil is in the details. With soy, some of these details haven’t been worked out yet. Even so, Helferich—whose work, remember, tarnished soy’s image in the first place—agrees that soy can definitely be a good thing. “Soy is a healthy food, but it should be a food consumed as part of a varied healthy diet,” he says. So bring on the tofu and the soy lattes and the tempeh. But make room for other healthy foods—and, OK, occasional indulgences—too. ●

TOP 5 SOY MYTHS

myth / **SOY CAUSES BREAST CANCER**

truth Most experts agree that one to two servings of soy foods (or roughly 50 milligrams of isoflavones) a day is healthy. Even the American Cancer Society maintains that “moderate consumption of soy foods appears safe for both breast cancer survivors and the general population.” (However, the jury is still out on soy supplements, which are highly concentrated.)

myth / **SOY ALLERGIES ARE COMMON**

truth Studies show only four of every 1,000 children develop allergies to soy; most grow out of it by age 10 (though it’s not unheard of for adults to develop it later). Rarely, people will tolerate soy but react poorly to soy protein isolate, found in some processed foods.

myth / **EATING SOY IS GREAT FOR YOUR HEART**

truth Although earlier research suggested that soy could reduce “bad” LDL cholesterol by almost 13 percent, recent studies have shown it to be more like 3 percent. According to the American Heart Association, “the direct cardiovascular health benefit of soy protein or isoflavone supplements is minimal at best.”

myth / **SOY CAN MESS WITH YOUR FERTILITY**

truth The hormonelike isoflavones in soy have the potential to affect fertility, but only if you’re consuming more than about eight servings a day. “A normal diet that’s rich in soy foods is going to be fine,” says Carmen Williams, M.D., a reproductive and developmental biologist at the National Institute of Environmental Health Sciences.

myth / **GENETICALLY MODIFIED SOY IS BAD FOR YOU**

truth Most U.S. soybean crops (90 percent) are genetically modified to resist agricultural herbicides. “But genetic engineering doesn’t affect the composition of the proteins or nutritional content of the seeds,” explains Bob Goldberg, Ph.D., a molecular, cell and developmental biologist at the University of California in Los Angeles. “There have been hundreds of papers in the peer-reviewed literature that conclude soybeans and other genetically modified foods on the market are safe.”

RELAXED BRAID

A perfect postswim idea: Pull your hair back into a low braid, letting some pieces stick out. Keep the crown sleek by smoothing on a moisturizing gel like Moroccanoil Styling Gel (\$22). "The result is beautiful and effortless," says Dove celebrity hairstylist Mark Townsend.

TOP Altuzarra EARRINGS
Venus by Maria Tash



HEAT WAVE



SUN-STREAKED PONY

Give this go-to style a quick boost: Tousle up the tail and mist on John Frieda Beach Blonde Sun Streaks Lightening Spray (\$10), which is infused with lemon to highlight your strands. It's an easy move that "brightens your entire look," Townsend says.

DRESS Valentino
BANDEAU Electric Feathers

Elevate your warm-weather hair with these beachy looks. Top model **Martha Hunt** shows four new ways to rock an après-surf vibe.

PHOTOGRAPHED BY BEAU GREALY STYLED BY MELISSA VENTOSA MARTIN

NEW WAVE

Modern beachy hair is much shinier than the matte look of before. Townsend's trick: Spray your hands with an oil-infused surf spray (try Bumble and Bumble Surf Infusion, \$29), then rake them through semidry hair to add a sheen. Divide your mane into three sections, twist into buns, and let set for at least 10 minutes. Shake loose and muss it up. "The waves shouldn't be too perfect," he says.

DRESS Fendi



TOUSLED KNOT

Make your messy bun multitask by spritzing on a leave-in before you pile up strands. "The sun helps it penetrate better, so your hair will be soft and touchable when you rinse it out at night," Townsend says. Try Alterna Bamboo Beach Summer Recovery Spray (\$22).

TOP Marni

Hair, Tuan Anh Tran at Frank Reps; makeup, Sil Bruinsma for DiorSkin.

Special thanks to Costa Rica Unlimited. See Get-It Guide.



LESS
CALORIES

MORE
OF WHAT
MATTERS

99 CALORIE CORONA LIGHT.
THE LIGHT CERVEZA.

Drink Responsibly. Corona Light® Beer. Imported by Crown Imports, Chicago, IL.

Corona Light has fewer calories compared to Corona Extra. Per 12 oz. serving of Corona Light: Calories: 99, ABV: 3.9%, Fat: 0 g, Carbohydrates: 5.0 g, Protein: 0.8 g. Per 12 oz. serving of Corona Extra: Calories: 149, ABV: 4.6%, Fat: 0 g, Carbohydrates: 14.0 g, Protein: 1.2 g.

(SELF)

INDULGE

COCKTAILS, ANYONE?

→ *Balmy nights call for icy-cold drinks.
(Made with healthy ingredients? Even better.)*

*Mixologist Jane Danger of New York's
NoMad Bar shakes things up with fresh twists
on mojitos, margs and more.*

BLACKBERRY
SNOW CONE
*Cheers to this
grown-up take on a
childhood classic.*

(SELF) INDULGE

SPIKED ICED TEA

Bourbon infused with good-for-you rooibos



WATERMELON MARGARITA

Fruity yet tart; tequila's never tasted so good.



GREEN APPLE MOJITO

Citrusy and minty, with a splash of vitamin C



VODKA CUCUMBER CRANBERRY

Homemade syrup upgrades an old favorite.



Blackberry Snow Cone

SERVES 1

Make simple syrup: In a small saucepan, heat 1 cup sugar and 1 cup water over medium heat until sugar dissolves, about 3 minutes. Let syrup cool. In a highball glass, muddle 4 blackberries with $\frac{1}{2}$ oz syrup. Fill $\frac{1}{4}$ of glass with pebble or crushed ice. Pour $\frac{3}{4}$ oz crème de mûre or crème de cassis into glass. Fill glass $\frac{1}{4}$ more with ice. Pour $\frac{3}{4}$ oz lemon juice into glass and fill $\frac{1}{4}$ more with ice. Pour in $\frac{1}{2}$ oz aquavit and top with a dome of ice.

Spiked Iced Tea

SERVES 1

Pour 1 bottle (750 ml) bourbon into a pitcher. Add 8 bags rooibos tea. Steep up to 30 minutes; remove bags. In a cocktail shaker, combine 1½ oz infused bourbon, 1 oz peach nectar, $\frac{3}{4}$ oz lemon juice and $\frac{1}{4}$ oz simple syrup (recipe above). Shake and pour into ice-filled glass. Garnish with basil leaves and 3 peach slices.

Green Apple Mojito

SERVES 1

In a blender or food processor, puree $\frac{1}{8}$ green apple, 8 large mint leaves and 3 cucumber slices. In a shaker, combine apple puree, 1½ cups ice, 1½ oz white rum, $\frac{3}{4}$ oz lime juice, $\frac{3}{4}$ oz St. Germain liqueur and $\frac{3}{4}$ oz simple syrup (recipe above). Shake and strain into a glass. Garnish with a slice of lime and finely chopped mint.

Watermelon Margarita

SERVES 1

Cut a slit in a wedge of lemon or lime and run around the rim of a glass; dust with coarse salt. In a cocktail shaker, combine 1½ oz tequila, ½ oz Aperol, 3 watermelon cubes, $\frac{3}{4}$ oz lemon juice and $\frac{1}{2}$ oz agave. Shake and strain into glass over a large ice ball (find molds in specialty cookware shops). Dip a watermelon cube in salt to taste, spear with a metal skewer and balance on rim of glass.

Vodka Cucumber Cranberry

SERVES 1

In an ice cube tray, place 1–2 cranberries inside each compartment, fill with water and freeze. In a medium saucepan over medium-high heat, cook 1 cup cranberry juice, 12 oz cranberries and 1 cup raw sugar until berries pop, about 8 minutes. Cool; puree and strain syrup, reserving liquid. In a cocktail shaker, combine $\frac{3}{4}$ oz cranberry syrup, $\frac{1}{2}$ oz lemon juice, $\frac{1}{2}$ oz Cointreau and 1½ oz vodka. Shake, pour into a glass with 2–3 cranberry ice cubes and cucumber slices. Top with soda.

All recipes can be doubled to serve 2.

GIVE ANY DRINK
A VITAMIN
(AND FLAVOR)
BOOST BY TOSSED
IN A FEW SLICED
VEGGIES, SOME
MUDDLED FRUIT
OR A PRETTY
HERB GARNISH.

NINA'S NEXT ACT

CONTINUED FROM 70



how wonderful, magnetic and interesting she was. She got the part based on that. She fought for it."

As our food arrives, Dobrev digs in. There's roasted brussels sprouts, a couple of salads, those corn and portobello mushroom tacos. She looks around at the abundance of bright vegetal dishes and promptly declares, "I am...a pig." Regardless, she wants pictures, because she likes to chronicle these things. "My taste buds are alive and well," she says. "Living in Atlanta, I started a restaurant bucket list for friends. There's a whole burger section. It's dope. Everybody loves it when they come into town." Dobrev says she'd possibly like to expand and

do some underwater exploring as well, diving with great white sharks in South Africa. "YOLO," she says, raising a glass of white wine. "I feel like when I go, it is going to be something epic and weird and not normal. I'm excited about that. I don't think I'm going to die in a bed of old age. I'd rather get eaten by a shark or burn up coming home from the moon."

The same fearlessness can only help Dobrev with the kinds of roles she wants to pursue. She cites movies with complex, richly drawn characters like the ballet thriller *Black Swan* and last year's *Birdman*, admitting to losing out on a role in the latter to an actress she very much admires. "Emma Stone," Dobrev says. "She's great—she's doing comedy, she's doing drama, and she's killing both of them."

Recalling her own casting story from *The Vampire Diaries*, Dobrev remembers her successful second effort. She remembers not giving up. "I'm ready to put up that fight again," she says. "I'm excited to put up that fight." Doing another TV series isn't out of the question, either,

screen, which flashes a photo of her and the actress Jessica Szohr. "She's my downstairs neighbor in Atlanta," Dobrev says, "which is dangerous for our livers." Seeing the icon for Google Maps, she playfully tells it to go to hell, blaming it for her tardiness. Finally, she locates her music. "This is what I wanted to show you," she says. It's the playlist she uses to pump herself up at the gym, which she had mentioned earlier, in between bites of kimchi.

There's "Latch" by Sam Smith, Taylor Swift's "Shake It Off," some Tiesto. But it's the OneRepublic song "I Lived," an anthemic Top 40 track about maximizing experiences, relationships and emotions—ripe to inspire during transitional times—that's striking a chord now. "That song encompasses how I'm feeling," Dobrev says, reflectively. "I'm playing it a lot."

Quickly, though, she steers the conversation back to the idea of excitement, of all the possibilities that await. Besides acting and guidebook writing and possibly hooking up with the Discovery

ONE ACTRESS DOBREV ADMires: EMMA STONE. "SHE'S GREAT—SHE'S DOING COMEDY, SHE'S DOING DRAMA, AND SHE'S KILLING BOTH OF THEM."

publish it. "Like a travel guide," she says.

With her show ending, the first thing Dobrev wants to do is explore. She's already planned a cross-country road trip with six friends after her final episode wraps. It's unclear whether her 18-year-old cat, Lynx, will come along for the ride or take a more direct route west (aside from Lynx, Dobrev is single), but stops will be made in New Orleans; Houston; Austin, Texas; Santa Fe; Sedona, Arizona; the Grand Canyon; and Las Vegas before Dobrev ultimately arrives at her new house in Los Angeles.

Besides choosing cities to stop in, Dobrev says the trip is an exercise in freedom. "There are no hotel reservations," she says, "no real plans. Just six people, three vehicles, two in each car." Dobrev is an adrenaline junkie who has bungee-jumped in New Zealand and wound up in a Balinese hospital after suffering a monkey bite. She's also planning to

just as long as she isn't asked to play a vampire. She says it would have to be more like *Orphan Black*, referring to the Canadian sci-fi drama on which the series lead, actress Tatiana Maslany, mesmerizingly plays an impressive number of different genetic clones. "She crushes me," Dobrev says.

Todd Strauss-Schulson, who directed Dobrev in *The Final Girls*, believes she'll have her pick of parts. "She's totally on it," he says. "Humane, genuine, compassionate, funny, really ambitious and an insanely hard worker. She brings all that to the set. Whatever she wants to do next, she'll excel."

For the majority of dinner, Dobrev has been without her phone, having asked our waiter to charge it. When he brings it back, along with boxes for leftovers, she's ready to supplement our conversation with key bits of digital information. She swipes past her home

channel to do some shark dives, Dobrev has two screenwriting projects she hopes to put into production. The first is a short film about gymnastics; the second, a script surrounding the March 2014 disappearance of Malaysia Airlines Flight 370. "I'm not saying these things are getting made," Dobrev says. "I'm just saying I'm working on them."

As Café Gratitude clears out for the night, Dobrev offers to give me a lift home. She jokes about the route, but once she's behind the wheel, she clearly knows where she's going. Rolling down the window and cranking up a Mumford & Sons track called "Believe," Dobrev continues to talk about her ambitions, what she'll be striving for here and everywhere else. "I really do want to go to the moon at some point," she says, before pulling up to my stop. "Not if," she says. "When. And when I go to the moon, I'll send you a selfie."

GET-IT GUIDE

Cover Top, \$395; Jonathan Simkhai.com. Bikini top, \$208, and bottom, \$198; FlagpoleSwim.com. Earrings, Tenthousandthings, \$85; TenthousandthingsNYC.com. **Page 1** Swimsuit, Cover, \$190; CoverSwim.com. Shorts, Lisa Marie Fernandez, \$250; Net-A-Porter.com.

Page 2 Sports bra, \$35, shorts, \$60, headband, \$15 for six, socks, \$9, and shoes, \$110; Nike.com.

Page 4 Red top, Jill Stuart, \$498; 212-343-2300. Color block swimsuit, Roksanda, \$550; Avenue32.com. White bodysuit, \$210; Lucas Hugh.com. Earrings, Tenthousandthings, \$85; TenthousandthingsNYC.com. Sneakers, New Balance Custom 574, \$160; NewBalance.com. Dress, 3.1 Phillip Lim, \$695; 212-334-1160.

Page 15 From left: Bikini top, \$235, and bottom, \$165, T by Alexander Wang. Sunglasses, Ray-Ban, \$170; Sunglass Hut, 212-759-3720. Bikini top, \$178, and bottom, \$80; FlagpoleSwim.com. Sunglasses, \$205; WestwardLeaning.com.

Page 28 From top: Towel, Missoni Home, \$237; Wayfair.com. Sunglasses, Jason Wu, \$295; Modo.com for stores. Hat, Eugenia Kim, \$325; Intermix Online.com. Camera, \$109; Lomography.com.

Page 30 White bikini, Suboo, \$179; Shopbop.com. Black sports bra, Karla Colletto, \$179; NancyMeyer.com. Red swimsuit, Karla Colletto, \$258; The Beach House of

Naples, 239-261-1366. Green top, \$73; Kovey.co. **Page 36** Water bottle, Kor, \$30; KorWater.com. Fitness band, Sony, \$100; Store .Sony.com. Sunglasses, Spitfire, \$39; I Love Spitfire .com. Backpack, \$195; RebeccaMinkoff.com. Earphones, \$80; Caeden .com. Sneakers, \$100; NewBalance.com.

Page 45 Bikini, \$79; Triangl.com. Stand-up paddleboard, \$795; IsleSurfAndSUP.com. **Page 47** Sports bra, \$62, and leggings, \$98; ALOYoga.com. Sneakers, \$80; NewBalance.com. **Page 64** Top, H&M, \$30; HM.com. Pants, \$120; SweatyBetty.com. Sneakers, \$75; Nike.com.

Page 69 Bodysuit; Lucas Hugh.com for other styles. Sneakers, New Balance Custom 574, \$160; New Balance.com. **Page 71** Sweater, Lucas Nascimento; MatchesFashion.com. Sports bra, No Ka 'Oi, \$120; Performance Ski, 970-925-8657. Briefs, Spanx by Sara Blakely, \$58; Spanx.com. Earrings, Tenthousandthings, \$85; Tenthousandthings NYC.com.

Page 72 Vest, \$665, and dress, \$445, Isabel Marant; 212-219-2284. Earrings, \$495; Agnona.com for stores. **Page 73** Top, \$495, skirt, \$495, and belt, \$575, Edun; MyTheresa.com. Shoes, Salvatore Ferragamo; 866-337-7242. **Page 74** Top, \$895, skirt, \$350, and belt, \$1,795, Donna Karan New York; DonnaKaran .com. Earring, Sorelle, \$80; SorelleNYC.com. **Page 75**

Jumpsuit, H&M Conscious Exclusive, \$80; HM.com. Earring, Jennifer Fisher, \$155; JenniferFisherJewelry .com. Cuff, Pluma, \$402; Forzieri.com. Bag, \$1,150; NarcisoRodriguez.com.

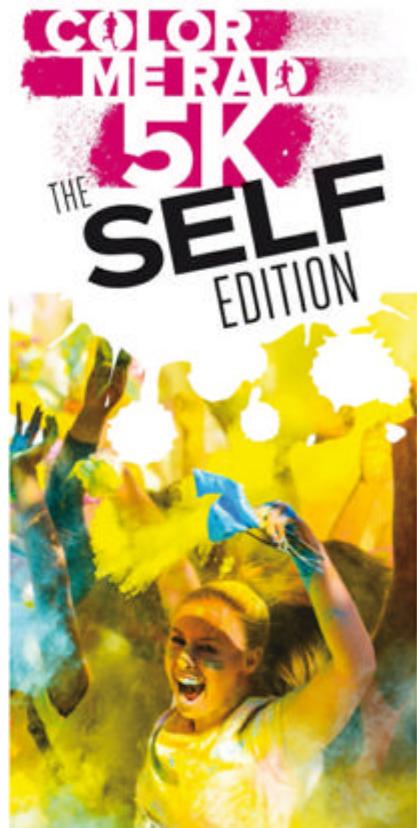
Page 76 Top, \$690, and skirt, \$1,200, Marni; Moda Operandi.com. Belt, Marni, \$620; Relish, 202-333-5343. Sandals, Marni, \$720; Net-A-Porter.com. **Page 77** Top, \$1,410, and pants, \$1,230, Roland Mouret; 212-249-2008. Armbands, Jennifer Fisher; Jennifer FisherJewelry.com.

Pages 78-79 From left: Jersey, \$90, shorts, \$28, wristbands, \$6 for two, socks (on all), \$9, cleats (on all), \$280, sports bra, \$35, shorts, \$32, headbands (on all), \$15 for six, tank, \$65, and ball, \$80; Nike.com.

Page 81 From left: Sports bra, \$40, shorts, \$60, long-sleeve shirt, \$70, shorts, \$40, tights, \$140, gloves, \$120, tank, \$35, sports bra (underneath), \$35, tank, \$60, and shorts, \$30; Nike.com. **Page 82** From left: Tank, \$40, leggings, \$45, sneakers, \$130, sports bra, \$40, shorts, \$28, sneakers, \$100, sports bra, \$35, leggings, \$135, and sneakers, \$110; Nike.com.

Page 94 Top, Altuzarra; Neiman Marcus for similar styles. Earrings, \$123 each; VenusByMariaTash .com. **Page 95** Dress, \$6,290; Valentino.com for stores. Bandeau, \$208; ElectricFeathers.com. **Page 96** Dress, \$2,650; Fendi.com. **Page 97** Top, Marni, \$2,050; Blake, 312-202-0047.

SELECTS



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WHY I...

FLYBOARD

By **STEPHANIE WELLS**, 30, Flyboarding competitor and instructor from Calgary, Alberta

I've always been adventurous. I ride dirt bikes, surf and scuba dive. Three years ago, I saw a video of someone Flyboarding: flipping around above water on this hoverboard-meets-jet pack. It looked *so* cool—cool enough that I traveled from my hometown in Canada to Florida to try it myself. The moment I stood on the board, I was hooked. It's such a rush to fly over the water. Looking at the world from this vantage point never gets old.

I became the first female certified Flyboard instructor in

North America. Within a few months, I began competing, too, because I wanted to inspire other women to try the sport.

Flyboarding is the most extreme thing I've ever done, but it's also one of the most relaxing. I start each session by shooting up to catch some air and plunging down for a "dolphin dive," where the jets propel me underwater. While I'm submerged, I imagine all my stress flowing into the water and falling away as I resurface. It's like you're sent through the wash, and then you come out pure.

“
Looking at the world from this vantage point never gets old.”

Wells does a backflip off the coast of Puerto Vallarta, Mexico.



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