



SELF

**KERRY
WASHINGTON**

**BODY, BABY,
KICKASS CAREER:
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DO
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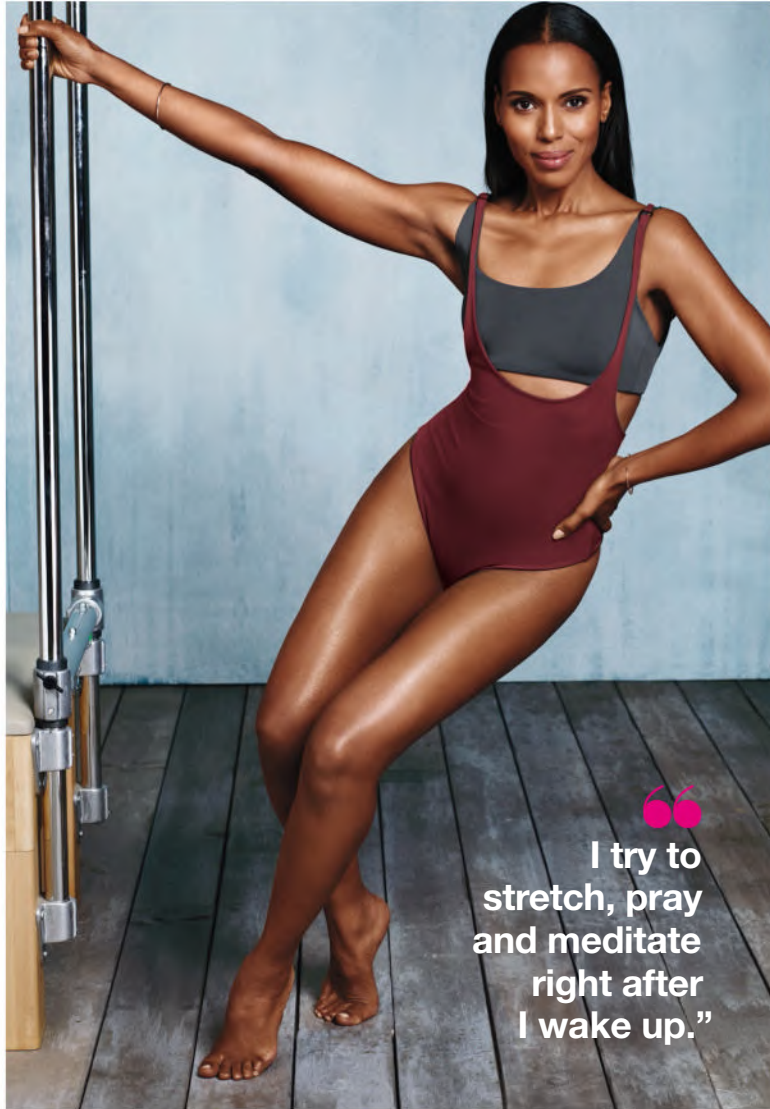


UP & OUT

→ How actress and cover star **Kerry Washington** starts her day focused and full of energy BY KARI MOLVAR

Kerry Washington doesn't always know what plot twists await her on the set of *Scandal*, the political-thriller TV series in which she stars as Olivia Pope. But she makes it a point to go into work each morning feeling centered. "I try to stretch, pray and meditate right after I wake up," she says. While she's tuned in to her body, Washington isn't obsessed with perfecting her practice. "It's always evolving and changing," she says.

"I sit, bring my vulnerability and listen to what comes up." Next, she fits in a pilates workout to gear up for the day's scenes. "I have to feel flexible and strong, like, 'Yeah, I can run down a hall with three cameras attached to me, or hold a gun with a negligee on!'" she jokes. Post-workout, Washington rehydrates with raw coconut water ("Harmless Harvest is my favorite") and does a quick scan of the headlines—in true Olivia Pope form. "Breaking news always hits Twitter first," she says. *Cover story: See page 110.*



I try to stretch, pray and meditate right after I wake up.

→ 5 THINGS THAT GET HER UP AND OUT



STYLING: MELISSA VENTOSA/MARTIN; HAIR: TAKISHA STURDIVANT FOR NEUTROGENA; TRIPLE REPAIR: NEUTROGENA; COCONUT WATER: HARMLESS HARVEST; PILATES: GORMAN STUDIO/CNP; PROP STYLING: COLIN DONAHUE; CLOCKWISE FROM LEFT: GETTY IMAGES; GORMAN STUDIO/CNP; DIGITAL STUDIO; GETTY IMAGES; CATHY CRAWFORD/CNP; DIGITAL STUDIO; STUART TYSON.

1

A REFRESHING BEVERAGE

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2

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3

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4

A GO-TO LIPSTICK

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5

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SELF

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Photographed by Bjarne Jonasson in Los Angeles. Styling, Melissa Ventosa Martin; hair, Takisha Sturdivant for Neutrogena Triple Repair; makeup, Carola Gonzalez for Neutrogena; manicure, Ashlie Johnson for Chanel Le Vernis; prop styling, Colin Donahue.

CLOTHES Custom bodysuit, Scott Stevenson. Bangle, Maya Brenner. Dress, Salvatore Ferragamo. See Get-It Guide.

GET THE LOOK Neutrogena Triple Moisture Silk Touch Leave-In Cream, \$7. Neutrogena Healthy Skin Blends Natural Radiance Bronzer in Sunkissed, \$12

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ANAI'S NIN, AUTHOR



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→ FIT X FASHION

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GO BEHIND THE SCENES

Meet inspiring celebs like Kerry Washington, Karlie Kloss and Demi Lovato—and get their workouts, happiness tips and more—at Self.com/go/celebvideos.



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PENCILS

I have a weakness for very sharp ones.

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My September essentials

My mood this month: part preppy, part polished...



#TBT TEE

An old-school henley from my alma mater is a good gym top layer.

\$30; PUSStore.com

EDITOR'S LETTER

BACK TO SCHOOL

September always feels like the start of something exciting. After recharging over the summer, I come back raring to go with Olivia Pope-like conviction and motivation. Or rather, I will now say, with Kerry Washington-like conviction and motivation. Kerry is a woman in control, but she's also multifaceted: The *Scandal* star has found that elusive balance of strength and grace, dedication to career and love of family and life. Be sure to Shazam her cover story to see her video (page 110). It will put you in a calm, do-anything headspace, able to take on whatever the universe throws in your path.

Just thinking of Olivia's wardrobe makes me want to shop. This season I'll stock my closet with sporty-sleek, body-con looks (page 104). To up my workout game, I'll add as many pieces as possible from Tory Burch's new active line (page 42) to my gym rotation. They're as crisp and all-American as her fashion collections, and I have no doubt my level of play will rise along with my style level!

We all have our tricks to give us a competitive edge: clothes that make us feel good, so we perform with that much more confidence; a workout that makes us feel strong, so we can be our most powerful selves; an inspirational figure we can channel (#WhatWouldKerry/OliviaDo?). I hope you'll find as many as you need and then some this month in SELF. Happy September!

Joyce

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(SELF)

STARTER

FIT FOR A TRIP

→ *Come home from your next vacay with a couple of souvenirs: a fitter body and postcard-worthy workout memories.* **BY AMY SCHLINGER**

You've traveled all the way to paradise—why sweat it out in an uninspiring hotel gym? Now you can keep those *ahhh* vibes going in your workout, too. See the sights from Toronto to Rio de Janeiro on a Nike+ Run Club group run, or mingle with locals at a Nike+ Training Club class. (Sign up at Nike.com.) In the United States, explore a trendy 'hood on a jog with a City Running Tours guide (CityRunningTours.com)—she'll even carry your water and camera. Or try a buzzy boutique studio on the road with ClassPass Flex (free for members, ClassPass.com), which gives you unlimited access to hot workouts in 29 cities. Bon voyage!



SHAZAM THIS PAGE FOR SELF-APPROVED WORKOUTS AND RUNNING TRAILS TO CHECK OUT ON YOUR NEXT TRIP.

WHICH IS BETTER...

Working out your triceps *one arm at a time* or *both together*?

TWO'S GREAT, especially for newbies. The key to working the triceps muscle is to keep the upper arm steady, says Jessica Matthews, senior advisor for health and fitness education for the American Council on Exercise. In an overhead triceps extension, the only movement should

be your arm bending and straightening at the elbow; your upper arm should stay close to your ear. When you do these one arm at a time, you need adequate strength and stability to keep your upper arm from wobbling. It's easier to maintain your form lifting with two arms, but be sure to use a heavy

enough weight to make the exercise challenging (i.e., to fatigue at 12 to 15 reps). Overhead extensions are good, or try the triangle push-up (in which your hands form a triangle on the floor)—it elicits the most muscle activity in the triceps, according to an ACE analysis.

ALMONDS or ALMOND MILK?

NUTS ARE MORE NUTRITIOUS. A quarter cup of almonds has 8 grams of protein, 5 g fiber, 18 g fat (most of it heart-healthy) and 207 calories. Almond milk is mainly water and contains just enough nuts to add flavor, says Virginia Messina, a registered dietitian in Port Townsend, Washington. That's why a cup of it has only about 1 g protein, 1 g fiber, 2.5 g fat and 91 calories. (Don't worry about the extra calories in almonds: Studies show that snacking on nuts can actually help people control their weight.)

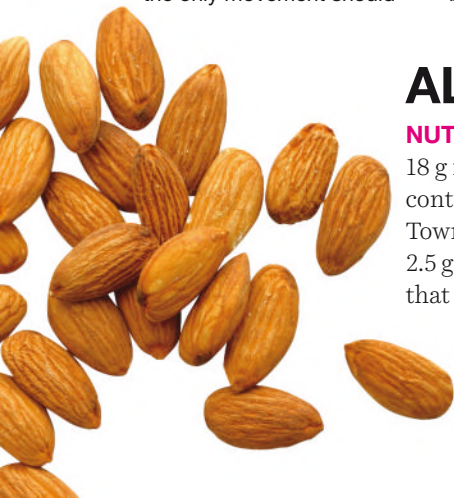


WHICH IS WORSE...

Drying your nails with UV LIGHT or AEROSOL SPRAY?

AVOID THE LIGHT.

Although you're exposed to only tiny amounts of harmful UV radiation when you dry your polish, it can add up over time and "potentially lead to wrinkling, brown spots and even cancer," says Lyndsay R. Shipp, M.D., a dermatologist in Oxford, Mississippi, and author of a *JAMA Dermatology* study of UV dryers. The ingredients in quick-dry sprays are considered safe for your health by the FDA, especially because they remain on skin for less than 10 seconds before evaporating.



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



TEMPTING MEETS WHOLESOME

The Special K Flatbread Sandwich. Real eggs, sizzling bacon, and melty cheese, all in 220 deliciously satisfying calories.



SELF APPROVED

BOUTIQUE STUDIOS

➔ *Trendy workouts may come and go, but these hot studios have not only stuck around, they're even expanding. Credit their addictive classes, luxe digs and—most of all—body-transforming results.* BY RACHEL MARLOWE

Flywheel and FlyBarre

OPENING IN WALNUT CREEK, CALIFORNIA

Whether you tone in a FlyBarre class (pictured) or track your effort on the TorqBoard in a Flywheel Spin class, you'll score a solid workout. The beloved brand with a "Never Coast" mantra has 33 venues nationwide; in October, California gets its second combo studio, this one with a new feature: in-locker charging stations.

AKT InMotion

OPENING IN NEW YORK CITY

Anna Kaiser's muscle-burning dance-cardio workouts turn even nondancers into addicts. The third location, a three-studio Flatiron venue opening in October, will offer heart-rate monitors and laundry service.

Barry's Bootcamp

OPENING IN NEW YORK CITY

After a hurts-so-good class that's half treadmill, half strength training, unwind

with a Fuel Bar smoothie and Malin+Goetz locker-room products. The latest location of this nationwide chain opens in November on the Upper East Side.

Body by Simone

OPENING IN LOS ANGELES

BBS's third venue opens in late fall. What to expect: high-intensity dance-cardio classes led by blonde Aussie fireball Simone De La Rue, with her team of former Broadway performers and pro dancers.

CityRow

OPENING IN NEW YORK CITY

The second location, hitting the Upper East Side this fall, will feature 26 WaterRower machines. (Thanks to water resistance that mimics the sensation of rowing a boat, they work a whopping 84 percent of your muscles.)

CorePower Yoga

OPENING IN PHILADELPHIA

The City of Brotherly Love will join more than 70 others in experiencing how good it feels to sweat through asanas this month. Beginner, restorative and sculpting classes take place in a studio heated from 85 to 105 degrees.

Exhale

OPENING IN CHICAGO

With more than 20 studios, Exhale has its formula of ab-zinging, heart-rate-spiking Core Fusion classes down to a science. The newest location opens in December, steps from the Northwestern campus.

Fitwall

OPENING IN DENVER

The popular chain opens its second location outside of California in late autumn. Students hold onto a heavy, freestanding ladderlike wall for squats, steps, hops and rows—then hit the floor for mat work. After class, enjoy free coconut water shots.

Peloton

OPENING IN CHICAGO

Yes, their \$1,995 at-home Spin bikes are droolworthy. But if you're in NYC, or, as of this fall, Chicago, you'll want to check out an in-person class at this stay-a-while studio tricked out with a juice bar.

SoulCycle

OPENING IN MIAMI

The 54th location of the Spinning mecca opens at the chic new 1 Hotel in Miami this fall. Riders get a big dose of cardio—plus therapy—in a dark room while tunes thump and candles flicker.



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FITNESS INSIDER

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

PLAY

Having fun with your pup can improve your workout. People in dog-walking groups took more steps and enjoyed walks more, per a new study. Or bring Fido to the gym: Classes at K9 Fit Club (K9FitClub.com) focus on fitness for dogs and their humans.

hike

Fall temps were made for outdoor treks, and on National Public Lands Day (September 26), entry is free at all national parks. Plus, there are dozens of events this year in honor of the National Parks Service's 100th birthday. Go to FindYourPark.com for more activities.



Isle Royale National Park, Michigan



Arches National Park, Utah



Glacier National Park, Montana



Del Norte Redwoods State Park, California



SHOP

Up your studio-to-street style game with Reebok and Face Stockholm's new collab—it's all about bold pops of color. The makeup brand has matched 11 eye, lip and cheek hues (think bright, '80s-inspired colors) to Reebok sneakers in throwback styles. **\$85; Reebok.com/FaceStockholm**

PROTECT

Spin class: great for your glutes, not your ears. The music volume in studios can reach 40 decibels above safe noise levels. Protect your hearing with ear filters like Dubs (\$25, GetDubs.com). They soften sound rather than muffle it, so you can still clearly hear every tap-back cue.

watch

Can't resist a cliff-hanger? Check out *Everest*, in theaters September 18. The gripping movie, based on true events, follows two climbing groups racing to escape a deadly snowstorm; it stars Robin Wright and Keira Knightley.

I call this
the calm before
the shake.



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CHEAT SHEET

FUEL YOUR WORKOUT

→ *Get the most out of every session by choosing snacks that go the distance.*

BY KRISTIN CANNING

Before you start exercising, you want something to power you up without weighing you down. And 20 minutes after you finish, you feel ravenous enough to devour everything in sight. But what, exactly, should you eat?

One starting point that's true for all of us: Carbs boost energy. "They're essential for the fit woman," says sports nutritionist Heidi Skolnik. If you don't have enough carbs in your system when you start ramping up your workout, Skolnik says you could quickly lose steam. Worse, your body, in its desperation, may eventually start breaking down muscles and tissues for fuel. Try simple carbs: They're easy to convert into energy and won't disrupt your GI system (or your pace).

After your workout, you'll need to replenish your depleted energy stores and add protein to repair muscles, says Skolnik—especially if you worked them with weights or in a HIIT class.

We asked experts to recommend the best snacks (150 to 200 calories) for different activities. One caveat: You may not need a snack before and after every workout. If you've finished a meal within the last two hours—or if, say, you're heading to dinner after you stretch and shower, it's fine to skip the snack. But don't expect to slay a killer workout on an empty stomach, Skolnik warns. Your body needs fuel—and when it gets what it needs, it can do incredible things.

ADDITIONAL SOURCES: STEPHANIE CLARKE, R.D.; WILLOW JAROSH, R.D.; RENEE MCGREGOR, R.D., AUTHOR OF *TRAINING FOOD*

EAT BEFORE OR EAT AFTER

at least 30 minutes pre-exercise

within 30 minutes of finishing



Large pear, sliced and drizzled with 1½ tsp honey
41 g carbs, 1 g protein, 0 g fat, 153 calories

Cardio

Running, cycling, dancing, kickboxing

Eat easy-to-digest snacks before you start sweating; hydrate with protein and carbs after.



¾ cup lowfat chocolate milk and 1 small banana
35 g carbs, 7 g protein, 2 g fat, 178 calories



1 slice whole-grain bread spread with 1½ tbsp raspberry preserves
35 g carbs, 0 g protein, 2 g fat, 162 calories

HIIT classes

Circuit/interval workouts

Simple carbs rev you up; protein later is good for your muscles.



1 crispbread, 2 tbsp avocado, 3 tbsp shredded cheese
15 g carbs, 6 g protein, 10 g fat, 171 calories



1 clementine and a handful of pistachios
15 g carbs, 5 g protein, 9 g fat, 150 calories

Toning

Power-flow yoga, barre, pilates

Balanced snacks (carbs, protein, fat) help sustain energy all day.



⅓ cup hummus and 1 medium carrot, cut into sticks
22 g carbs, 5 g protein, 7 g fat, 169 calories



1 cup edamame, boiled (out of shell)
15 g carbs, 17 g protein, 8 g fat, 189 calories

Weight training

CrossFit, kettlebells, circuits

Protein grows muscle and aids in recovery.



1 cup nonfat plain skyr yogurt with ¼ cup raspberries
13 g carbs, 26 g protein, 0 g fat, 163 calories





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HEALTHY NOW

→ The latest ideas to live better this month

Get cultured

Yogurt is on every nutritionist's hot list because it's rich in calcium, protein and live active cultures that are great for gut health. These days, your options go way beyond Greek: Here are four more choices to try from around the world.

AUSTRALIAN
(NOOSA, YULU)EUROPEAN
(STRAUS)ICELANDIC
(SMÁRI, SIGGI'S)VIETNAMESE
(TARTE)

THE TASTE

Thick, velvety and filling, like fresh milk with a slight bite

Smooth, milky and pours right out of a carton

Dense, creamy, rich; a bit tangier than Greek but no chalky aftertaste

Delicately tart-sweet; light and spoonable

HOW IT'S MADE

Unlike Greek and Icelandic yogurts, which are strained to remove the whey, Aussie-style is usually made from unstrained whole milk.

Euro yogurt is cultured in large vats instead of individual cups, then stirred to break up the curds.

The Vikings traditionally used cream to make butter and the remaining skim milk for *skyr*.

Da ua (from the French *yaourt*) is made with sweetened condensed milk; Tarte simmers cane sugar and milk together.

TRY WITH

Stir in pureed berries for a decadent-tasting snack.

Mixed with Swiss muesli, it's a creamier alternative to milk.

Drizzle honey on top for a simple breakfast treat.

Eat it plain so you can enjoy its natural sweetness.

48

Percentage of women executives who say they can't go to the doctor because of their workload

SOURCE: MEG FITZGERALD, E.V.P., STRATEGY AND POLICY, CARDINAL HEALTH

Carry on

Our reusable bags tote everything from groceries to gym clothes, but a study from the University of Arizona found that 97 percent of us never wash them, making us vulnerable to pathogens that could make us sick. Stay healthy by always separating meat and produce, says Benjamin Chapman, Ph.D., food safety specialist at North Carolina State University, and wipe down or machine-wash bags weekly.



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HOT IN HOLLYWOOD

MAN ON THE MOVE

➔ Aussie actor **Luke Mitchell** shares his favorite fitness and healthy eating spots in his new home base, Los Angeles.

Luke Mitchell, 30, plays a superhuman who can control electricity on ABC's hit action series, *Marvel's Agents of S.H.I.E.L.D.* "I grew up watching *Batman* and superhero movies," he says. "So to play one of those characters now is ridiculous!" Mitchell has sporty powers of his own: He grew up surfing, and before his acting career took off he trained to be a professional tennis player. Now, as an L.A. transplant, the star and his wife (actress Rebecca Breeds) have discovered some of the city's best places for staying fit and eating well. —*Kelly Mickle*

INSTANT ENERGY "I have a coffee from Coffee+Food on Melrose before I go to the gym. A shot of espresso is like a shot of adrenaline for me—it also helps me focus during a long day of shooting."

GYM PARTNERS "Rebecca and I go to LA Fitness together. I've done my fair share of running from tennis, so I lift weights and do the stationary bike. Staying healthy has become part of my career path."

DATE NIGHT "The more nature, the better: Our first dates involved climbing trees! We love sunset horseback rides in Topanga State Park. We found a nearby restaurant, The Inn of the Seventh Ray. Its courtyard is filled with lights—magical."

BRUNCH PICKS "Blu Jam and Lulu's Cafe are our go-tos. I'll get sourdough toast with avocado and poached eggs. Rebecca is taking a health-coaching course, so we make an effort to eat natural, unprocessed foods."

GOOD SPORTS "I still play tennis. My brother is a professional tennis player, and he gives me extra rackets people send him. But in 2013 I had to learn football for a role, and now I love playing touch football on the beach in Santa Monica."



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REPORT

TOO YOUNG FOR A STROKE?

→ Strokes can come out of nowhere and hit people of any age—even when they're fit and healthy. Here's what women need to know. BY GINNY GRAVES

Two years ago, Diana Hardeman, a 30-year-old vegetarian from New York City, had just come in from surfing. She was getting cleaned up to go shopping when her right arm went limp and numb. Hardeman tried to tell her boyfriend what was happening, but her words came out as gibberish. Terrified, she choked out, "Call my dad." Fortunately, they were visiting her parents in California, and her father, an M.D., was nearby. It took him just seconds to assess her symptoms: numbness on one side, inability to speak. He called 911 and told the operator that his daughter was having a stroke.

While we tend to think of strokes as an older person's worry, experts say an increasing number of women suffer them during what should be the healthiest time of their lives. Researchers at the University of Cincinnati College of Medicine found a nearly 6 percent increase from 1994 to 2005 in the proportion of strokes that hit people under 55, while the proportion affecting 20- to 44-year-old Caucasians—typically at lower risk than African Americans—nearly doubled. A 2012 analysis

looking at Northern California Kaiser Permanente patients under 44 found an "alarming" rise in ischemic strokes, the most common type (and the one Hardeman endured), in which blood supply to the brain is cut off due to a blockage. (The other type, hemorrhagic stroke, occurs when a weakened vessel

"WE'RE THE NEW FACE OF THIS ILLNESS," SAYS ONE 32-YEAR-OLD STROKE SURVIVOR.

in the brain ruptures and blood accumulates, compressing the surrounding tissue and cutting off its oxygen supply.) More than 100,000 women under 65 will have a stroke this year.

There's no single reason for this troubling trend. Many stroke risk factors are rare, but when combined, they're enough to raise concern. Doctors may inadvertently make things worse by assuming that a twentysomething woman couldn't possibly have one. People under 45 who went to the ER in 2008 and 2009 with headache and dizziness (both early signs of stroke) were nearly seven times more apt to be misdiagnosed and sent home than those over 75, found researchers at Johns Hopkins University (and strokes in women are 30 percent more likely to be missed). The time lapse is potentially calamitous, given that 32,000 cells die every second the brain is starved of oxygen.

Hardeman was lucky. She received a clot-dissolving drug called tissue plasminogen activator, or tPA, just 45 minutes after her symptoms began—which may have saved her life. The drug needs to be administered within four and a half hours of an ischemic stroke (the sooner, the better), but only 10 to 15 percent of victims make it to the ER in time. That's a big part of why keeping an eye out for signs of a stroke is crucial.

There are also a few things you can do to minimize your risk. A host of factors may be putting young women in harm's way, particularly diabetes, obesity and high blood pressure, according to Brett Kissela, M.D., a neurologist and lead author of the Cincinnati study. But other risk factors are increasingly recognized as affecting the young and healthy. REPORT > 34

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MOISTURIZER



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The Pill connection

Lucy Reagan, 35, of Austin, Texas, was washing her hands in a public restroom last year when she heard a pop; her right hand was numb and shaking. She tried to tell her 7-year-old daughter something was wrong but couldn't get the words out. "I'd been volunteering at the American Heart Association, so I knew the symptoms of stroke, but I couldn't believe it was happening to me," she says. Within minutes, her speech returned, and she contacted paramedics. When nothing turned up on a CT scan or MRI, the doctors diagnosed her with a transient ischemic attack, a prestroke that's usually considered a warning. Reagan's doctor didn't know the cause but suspected the Pill, which she'd been taking for two months.

Some experts estimate that the Pill, which increases the chance of blood clots, is responsible for up to 8 percent of strokes in young women. Estrogen raises risk incrementally, so even the lowest-dose birth control pills may pose a slight hazard. A Danish study that followed 1.6 million women, ages 15 to 49, from 1995 through 2009 identified 3,311 clot-related thrombotic ischemic strokes. In those patients, oral contraceptives with just 20 micrograms of estrogen (or "ultralow-dose" Pills) were found to increase stroke risk by approximately 60 percent, and Pills with 30 to 40 micrograms (traditional "low-dose") raised it by approximately 80 percent. The patch, which can deliver higher doses of estrogen, also poses a slight danger. The likelihood of having a Pill-related stroke is still very low, but it does go up with age, migraines (Reagan had them) and cigarette smoking, a major stroke risk factor on its own.

Dangerous vices

There's a proven link between substance abuse and strokes. Smoking is particularly bad, as it increases the chances of clot formation, thickens blood and causes plaque buildup in arteries, doubling risk of ischemic stroke. Binge drinking can trigger cardiac arrhythmias, a potential cause of strokes, and raise blood pressure, particularly when combined with tobacco or drugs, says José Biller, M.D., medical director of the Stroke Program at Loyola University

STROKE SOS

Recognizing the signs of a stroke and getting help ASAP are key to minimizing further damage. Memorize this handy acronym.



Face drooping



Arm weakness



Speech difficulty



Time to call 911

Medical Center in Maywood, Illinois. Marijuana and amphetamines have also been implicated, as has cocaine use. In his 2005 analysis, Dr. Kissela found that approximately half of young adults in the Cincinnati area who had strokes were current smokers and roughly 20 percent abused illegal drugs.

The bad migraine

People who have "migraine with aura," in which they may sense shimmering lights just before an attack, carry roughly double the risk of an ischemic stroke, Dr. Biller says. Up to 30 percent of migraine sufferers (most of whom are women between 20 and 50) have this type. "It's possible that the same genes that predispose you to aura may also make your brain more vulnerable to stroke," says Cenk Ayata, M.D., director of the Neurovascular Research Unit at Massachusetts General Hospital in Boston. If you have aura and smoke *and* take oral contraceptives, you increase your risk 8 to 10 times, says Brett Cucchiara, M.D., associate professor of neurology at the University of Pennsylvania.

That pain in your neck

Hardeman's doctors determined that her stroke was due to a tiny tear on the inside of the carotid artery in her neck, a common cause of strokes in those younger than 50 (as are tears of the nearby vertebral artery). When the arterial lining is damaged, a blood clot can form and travel to the brain, choking off the blood supply. "It's often caused by a head injury or a fall, but in half of cases there's no discernible trauma," says David E. Newman-Toker, M.D., a neurologist and lead author of the misdiagnosis study.

In Hardeman's case, the cause of the tear is a mystery. "It could have been surfing, yoga or sleeping in an awkward position on my cross-country flight. I'll never know," she says. Anything that wrenches your neck could cause an arterial tear, doctors say, although the likelihood is still extremely small. Among young patients with artery dissections, one factor stands out: Some have had their neck manipulated (or snapped to the side) by a chiropractor or other health practitioner.

People under 60 who had strokes from tears in the vertebral artery were six times more likely to have had spinal-manipulative therapy in the month prior than patients who had strokes from other causes, found a 2003 study in the journal *Neurology*. More recently, a 2014 statement from the American Heart Association called out the association between neck manipulation and a type of arterial tear that can lead to stroke, urging practitioners to inform their patients.

Life after stroke

Thanks to their adaptable brains, young people generally recover more fully from strokes than older people. Yet research says nearly 30 percent develop depression, and a decade later, one in eight still need daily help with regular tasks.

Hardeman felt numbness in her arm for a month after her stroke, and fatigue for almost three. Yet 10 months later, she finished a marathon. Today she's blogging about her experience and trying to create a stroke awareness group for young women. "We're the new face of this illness," she says. "Young women need to know the symptoms." ●



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(SELF)

MAGE

ON THE FLY

→ *The flyaway skirt is cut out to be one of this season's sharpest looks.*

Pleated skirts are blowing up for fall. On the runways of Proenza Schouler, Tommy Hilfiger and Christian Dior, designers put a modern spin on the classic cheerleader silhouette: They sliced into the folds, dropped the waist and lengthened the hem to hit below the knee. The result is a versatile, feminine piece that swishes around your body, lets you move freely and show some skin. To balance the skirt's shape, pair it with a sleek, fitted top and structured bag. On cooler days, slip on tights and ankle booties. But otherwise, keep your legs bare and toss on sporty sneakers. G-L-O-R-Y! —Sara Gaynes Levy



SHAZAM THIS PAGE FOR MORE FLYAWAY SKIRTS.

VEST Sacai Luck, \$175; Joan Shepp, 215-735-2666
TURTLENECK \$46; TeesByTina.com
SKIRT Sally LaPointe, \$980; 212-226-7277
BAG Christopher Kane, \$1,450; Net-A-Porter.com
SHOES Adidas Originals, \$95; Adidas.com

Photographed by BEN MORRIS
Styled by LINDSEY FRUGIER



THE ROUNDUP

VARSIITY HUES

→ *It's a return to sporty coed colors for fall: Stadium jackets, striped skirts and tasseled extras take you from workday to weekend play.*

1. TOP \$165; TorySport.com 2. HAT Baldwin Denim and Collection, \$38; Bloomingdale's, 212-729-5900 3. CLUTCH Hilfiger Collection, \$140; 212-223-1824 4. BACKPACK American Eagle Outfitters, \$60; StateBags.com 5. JACKET Hilfiger Collection, \$490; 212-223-1824 6. SNEAKERS \$100; BrooksHeritageCollection.com 7. SKIRT \$35; Wilson.com 8. BAG Anya Hindmarch, \$1,295; 646-852-6233 9. GLASSES Rivet & Sway, \$149; Glasses.com 10. SKIRT Rachel Rachel Roy, \$89; Macys.com 11. WATCH \$250; CitizenWatch.com 12. SHOES \$128; BananaRepublic.com 13. WHISTLE \$55; FallingWhistles.com

Photographed by CHELSEA McNAMARA
Styled by DANIA ORTIZ

The Parfait Way to Start Your Day

No time to eat breakfast?

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BROOKE ALEXANDRA PHOTOGRAPHY

RECIPE

GREEK YOGURT AND STEEL-CUT OATMEAL PARFAIT

Serves: 2
Prep time: 5 minutes

INGREDIENTS

- 1 package of Luvo Steel-Cut Oatmeal
- 1 cup Greek yogurt, non-fat, plain
- 1 tablespoon chia seeds
- 1 tablespoon raw honey
- 1 cup fresh raspberries

DIRECTIONS

1. First, follow the directions on the box to cook Luvo Steel-Cut Oatmeal in the microwave. Set Aside.
2. Add half of the Luvo Steel-Cut Oatmeal mixture into one jar and the other half into the other jar.
3. Next, prep yogurt layer by mixing together Greek yogurt, chia seeds, and raw honey. Layer the yogurt on top of the Luvo Steel-Cut Oatmeal mixture in each jar.
4. Top each with fresh raspberries. Enjoy!

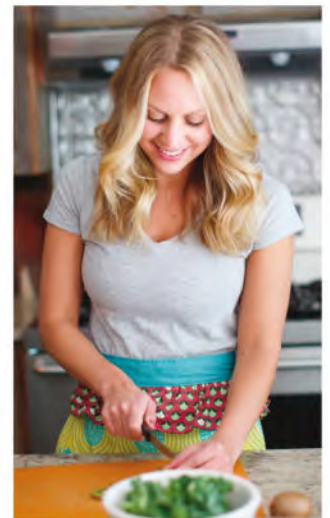


“

I love the amount of protein and fiber you get from steel-cut oats, but not the amount of time it takes to make them every morning. Luvo's Steel-Cut Oatmeal with Quinoa and Mixed Fruits is such an easy way to have a healthy, delicious breakfast prepped in under 5 minutes.

My favorite way to prepare it is by making it into a Greek yogurt parfait with some mixed berries and a drizzle of honey!”

”



Lee Hersh, Author, FitFoodieFinds

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(SELF) IMAGE

Want a quick style boost at night? A little sparkle (and flash of skin) goes a long way.

Sonia by Sonia Rykiel, \$130; Bloomingdale's, 212-705-2376



Its geometric lines are so on point—great for punching up a neutral lapel.

Pavel Herynek, \$300; Herynek.cz



THE FIND

BOLD BROOCHES

➔ *With modern shapes and graphic details, they're outfit game changers.*

The sporty, two-tone design stands out against bright colors.

Wouters & Hendrix, \$309; House of 29, 914-861-2928



Wardrobe MVP: A fun, oversize brooch adds a pop of interest to any look.
\$196; Andres Gallardo.es



Photographed by TAEA THALE
Styled by DANIA ORTIZ

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FIT X FASHION

TORY BURCH SCORES AGAIN

→ The designer's new activewear line looks like an ace.

Tory Burch runs, climbs, paddleboards and tears up the tennis court, so it's no wonder that she's launching a sport collection this fall. "I've always lived a very active lifestyle," the New York City fashion designer says. "But it's been incredibly hard to find the things I wanted to wear." Problem solved: Her Tory Sport line includes more than 200 effortlessly stylish pieces, many of which put a modern spin on old-school athletic looks. "I was very inspired by my love of vintage activewear," says Burch, who was captain of the tennis team in high school and still hits balls regularly with her three teenage sons. Her signature geometric prints and patterns pop up throughout the line, which is designed to work for everything from golf to yoga, studio to street. It all adds up to a look that mirrors Burch's own. "It's classic," she says, "but always evolving." —Kari Molvar

SPORTS BRA
\$65, and SHORTS
\$75; TorySport
.com



TOP \$125, and
SKIRT \$135;
TorySport.com

3 WAYS BURCH GETS UP AND OUT

A QUICK WORKOUT

"I wake up at 5:45 and work out for 30 minutes. I like to mix it up—Spinning, running in Central Park, the elliptical. Working out keeps me energized through the day."

HEALTHY EATS

"I make breakfast smoothies with seasonal fruit and have Special K cereal with 2 percent milk. I also snack on raw almonds and California apricots during the day."

INSTANT ENERGY BOOSTS

"The best trick to wake up your body in the morning is a cold washcloth from the freezer! And I listen to rap music in the car on the way to the office."

CLOCKWISE FROM TOP LEFT: MARTIN MULDER/TRUNK ARCHIVE; CHRISTIAN HOGSTEDT; STYLING, DANIA ORTIZ; HAIR AND MAKEUP, ALEXA RODULFO FOR ORIBE; HAIR AND CHANEL LES BEIGES; MANICURE, KATHERINE ST. PAUL HILL FOR DIOR LE VERNIS; MODEL, RAQUEL LLENAS AT ONE.1 MANAGEMENT; STILL LIFES: STUART TYSON; STYLING, LEIGH GILL. SEE GET-IT GUIDE.





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cherry-red stain.

BEAUTY REPORT

FRESH DIRECT

→ *The next best thing to your smoothie: these juicy makeup shades and good-for-you ingredients*

Delicious juices in rainbow-bright colors are everywhere—and now, that trend is inspiring the latest beauty pick-me-ups. There are makeup shades the color of blueberries, kale and all the superfoods you put in your Vitamix. (They'll give you the same glow as that refreshing smoothie, too.) Skin, hair and body products are spiked with shots of powerhouse nutrients that nourish from the outside in. As you transition your beauty routine for fall, these are the looks and trends you'll want to drink up.

BEAUTY REPORT > 48

Photographed by ANDREW STINSON
Styled by LINDSEY FRUGIER

GET TO THE ROOT OF THE PROBLEM



WOMEN'S
Rogaine®

EXPOSING THE TOUSLED TRUTH ABOUT THINNING HAIR.

What causes hair loss and what can you do about it? We're spotlighting the top 3 myths about hair thinning and exposing the truth. Get back to regrowing more hair; the search to obtain thicker, fuller beautiful locks is over.

MYTH 1:

HEREDITARY HAIR LOSS
ONLY AFFECTS MEN.

FALSE Hereditary hair loss is the leading cause of hair thinning in women. More than 1 in 3 women notice hair thinning and it can begin in women as early as their 20s and can progress with age if left untreated. Like many anti-aging products, once you notice thinning, it's never too early to start using Women's Rogaine. Early treatment is the key to regrowing.

MYTH 2:

EXTREME STRESS CAN TRIGGER
LONG-TERM HAIR THINNING.

FALSE Extreme emotional or physical stress can cause a temporary condition where you might notice more hair than normal coming out when shampooing or brushing. However, once you resume your normal lifestyle your hair will begin to regrow within a short time.

MYTH 3:

HAVING A BABY CAN
CAUSE HAIR THINNING.

TRUE It's true but it's not permanent. Hormonal changes after childbirth can lead to a temporary thinning of the hair up to 12 months after childbirth. Although the amount of time it takes to regrow hair varies, it eventually returns to normal. However, if you continue to lose hair beyond a year after childbirth, you should discuss possible causes with your doctor, and you may be experiencing hereditary hair thinning.

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Regrows new hair up to
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WOMEN'S
Rogaine®
more is beautiful.™



Use as directed. *In a 6-month placebo-controlled clinical study (n=404). **Based on mean hair strand diameter.

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An açai shade like CND Vinylux Weekly Polish in Rouge Rite (\$11) adds a bold pop to your mani.

PEACHY CHEEKS

A warm blush like Neutrogena's creates an outdoorsy flush on all skin tones.

Neutrogena Healthy Skin Blush in Flushed, \$9



NATURE'S BEST

On the menu for fall: juice-bar-inspired hues that deliver an energizing dose of color

BERRY LIPS

These creamy lipsticks from Bite Beauty contain blueberry- and cranberry-seed oils. **Bite Matte Crème Lipstick** in Plum, Juniper and Barberry, \$24 each



NOURISHED NAILS

Blueberry shades are big. Nails Inc's contains vitamin-rich kale to strengthen; Essie's has a shot of shimmer; Chanel's is lush and opaque.

FROM TOP **Essie** nail polish in Bell-Bottom Blues, \$9; **Nails Inc** NailKale nail polish in Richmond Park Gardens, \$14; **Chanel** Nail Colour in Vibrato, \$27



BRIGHT EYES

Smudge a minty-green eye pencil along your lash line, or give lashes a subtle grape tint.

Clinique Chubby Lash Fattening Mascara in Bodacious Black Honey, \$17; **Lancôme** Drama Liqui-Pencil Longwear Kohl Eyeliner in Pacifique, \$23



HAIR, KIRI YOSHIKI FOR ORIBE; MAKEUP, MISHA SHAHZADA AT SEE MANAGEMENT; MANICURE, HOLLY FALCONE FOR CHANEL LE VERNIS; MODEL, STINA AT NEW YORK MODELS; STILL LIFES; CHELSEA MONAMARA; PROP STYLING, WENDY SCHELAH AT HALLEY RESOURCES; SEE-GET-IT GUIDE.

YOU LAUGH.
YOU LEAK.

OR

YOU DON'T.

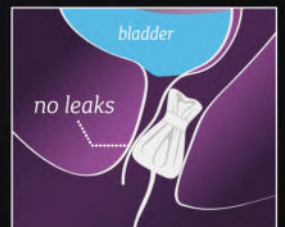
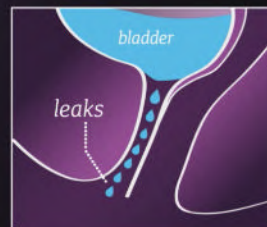
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9 of 10
WOMEN

SAID THEIR
BLADDER LEAKAGE
WAS REDUCED
OR STOPPED.



BEAUTY BOOSTERS

Blend these super ingredients into your routine for healthy—and gorgeous—hair, skin and nails.

SHINE-ENHANCING HAIR MASK

THE SUPER INGREDIENT

Almond oil. When almonds are cold-pressed, they produce an oil packed with lightweight, moisturizing fatty acids that hydrate and restore luster.

TRY IT Treat hair to a deep conditioner with almond oil, like Korres Almond & Linseed Hair Mask (\$23), once a week to infuse healthy shine.

BRIGHTENING EYE TREATMENT

THE SUPER INGREDIENT

Cucumber. The veggie is mildly astringent and soothing, making it perfect for firming and refreshing delicate skin.

TRY IT Tata Harper Boosted Contouring Eye Mask (\$150) uses cucumber-seed oil to tighten skin and minimize under-eye imperfections.

REFRESHING FACIAL WATER

THE SUPER INGREDIENT

Clary sage. The medicinal herb retains moisture and is known for its hydrating benefits.

TRY IT Burt's Bees Intense Hydration Nourishing Facial Water (\$13) contains clary sage to perk up skin and prep it for makeup.

CALMING SKIN CREAM

THE SUPER INGREDIENT

Silver needle tea. The rare white tea is harvested only

two or three days out of the year; it contains high levels of polyphenols, which help counter inflammation.

TRY IT Chanel La Solution 10 De Chanel (\$80) contains silver needle tea to soothe sensitive skin.

PROTECTIVE FACE WASH

THE SUPER INGREDIENT

Arctic cloudberry. Grown in Nordic forests, the amber-colored berry contains high levels of antioxidants, vitamins and skin-plumping fatty acids.

TRY IT Ole Henriksen Empower Foaming Milk Cleanser (\$26) has Arctic cloudberry to rinse away impurities and fight free-radical damage.

HYDRATING FACE MASK

THE SUPER INGREDIENT

Blue-green marine algae. The tiny sea plant is packed with proteins and peptides, as well as powerful hydrating agents, to give skin a dewy appearance.

TRY IT Peter Thomas Roth Blue Marine Algae Intense Hydrating Mask (\$52) uses the moisturizing ingredient to treat parched skin.

SOOTHING HAND MOISTURIZER

THE SUPER INGREDIENT

Kakadu plum. This tart fruit actually outranks oranges in vitamin C

content. Its antioxidants heal skin, fight environmental damage and reduce irritation.

TRY IT A cream with Kakadu plum, like Leif Kakadu Plum and Macadamia Nut Hand Balm (\$20), keeps your hands soft and nourished.

INVIGORATING BODY SCRUB

THE SUPER INGREDIENTS

Grapefruit and mint. The citrus fruit is loaded with citric acid, a natural exfoliant; mint acts as an astringent. If your skin needs more hydration, look for a lemon and coconut scrub (lemon stimulates skin, while coconut oil replenishes).

TRY IT Revival Body Care Natural Body Scrub in Grapefruit + Mint or Lemon + Coconut (\$20) offer full-body buffing.

RESTORATIVE BODY WASH

THE SUPER INGREDIENT

Honey. The natural sugar has moisturizing, healing and antibacterial properties.

TRY IT 100% Pure Honey Cream Wash (\$26) gently cleanses skin without leaving it tight or dry.

Written by Kathryn Erickson and Kayleen Schaefer

Your body changes 500+ times a day.
Your deodorant should keep up.

Body changes can cause odor. So keep up with whatever
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HAIR NEWS

SHAMPOO REBOOT

➔ The latest ways to come clean, for every hair type

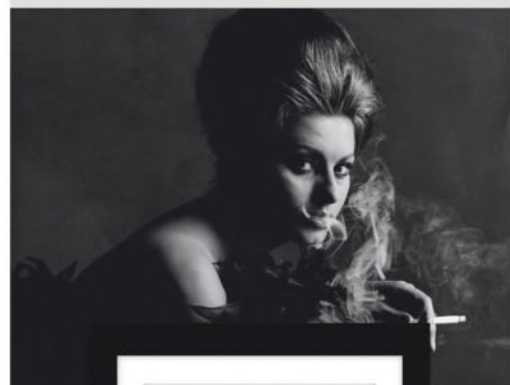
	CO-WASH	SCALP SHAMPOO	PRESHAMPOO
WHAT IT IS	Short for conditioner wash, it's a hair cleanser that's made without sulfates (so it doesn't foam up in the shower). Instead, it removes buildup using essential oils like orange blossom. TRY Oribe Cleansing Crème for Moisture & Control, \$44	It's like a face scrub, only for your head. Most rely on nongritty chemical exfoliants to whisk away dead skin and impurities. TRY Bumble and Bumble Full Potential Hair Preserving Shampoo, \$31	A protective treatment you put on <i>before</i> you shampoo. It works to shield hair from potential damage that can occur when washing. TRY Philip Kingsley Geranium & Neroli Fragranced Elasticizer, \$52
WHO IT'S FOR	People with curly or coarse hair that tends to frizz easily. Since co-washes are formulated without harsh ingredients, they can clean your hair without stripping away the natural oils it needs to stay smooth and tame.	Women with thin or weak hair that's prone to breakage. Regularly buffing your scalp helps clear away any excess oil and product residue; it also boosts circulation to the follicles, which can help your hair stay thick and bouncy.	Those with delicate, damaged or color-treated hair. These nourishing fixes are often packed with amino acids and wheat proteins, so they strengthen strands and seal in a healthy dose of shine.
WHEN TO USE IT	It depends on your hair's thickness. If yours is fine, a co-wash could weigh it down (in that case, use one only when it feels dry). Those with thick hair can apply every day. For all hair types: Rinse well and skip the conditioner.	Unlike your face scrub, scalp shampoos are gentle enough to be used daily. Many formulas contain soothing ingredients such as rosemary-leaf extract. Massage in, rinse thoroughly, then apply conditioner.	For most hair types, one to two times a week is best. Apply on the lower half of strands (avoiding the roots). Let sit for 5 to 20 minutes, then rinse, shampoo and condition as usual. —Kayleen Schaefer



➔ **HEADS UP!** For new fall hairstyles, follow SELF's Pinterest board.

CHRIS GRAYMER/TRUNK ARCHIVE, STILL LIVES, FROM LEFT: COURTESY OF ORIBE HAIR CARE, COURTESY OF BUMBLE AND BUMBLE, COURTESY OF PHILIP KINGSLEY.

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FRAGRANCE REPORT

WANDERLUST

→ You'll go places with these exotic, far-flung scents. BY KATHERYN ERICKSON

A change of season can bring out your sense of adventure—and put you in the mood to explore new terrain. The latest fall fragrances have the power to transport you (to somewhere real or imagined, but no passport required). Fashion designer Azzedine Alaïa's namesake scent pays tribute to his childhood home in Tunisia, with notes of pink pepper, peony and musk. Arquiste's Nanban evokes the feeling of setting sail on a 17th-century Japanese trade ship, with its spicy, rich blend of Persian saffron and black tea. Vilhelm Parfumerie's Stockholm 1978, meanwhile, captures the breeziness of Swedish summers with lemon, almond and geranium. Cap off the aromatic journey with Maison Margiela's **By the Fireplace**: The smoky, alpine eau is layered with burnt woods, chestnuts and fresh orange flower to recall a morning spent in the mountain town of Chamonix, France. One whiff and you'll be ready to strap on skis and go!

Maison Margiela
By the Fireplace,
\$125

ALAÏA
PARIS

Alaïa Paris,
\$150

Vilhelm
Parfumerie
Stockholm
1978, \$245

Arquiste
Nanban,
\$190



GAME CHANGER

MCMC Fragrances

WHO Anne Serrano-McClain (right), founder of the Greenpoint, Brooklyn-based perfume brand and boutique MCMC Fragrances. Her sister, Katie McClain (left), oversees the business side.

WHY Serrano-McClain's modern, minimalist scents feature only a few, well-selected notes. "Each ingredient has a strong personality," she says. "I like to make each one sing." Travel also inspires her: She created her incense-spiked Amara (\$58) after a volunteer trip to Cambodia, and she hand-bottles all her blends in the studio, working alongside her sister. "Katie's my copilot!"

IT'S THE STOPS
THAT INSPIRE
US TO GO.



Toyota Camry | toyota.com/camry

Prototype shown with options. Production model will vary. ©2015 Toyota Motor Sales, U.S.A., Inc.



**Let's
Go
Places**

THE CLOSE-UP

SKIN IN THE GAME

➔ *New facial oils can tackle acne, fine lines and (much!) more. Celia Ellenberg goes deep.*

As a natural-beauty junkie, I fell hard for face oils. It was the beginning of the argan oil craze a few years back (soon to be followed by the moringa, marula and sea buckthorn oil crazes). I fell in love with the idea of having a botanical-based remedy for my sensitive skin.

Never mind that every single oil I tried made me break out. At first, I blamed this reaction on hormone fluctuations and my frequent travel schedule. But once I stopped slathering on the oils, my breakouts also SKIN IN THE GAME > 60

➔ For more of our favorite face oils, go to Self.com/go/faceoils.

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abated. The truth was staring at me in the mirror: These pure oils were pure trouble for my skin. And a visit to the dermatologist confirmed it.

“Just because something is 100 percent natural doesn’t mean it won’t cause irritation,” says Shereene Idriss, M.D., of Wexler Dermatology in New York City. In fact, she says that there is “definitely a debate” among her peers over whether to recommend oils to all of their patients, given how differently everyone reacts to them. In other words, the extra-virgin coconut oil that leaves one friend’s skin glowing and radiant can make another’s (mine) turn angry, red and inflamed.

“It’s really important to choose an oil that will suit your own skin type,” confirms Julie Eliot, founder of In Fiore, who started mixing face oils long before it became a trend. Looking at my arsenal of apothecary bottles, though, I realize that while the products in my stash all promise to nourish my skin, they don’t really claim to do much else.

Fortunately, beauty brands are creating more sophisticated elixirs tailored to different complexion concerns. Dubbed treatment oils, these next-generation formulas combine botanicals with serious skin-care ingredients. Dr. Dennis Gross Firming Oil, for example, marries peptides with vitamin C-packed evening primrose and jojoba seed to lift and brighten your complexion. To fight off fine lines and creases, Super Facial Oil from the Swedish skin-care brand Verso boasts potent retinol along with soothing sunflower and canola oils. Want to refresh dull skin? Try Kiehl’s Daily Reviving Concentrate, with antioxidant-rich gingerroot, tamanu and sunflower-seed oils to soften rough patches and illuminate your tone.

Sensitive types can soak up the benefits, too. Those prone to eczema or rosacea should consider Skyn Iceland Arctic Face Oil—it’s made with oil

THE OIL
THAT
LEAVES ONE
PERSON’S
SKIN
GLOWING
AND
RADIANT
CAN MAKE
ANOTHER’S
RED AND
INFLAMED.

from the hardy camelina sativa plant, which has anti-inflammatory properties to reduce redness. And for stubborn blackheads? Clinique Turnaround Revitalizing Treatment Oil is spiked with salicylic acid to clear congested pores.

No matter the oil, I also learned that it’s important to apply it right for best results. April Gargiulo, founder of Vintner’s Daughter, a new Napa Valley–based beauty oil line, informs me that rather than slathering it directly on my face (too heavy), I should place a few drops in the palms of my hands, rub them together, and then gently press my skin for maximum absorption. Valérie Grandury, of the cultishly popular Odacité skin-care range, also recommends mixing oils into your moisturizer or patting them on top (not under) to seal in hydration. “This way, the oil won’t block the emollients in your cream from penetrating,” she says.

While it’s tempting to stockpile these liquids, it’s better to ease your way into using them. London-based holistic facialist Annee de Mamiel suggests sampling before buying large quantities of any oil, and she’s a fan of e-shops like Seed to Serum that send you tiny trial-sized vials. “Always do a patch test first to see how your skin reacts to a formula,” she cautions me.

It’s advice I wish I had gotten five years ago. But it’s running through my mind as I cradle a new bottle of Vintner’s Daughter Active Botanical Serum oil in my hands. The light, amber-hued blend is designed to calm hormonal acne with frankincense and cypress oils, plus relieve sensitivity with an ultra-gentle grapeseed oil base. After a few small dabs to test it out, I apply the nongreasy oil to my face using Gargiulo’s technique. Three weeks in, my complexion starts to clear up, my skin tone looks more even, and there’s even an uptick in plumpness that isn’t just perceptible, but maintainable. At last: victory!

FROM LEFT

Dr. Dennis Gross Triple C Peptide Firming Oil, \$62; Verso Super Facial Oil, \$195; Clinique Turnaround Revitalizing Treatment Oil, \$35; Skyn Iceland Arctic Face Oil, \$35; Kiehl’s Daily Reviving Concentrate, \$46; Vintner’s Daughter Active Botanical Serum, \$185





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treadmills, your lifestyle.



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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) MOTIVATE

GET UP TO SPEED

→ *It's racing season—and you're just a hop, skip and a jump away from running faster.* BY JEANINE DETZ



WEEKS OF
PLYOMETRIC
TRAINING IS ALL IT
TAKES TO
IMPROVE YOUR
PACE, SAYS
A NEW STUDY.

Plyometric moves like squat jumps and single-leg hops build explosive power that makes you a speedier runner, according to new research in *The Journal of Strength and Conditioning Research*. During the study, athletes did plyometrics three times a week. After 14 days, the participants' ground contact time (how many milliseconds their feet spent on the ground per step) decreased significantly, **RUNNING > 68**

CROP TOP Lucas Hugh **LEGGINGS** Lululemon
Athletica **FITNESS TRACKER** FitBit

Photographed by IAN ALLEN
Styled by JESSIE COHAN

resulting in more frequent strides and a faster pace (they shaved 2.1 percent off their sprint times). And an earlier study found that endurance runners significantly improved their pace after six weeks of plyo training.

Here's where the boost comes from: Every time your foot pushes off the ground, your legs release energy to power you forward. Plyometrics strengthens muscles and recruits new ones to make your legs more efficient during that process. "Dynamic exercises train your muscles to exert considerable power in a short amount of time," says Krzysztof Maćkala, the study's lead researcher and a professor at the University School of Physical Education in Wrocław, Poland. More power means more speed.

Bonus plyo payoff: Running is a high-impact activity, of course, but jumping exercises train your muscles to absorb the impact, upping your overall endurance. Meanwhile, "you're teaching your nervous system and connective tissue to become more responsive," says Andrew Kastor, head running coach for the Asics Mammoth Lakes track club in California. Strong, responsive legs are able to go the distance with less effort.

Ready to take the leap? Although research on female college athletes found that adding plyometrics to a training regimen helped them fend off injuries by improving joint health and stability, the moves are high-intensity. So start slow: Begin with two sessions a week, working up to longer, more frequent workouts. And phase out plyometrics beginning 10 days before a big race to maximize the benefits without overtaxing your body.



HOP TO IT

Jog 2 miles to warm up, then do one of the routines below, designed by Andrew Kastor, coach for the Mammoth Track Club. Do each workout once a week, adding 2 reps to the jump sets each week until you hit 12.

WORKOUT 1

Alternating lunge jump Stand with feet hip-width apart. Step left foot forward into a lunge, bending knees 90 degrees. Jump, switching legs to land in a lunge with right foot forward. Jump and switch legs again for 1 rep. Do 3 sets of 6 reps.

Single-leg jump Stand on left leg with right foot lifted behind you. Extend arms out to sides for balance. Bend left knee, then jump as high as you can for 1 rep. Do 6 reps; repeat on opposite side for 1 set. Do 3 sets.

Reverse run Run backward for 15 seconds. (No room? Run backward a few steps, then turn around and repeat.) Do 3 sets.

WORKOUT 2

Box jump Stand with feet shoulder-width apart, facing a stable box or bench. Squat, then jump on top of box. Step each foot down for 1 rep. Do 3 sets of 6 reps.

Toe tap Stand with a medicine ball on the floor in front of you. Jump, landing with right toes on ball, then immediately jump again and switch feet, tapping left toes on top. Continue for 15 seconds. Do 3 sets.

Skip Stand with feet hip-width apart. Jump forward, driving right knee to chest and left arm forward (as if you were running); immediately repeat on opposite side. Continue for 15 seconds. Do 3 sets.

TRAINER TO GO

UP YOUR BURN



There's a reason Brooklyn BodyBurn is the go-to workout for celebs and models. Each session works your muscles to the point that they're quivering. And you feel "the burn" exactly where we all want it most: abs, butt and thighs. This easy-to-modify routine delivers major results, minus the megaformer used in class.

YOUR TRAINER Tracy Carlinsky, founder of Brooklyn BodyBurn, a studio with two locations in New York City

YOU'LL NEED a wall, plus some space to move. Put on sneakers with nonmarking, clean soles, to keep the wall smudge-free.

DO the routine twice, switching sides for moves 3, 4 and 5. Repeat 3 or 4 times a week.

1 WALL PUSH-UP

Works arms, chest, back, core, quads

Kneel with back to wall, hands on floor slightly wider than shoulder-width apart. One at a time, place feet on wall slightly higher than shoulders (as shown). Hold for 30 seconds, then do push-ups for 30 seconds, keeping arms close to body. (Make it easier: Place feet on floor.)



2 BRIDGE DIP

Works arms, back, core

Sit with heels on wall at knee level, palms on floor under shoulders, fingers facing wall. Press into floor to lift hips a few inches. Bend elbows, lowering body for 2 counts to hover 1 inch above floor (as shown); press back up for 2 counts. Continue for 1 minute. (Make it easier: Place one foot on floor.)



3 WALL SIT

Works core, butt, quads

Sit with back against wall, knees bent 90 degrees. Lift and extend right leg at hip level (as shown). Hold for 30 seconds; then pulse left leg for 30 seconds. (Make it easier: Lower leg for pulses.)



4 RUNNER'S LUNGE

Works core, butt, quads

Stand with back about 3 feet from wall. Lift right leg and place toes on wall. Bend left knee deeply and extend arms. Twist torso left, bringing right hand to left foot (as shown). Turn back to center and straighten front leg over 4 counts. Continue for 2 minutes. (Make it easier: Don't twist.)



5 THREAD THE NEEDLE

Works arms, chest, core

Start in a side plank with right hand under shoulder, feet against base of wall with left toes touching right heel. Extend left arm to ceiling. Over 4 counts, rotate torso to bring left arm down and under chest (as shown). Return to start over 4 counts. Continue for 1 minute. (Make it easier: Don't rotate.)



6 ULTIMATE PIKE

Works arms, chest, back, core

Kneel with back to wall, hands on floor slightly wider than shoulder-width apart. One at a time, place feet on wall 12 to 36 inches above floor. Over 4 counts, pull belly in to lift butt into a pike and push weight into toes (as shown). Return to start over 4 counts. Continue for 1 minute. (Make it easier: Place feet on floor.)



POWER PLAYS

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Professional soccer player **Alex Morgan** knows a thing or two about hard work. When she's not leading her team to another victory, she's busy keeping her body in shape with high-intensity workouts. Thanks to Tampax Pearl Active, she can focus on perfecting her skills any day of the month, knowing she is protected. **So go on, get Active—nothing can stop you. Period.**

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CORE-STRENGTHENING PLANKS

All movements in soccer require total body strength, and all that strength centers at your core. For this workout, start in push-up position with feet shoulder-width apart and your hands under your shoulders. Without moving your torso, slide one knee toward your chest, flexing at the hip. Return leg to starting position while sliding opposite knee toward chest. Continue alternating for remainder of the set.

Use a two-minute running clock, and alternate between 10 seconds of work and 10 seconds of rest.

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HIGH-INTENSITY TUCK JUMPS

Soccer players are known for being very fit, yet explosive. Tuck jumps work your entire body (especially your legs) and will elevate your heart rate quickly. Stand with your feet hip-width apart. Dip slightly at the hips and knees and then bring your knees to your chest again. Continue for the remainder of the set.

Start with a continuous set of 10 seconds with 30 seconds of rest. Complete 5 sets.

TAMPAX
PEARL *active*
PLASTIC

TAMPAX.COM

MED BALL OVERHEAD SLAM

Stand with knees slightly bent and hips back, holding a med ball at waist level. Extend hips and stand tall, swinging the ball up and around along one side of your body until it's above and behind your head. Explode down and throw ball into the ground in front of your opposite foot. Let the ball bounce, pick it up, and repeat the movement on opposite side. Continue alternating to complete the set.

Complete 4 sets, with 6 slams on each side.

TAMPAX
PEARL *active*
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OVER PERIODS

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(SELF) MOTIVATE



TANK TOP

Bare show-off arms and abs while you crush the battle ropes.
Solow x Daniella Clarke Honeycomb Mesh, \$72; SolowStyle.com



LIPSTICK

This hot hue goes from studio to street with 10-hour staying power.
Kat Von D Studded Kiss Underage Red, \$21; Sephora.com



SHORTS

A high, wide, patterned band defines your waist.
Theo, \$78; Olympia Activewear.com



SOCKS

These thin knee-highs only look like armor—they feel buttery soft.
After Asana, \$48; Lululemon.com for similar styles



SNEAKERS

The thin sole gives grippy stability, while mesh maximizes flexibility for best-ever squats and lunges.
Adipure 360.2 Prima, \$80; Adidas.com



BRA

Chic, \$48; Onzie.com

LEGGINGS

Mesh Etta Ankle, \$68; UrbanOutfitters.com

GO-TO GEAR

GLADIATOR

➔ Let the tough, warrior-inspired vibe of these pieces motivate you to take your workout up a notch. BY MEG LAPPE



SPORTS BRA

Double front and back straps keep you supported during kettlebell swings.
Cardio Addict, \$45; Reebok.com for similar styles

NECKLACE

Fierce yet delicate, this choker-length piece won't snag on clothes.
Rose Thorn, \$88; Catbird NYC.com

JUSTIN STEELE; STYLING: TAYLOR OKATA; HAIR AND MAKEUP: ALEXA RODULFO FOR ORIBE HAIR AND CHANEL LES BEIGES; MODEL: LAUREN WILLIAMS AT WILHELMINA FITNESS; STILLS: DEVON JARVIS (EXCEPT NECKLACE: STUART TYSON).

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SHAZAM THIS PAGE TO SHOP EVERY ITEM YOU SEE HERE.

GYM BAG

OUTDOOR WORKOUT

→ Here's everything you need to finish sprints and jumping jacks like a boot camp pro. BY MEG LAPPE

1 Use this 100-percent-cotton towel like a mat to protect your hands and back during push-ups and crunches—or just keep it handy to dab off sweat. **Lacoste Home Croc Solid Hand Towel, \$22; Macys.com**
2 Power your lunges with tunes from this waterproof

wireless speaker (it doubles as a sleek smartphone charger). **Balance, \$130; Braven.com**
3 Mesh panels help feet stay cool, while the curved arch protects ankles from rolling during dashes over rough terrain. **Charged Bandit, \$100; UnderArmour.com**
4 These seamless

knee-high socks deliver gentle compression so you can step lively on sprints. (And they look badass.) **Keep It Tight, \$38; Lululemon.com**
5 Reflective detailing brightens up dawn workouts, plus the dual side pockets give you easy water bottle access.

Vapor Lite Running, \$70; Nike.com
6 This quick-drying bra is so cute that you can rock it without a top. **Without Walls Keyhole Racerback, \$34; UrbanOutfitters.com**
7 A fragrance-free, oil-free SPF 50+ sunscreen protects, and prevents shine with its matte finish.

Super Fluid UV Defense, \$38; Kiehls.com
8 Keep tabs on your heart rate while you do drills with this tiny 1-inch monitor and sweatproof neoprene band. **Rhythm+, \$80; Scosche.com**
9 The silky moves-with-you fabric lets you bang out

burpees without tugging on your shorts so they stay down. **Tropic Stellar, \$49; Athleta.com**
10 Thanks to UPF 50 fabric plus polymer rings that absorb sweat, this is the ultimate tank for sunny, hot days. **PFG Zero, \$38; Columbia.com**

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3

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1

ACORN SQUASH, 3 WAYS

Blend these

2

→ Give your go-to pasta, salad or smoothie a delicious fall makeover with this potassium-rich veggie.

BY MARGE PERRY

Toss these

SHERRY VINEGAR



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MUSTARD GREENS



APPLE



RED ONION



BLUE CHEESE



1 Spiced Acorn Squash Pasta

SERVES 2

Heat oven to 425°. Cut 1 squash into 1-inch pieces and coat with 1 tsp olive oil, ½ tsp ground cumin and ¼ tsp salt; roast until tender, about 30 minutes. In a small skillet over medium heat, toast 2 tbsp walnuts 4 to 5 minutes. In a large pot, boil 3 oz orecchiette 9 minutes; add 5 oz broccolini and cook 3 minutes more; drain. Toss with walnuts, squash, 1 tbsp olive oil, 2 tbsp grated pecorino and ¼ tsp red pepper flakes; serve.

NUTRITION INFO 436 calories per serving, 17 g fat (3 g saturated), 62 g carbs, 6 g fiber, 14 g protein

2 Acorn Squash, Mustard Greens and Apple Salad

SERVES 2

Cut 1 squash into thin moons; season with ¼ tsp salt and ⅛ tsp black pepper. On an oiled grill or grill pan over medium-high heat, grill until tender, about 10 minutes per side. In a bowl, whisk 2 tsp sherry vinegar, 1 tbsp olive oil and ½ tsp salt. Toss with 4 cups mustard greens. Add squash; 1 apple, thinly sliced; ½ cup thinly sliced red onion; and ¼ cup crumbled blue cheese. Toss and serve.

NUTRITION INFO 263 calories per serving, 15 g fat (5 g saturated), 29 g carbs, 4 g fiber, 8 g protein

3 Acorn Squash Smoothie

SERVES 2

In a blender, puree 1 cup chilled, cooked acorn squash; 1 tsp pumpkin pie spice; 12 oz coconut water; 1 tsp vanilla extract; 6 pitted dates; 2 tbsp almond butter; and ½ banana until smooth. Pour into 2 glasses; serve.

NUTRITION INFO 269 calories per serving, 9 g fat (1 g saturated), 46 g carbs, 8 g fiber, 6 g protein

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RECIPES BY STEPHANIE CLARKE, R.D., AND WILLOW JAROSH, R.D.

BREAKFAST

Sweet Potato Hash

Heat broiler. In a bowl, combine 1 cup shredded sweet potato, ¼ cup shredded onion, ¼ cup shredded zucchini, ¼ tsp chili powder, ¼ tsp garlic powder and ½ tsp salt. Shape mixture into a patty. In a small oven-safe skillet over medium heat, heat 1½ tsp olive oil. Add patty and make a 2-inch hole in the center with a spoon. Cook until golden on the bottom, about 3½ minutes. Flip, crack an egg into hole and cook 1 minute. Transfer to oven and broil 3 minutes for over easy. Season to taste with black pepper.

NUTRITION INFO 353 calories, 26 g fat (4 g saturated), 24 g carbs, 4 g fiber, 9 g protein

LUNCH

Crab Cakes With Spicy Mayo

In a bowl, combine 4 oz fresh or canned lump crab meat with 1 egg, ¼ cup chopped red pepper, 2 tbsp finely chopped scallions, 2½ tbsp almond flour, 1 tsp mayonnaise, 1 tsp lemon juice, ¼ tsp dry mustard, ¼ tsp chipotle powder, ⅛ tsp garlic powder, ⅛ tsp kosher salt and a dash of cayenne pepper. Shape mixture into 2 patties and dust each side with ½ tsp almond flour. In a medium skillet over medium-high heat, heat 1 tbsp coconut oil; add patties and cook until browned and cooked through, 4 to 5 minutes per side. Serve over 2 cups watercress and top with

1 tsp mayonnaise mixed with ⅛ tsp chipotle powder and ½ tsp lemon juice.

NUTRITION INFO 480 calories, 38 g fat (15 g saturated), 10 g carbs, 4 g fiber, 29 g protein

DINNER

Ginger-Pork Stir-Fry With Cauliflower Rice

Grate ¼ head cauliflower. In a medium saucepan fitted with a steamer, cook until just soft, about 4 minutes. In a bowl, toss cauliflower with ½ tsp coconut oil and a pinch of sea salt. Set aside. In another bowl, combine 1 tbsp coconut aminos, 2 tsp toasted sesame oil, 1½ tsp grated ginger and ⅛ tsp ground black pepper. Set aside. Slice 4 oz pork tenderloin into ½-inch-wide strips; season with a pinch of salt and pepper. In a medium skillet over medium-high heat, heat 1 tsp coconut oil; add pork and cook, about 6 minutes. Remove from skillet and set aside. Add 2 tsp more coconut oil and cook ⅓ cup chopped onion, ½ cup sliced cremini mushrooms and 1 cup broccoli florets 3 minutes. Add 1 tsp finely chopped garlic, ¼ cup julienned carrot and ½ cup snow peas and cook until carrot is just tender, about 3 minutes more. Add pork and sesame ginger sauce and cook, about 2 minutes. Serve over cauliflower rice and top with 1 tsp sliced scallions.

NUTRITION INFO 480 calories, 28 g fat (16 g saturated), 30 g carbs, 10 g fiber, 33 g protein

DESSERT

Coconut-Almond Truffles

In a bowl, combine 2 tsp coconut oil, 2 tsp maple syrup, 4 tsp ground almonds, 4 tsp unsweetened shredded coconut, a pinch of sea salt and ¼ tsp vanilla extract until mixture sticks together. Form into 2 balls and roll in 2 tsp cacao nibs. Transfer to a plate and refrigerate until firm, about 30 minutes.

NUTRITION INFO 221 calories, 19 g fat (13 g saturated), 13 g carbs, 3 g fiber, 3 g protein

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(SELF)

WORTH

DRESS CODE

→ *Dressing up signals power—and it could also boost your big-picture thinking.* BY KRISTIN CANNING

Need an excuse to upgrade your fall wardrobe? A new study in *Social Psychological and Personality Science* found that college students who wore interview attire showed more abstract thought processing on cognitive tests than students who wore casual clothes. “Leaders tend to dress more formally, and they’re the ones with the broad vision,” says study author Abraham Rutchick, Ph.D., associate professor of psychology at California State University in Northridge. No need to go full-on formal—Rutchick says if you work at home in sweats, for example, pulling on jeans and a blouse could help spark big ideas.

DRESS ICB BAG Marc Jacobs
CUFF Marco Bicego

→ Find more ideas to refresh your office look at Self.com/go/workstyle.

Prop styling, Paige Hicks. See get-it guide.

Photographed by JOHNNY MILLER

PERSONAL BEST

→ Sharpen your thoughts, get in the game, and make new connections.

Power points

Remember the woody smell of freshly sharpened pencils on the first day of school? Relive that happy moment in the office by putting aside your keyboard for graphite. Research shows that taking notes in longhand helps us process information and can promote greater idea expression. Plus, a pencil's impermanence seems to encourage creativity. "People are more willing to take a risk with what they express on paper when they know that it's erasable," says Caroline Weaver, owner of CW Pencil Enterprise, a New York City concept store. "It's such a tactile experience."



Test-drive pencils from France to Japan with CW Pencil Enterprise's Pencil of the Month Club.

\$60 for a one-year subscription; CWPencils.com



FIND A MALE MENTOR

Men still hold most exec-level jobs, so while picking a female mentor seems savvy, connecting across gender lines can be key to advancement. But concerns about improper relations have created a "sex partition," says Kim Elssesser, Ph.D., author of *Sex and the Office*. Her suggestion: "Specify why you want a certain man to be your mentor, such as admiring his leadership style, to nix any awkwardness up front."

Q / A

THE EXPERT JANE MCGONIGAL, PH.D.

The *SuperBetter* author on how to solve real-life challenges by playing games



What's gameful thinking and why do you need it?

A/ When we play a game like soccer or Scrabble, we're determined, optimistic and ready to bounce back from failure. But most people don't bring that mindset to everyday obstacles such as anxiety, time management or losing a job.

How do you develop this type of mind-set?

A/ Reframe the challenge you're facing as a quest you've chosen, even if it's been thrust upon you. Focus on improving your strengths—new studies show that trying to fix your weaknesses is largely a waste of time.

Can gaming really change the way we respond to stress?

A/ We now know that playing a game like Candy Crush activates the same brain blood-flow patterns as meditation. Many people find it easier to play Tetris for 15 minutes than to count breaths—and it can reduce anxiety just as effectively.

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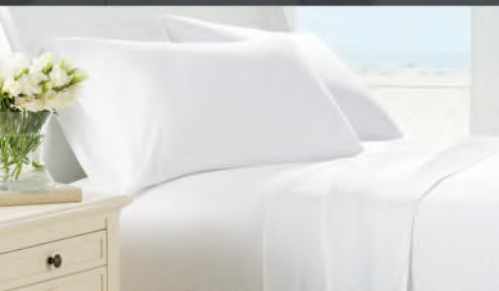
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LEARNING CURVE

PLAYING WITH THE BOYS

➔ On the squash court, former pro athlete **Louisa Hall** faced male opponents with ease. But that was only half of her double life.

My first match in a national squash tournament, when I was 8 years old, was against a 9-year-old boy. That year, at an annual competition in Chatham, New Jersey, there weren't enough entrants in the girls' under-10 draw, so the organizers canceled it; my parents responded by placing me with the boys. I was confident in my talent—how often had people wandered by my practice court and stopped, laughing, to point out the ease with which a girl, no bigger than her racket, could feather a drop shot into the corner? Out of the groups of anxious children devouring bagels and listening to pump-up songs on their Walkmans, I emerged, tore my blue-and-white Prince Junior racket out of its case and marched onto the court to play Ziggy Whitman. Though

Ziggy was a year older and much taller, I felt pretty certain that my precision would triumph over his muscle.

This didn't turn out to be the case. I lost in a fairly one-sided match, pinned to the back wall by his blistering serve. But after that, I never limited myself to competing against girls my age. I knew I could play with anyone willing to join me on the court.

At 12, having reached the upper limits of the local ladies' league and the middle school boys' varsity team, I tried out for the men's league. I spent my Tuesday evenings traveling to area clubs, playing men in their 30s and 40s who accepted defeat at the hands of a preteen girl with varying degrees of sportsman-like grace. Faced with a 90-pound opponent, one man I played worked himself up to such a pitch of competitive fervor that he struck himself on the forehead with his racket, opening a gash that spouted blood. Enraged, he ran to the men's locker room, fashioned a make-shift towel turban and insisted on finishing the match while his turban turned crimson. Unshaken by this spectacle, I beat him handily.

Competing on equal footing with the opposite sex was the athletic path my parents had always hoped I'd follow, and I was happy to play along. They were thrilled when, years earlier, I'd lost interest in ballet and eagerly began whipping a racket and running around a court. My mother, who grew up during a time when women's athletics—and career ambitions—were tolerated at best and discouraged at worst, always wished she'd had more opportunities to compete. For her daughter, she envisioned a different kind of upbringing. On weekends when I wasn't traveling to tournaments, we campaigned for congresswomen and female judges, attending meetings of a local women's advocacy group. My mother made it clear that we were emerging from a time when submissiveness and a spirit of apology were requisite aspects of being a woman. She wanted me to be fierce.

And I was. Playing squash gave me such satisfaction. Slicing my racket through the air in an ideal arc so that the ball pinged off my strings made a sound that still gives me shivers to remember. I never apologized when I beat BOYS > 90



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an opponent in the men's league, even if he exited the court muttering obscenities.

In school, I aired my opinions with similar force. Until, that is, I began to realize my behavior was branding me as a social anomaly. It was during a game of "library basketball" when the other kids first made fun of my swagger. Because gym class was usually segregated by gender, this game, in which the librarian had us shoot a small ball into a plastic hoop after answering questions correctly, was the only time girls and boys competed together. After making a basket, I triumphantly sauntered back to my seat. When the laughter and whispers started to ripple through the library, I was shocked that anyone should find my jubilation unnerving. Wasn't the goal of library basketball to score baskets? Returning to my chair, I discovered there was something to be embarrassed about in the way I was succeeding. The shock came with such impact that tears pricked at my eyes.

From that moment, I began observing the ways in which girls were meant to act differently from boys. That year, and in the

ones that followed, I learned that boys could strut and talk trash, but girls were meant to be humble. To be popular, a girl should feign shyness. With boys, she should be sweet and not debate their answers in class. Even the teachers seemed to regard aggressive girls with a little suspicion. It was better to be surprisingly, not obviously, intelligent.

This was a radically different set of expectations from the ones to which I'd grown accustomed in the men's league. With a sensation of terrible bereavement, I realized that if I wanted to fit in at school, I'd need to cultivate an alternate personality. On the court, I was still ferocious. Off the court, I became quiet and self-deprecating. I started flipping my hair and forced myself to speak less in class. I worked to add a slight slouch to my posture. My classmates seemed to appreciate this general contraction of my presence.

This costume of timidity initially felt like wearing an uncomfortable outfit, one that made me awkward and ashamed. Yet every day when I went to school, I dressed up the same way. Eventually, I began to truly

feel less confident, to understand myself as timorous. Ever a good competitor, I trained myself to adopt all the right traits for my in-school personality. That primarily meant seeking out disrespectful boys to date.

When a boyfriend first cheated on me in ninth grade—while I'd been away winning a national tournament—I experienced a sickly feeling of accomplishment for having been slighted and getting to play the role of victim. Between classes, everyone rallied around me; they supported me in my humiliation as much as the crowds had supported me in my athletic victory. With every squash success I achieved, in high school and later in college, I chose a more discouraging person to date—the narcissistic musician who never listened when I spoke, the heavy drinker who insulted me in front of my friends. It was as if I owed it to the deities of my gender to sacrifice a portion of personal strength for every ounce of muscle I gained.

By the time I graduated from college and turned pro, I was miserable. My romantic life was in shambles and my athletic



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performance started to suffer. I funneled my unhappiness into overtraining, and my body began to break down. The more sprints I ran, the slower I got. I felt heavy and numb. I developed sleeping problems.

BY THE TIME I TURNED PRO, I WAS MISERABLE. MY ROMANTIC LIFE WAS IN SHAMBLES AND MY ATHLETIC PERFORMANCE STARTED TO SUFFER.

As my tournament results sagged, I knew I had to resolve the divide of my life. I'd spent too long playing a double role and was left with no sense of who I was. I reasoned that the only way I could find myself was to return to the time before my personality started to split. What had I wanted from life before becoming two separate people?

At night, exhausted after training, I tried to remember what my earliest dreams had been like. When I was a little girl, I'd wanted to be a writer or a doctor. But from the time that I pursued squash, my accomplishments on the court had always defined

me; all my other goals had become abstract, amorphous. So at 24, I took a summer off from squash for the first time in 17 years. Armed with a backpack full of poetry, I left for Honduras to volunteer in a hospital.

I'd often traveled by myself to tournaments in other countries, but living alone for eight weeks in an unknown city and working in a new environment meant that I had to banish my timid self from existence. I craved the assurance I possessed when I hit a perfect drive, and I needed it as I spoke to a patient or walked down the street in Tegucigalpa, trying not to feel like a stranger.

From a different hemisphere, I considered my tumultuous relationship back home with a man who broke up with me—monthly, it seemed—before begging to get back together. Having already split with

squash, I saw that I also needed to end the pattern of bad relationships I'd started so many years earlier. When I returned to the United States, I promptly ended it with the guy and applied for a Ph.D. in literature. I scaled back my participation in tournaments and took a coaching job to help save up for graduate school. The time I once spent on court sprints I now devoted to reading. It wasn't easy—I was behind my peers in this new academic territory. But I was well versed in discipline.

That spring, after I accepted an offer to join a master's program in Texas, I played and won my last match at the Men's National Team Championships. When it was over, I sauntered out onto the street, finally ready to leave behind the sport that had bound me to my double self. I wanted to move with confidence into a new career, into better relationships and into the rest of my life. Maybe someday I'd go back to it. But at that moment, I was eager to discard my childhood costume, to run and smash and swagger with abandon. I was learning to define a new set of rules—my own. ●



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SELF MADE

TURN IT AROUND

→ *The newly minted CEO of the Livestrong Foundation, Chandini Portteus, reveals how to handle a work crisis and come out even stronger.* BY LISA HANEY

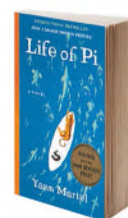
On her first day at the Livestrong Foundation last April, Chandini Portteus finalized a \$50 million partnership to build a cancer institute at a new medical school. It's a satisfying twist for someone who didn't get into medical school herself. "Getting rejected felt like an epic failure for a long time," she says. "But without that, I would have never gone the public health route and fallen in love with it." Portteus's next task is repairing the reputation of the once-thriving cancer nonprofit, which lost major cred after the Lance Armstrong cheating scandal. But the 36-year-old isn't daunted—in her former job at Susan G. Komen, she helped navigate a crisis when funding to Planned Parenthood was (briefly) pulled. Here, she shares how to steer through a storm.



12 PEOPLE

THE IDEAL CROWD FOR BRAINSTORMING

"Some of the best idea generation happens in unexpected places. When work is stressing you out, cooking dinner for a diverse group of a dozen or so can shake things up. Socializing is fun, of course, but it also helps you think creatively and build connections."



THINK BIG
"Life of Pi" touts the power of perspective, which makes you a better boss and colleague."



DEVOTE TIME TO BODY AND MIND

"You need breaks from the phone when you can turn off all the noise and challenge yourself physically. In high school I played some soccer, but I was more of a mathlete with a personality. Now I do a lot of yoga and pilates."

SPORTS BRA \$32; Adidas.com

CHALLENGES HELP YOU GROW

"As a leader in a crisis, there's no time to plan—you have to trust your judgment and your team. Guide smart decision making based on your past successes. Livestrong needs new partnerships, so I'm working on rallying fresh audiences around our mission. Perseverance is key."

\$18

AMOUNT OF MONEY MY FAMILY HAD WHEN WE MOVED FROM INDIA TO THE UNITED STATES

"It taught me a strong work ethic and the importance of financial health. All women should be confident discussing money."

7

THE NUMBER OF CALENDARS I JUGGLE DAILY

"Work, social, my husband's, our four kids'—it's all sports practice, meetings, date nights. Even if I'm overscheduled, I try to enjoy what's happening now."





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LOVE & CHEMISTRY

SEALED WITH A KISS

➔ It may sound quaint in the age of Tinder, but lip locking is key to falling (and staying) in love. BY JEN DOLL

On a recent night in New York City, a friend and I walked by a couple, presumably at the end of a date, who stood kissing on a front stoop. He had his arms around her, she was on her tiptoes, and they paused as she looked up at him. “She’s going to ask him up!” my friend whispered. I agreed. Clearly, we had witnessed a good kiss.

Not that we stuck around to see what happened. (We weren’t *that* creepy.) Still, the scene made me consider how easy it is to think of kissing as a mere prelude to the big event, an *amuse-bouche* (literally) before the main meal. But kissing has undeniable power—maybe even more so in a time when sex typically happens within a few dates.

Many people remember their first kiss vividly. (I walked home beaming after my crush finally kissed me at a friend’s house.) And a bad kiss can derail a relationship. (Don’t ask about the guy who chipped my tooth.) But there’s something beautiful about the transition from tentative first kiss to sexy make-out smooch to a “See you

later, babe” peck that underscores the comfort in pairing up—you *will*, in fact, see each other later. When you compare a first kiss to that first time in bed...well, awkward sex can improve with time. But a bad kiss? You’re not going to wait around to see what comes after. So it’s worth considering which messages we exchange when we pucker up.

IT SHOWS YOU’RE INTO SOMEONE Even chimps and elephants kiss. As Sheril Kirshenbaum writes in *The Science of Kissing*, a kiss increases serotonin, dopamine, oxytocin and epinephrine—sparking euphoria and attraction. Kissing helps us assess potential mates, says University of Albany psychologist Gordon Gallup, in an “intricate exchange of a lot of complicated information”—touch, smell and the chemicals in saliva. In a bad kiss, he says, these signals discourage hooking up.

IT’S NOT ALWAYS A MEANS TO AN END At first, men and women aren’t necessarily looking for the same thing from a kiss. In a 2007 survey of college students, most women said they wouldn’t have sex without kissing someone first, but men didn’t mind—they kissed to *increase* the likelihood of sex. (Men also preferred a “greater salivary exchange” to boost their chances—so you can blame that sloppy kiss on evolution.) For both men and women in the long term, though, frequent kissing is a better gauge of a strong relationship than frequent sex, according to a 2013 University of Oxford study.

IT’S GOOD FOR YOU—AND YOUR BOND Kory Floyd, a University of Arizona professor of communication, ran an experiment with 52 committed couples in which one group was instructed to increase their kissing for six weeks while the control group kept to the status quo. The kissers saw improvements in perceived stress, relationship satisfaction and total serum cholesterol. And an amazing German study cited in Kirshenbaum’s book found that men who kissed their wives before work lived an average of five years longer and made 20 to 30 percent more than those who didn’t.

What makes a kiss good? “We think it’s in the biology of the beholder,” Gallup says. So, like that couple on the stoop, you’ll know it when you feel it. ●

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TRY THE WORKOUT

Aerospace NYC is known for its tough, transformative classes—like the new boxing-inspired AeroPower. Cycle through the circuit below, featuring total-body conditioning moves from the studio, four times. Rest 30 seconds between sets.

CARDIO BURST Jump rope for 2 minutes. Use a weighted rope for an extra challenge (\$25, AerospaceNYC.com).

UPPER-BODY BURN Stand with left foot forward, on ball of right foot, fists at chin. Extend left fist forward, then snap it back. Continue for 1 minute. Switch sides and repeat for 1 minute.

CARDIO BURST Jump rope for 2 minutes.

LOWER-BODY BLAST Hold a 3-pound dumbbell in each hand. Jump left foot as far as possible to left, pumping arms for balance as you go. Repeat to right. Continue for 2 minutes.

UP YOU GO

"Think of your wrists as motors when you're jumping rope," Olajide Jr. says. "Fast wrists mean fast jumps." To recruit more core muscles, flex your abs with each jump.

BODYSUIT Baja East, \$325

SHORTS Tzuji, \$60



SHAZAM THIS PAGE TO
WORK OUT WITH TRAINER
MICHAEL OLAJIDE JR. AS HE
DEMOS MOVES FROM HIS
NEW AEROPOWER CLASS.



POWER POSE

To maximize the recovery intervals in a boxing workout, stay on your feet. Standing or walking during downtime helps your heart pump oxygen to muscles.

SWIMSUIT Victoria's Secret Swim, \$59 **SPORTS BRA** and **SWEATSHIRT** Victoria's Secret Sport **GLOVES** Elisabeth Weinstock, \$1,575

Hair, Kenna for Evo; makeup, Georgi Sandev for Chanel Les Beiges; manicure, Eri Handa for Dior Vernis; prop styling, Bette Adams at Mary Howard Studio; model, Lais Ribeiro at Women Management. See Get-It Guide.



IN THE FAST LANE

Rev up your style this fall: Mix sleek, tailored pieces with sporty details that show off your body—and you're good to go! Top model **Aline Weber** test-drives the trend.

PHOTOGRAPHED BY BEAU GREALY
STYLED BY MELISSA VENTOSA MARTIN



ON YOUR MARK

A zippered dress with flashes of traffic-stopping orange takes your look in a new direction. "I love things that are sporty and feminine at the same time," Weber says.

DRESS Boss, \$745 **JERSEY** Castelli, \$79 **SHORTS** Under Armour, \$28 **BELT** Marc by Marc Jacobs, \$348. For men's clothes, see Get-It Guide.





GET A LIFT

Legs go on for miles in high-waisted flared trousers; shift out of neutral in an embellished top with bright panels. "I mix bold color into my outfits—it gives them a happy vibe," Weber says.

TOP Harbison, \$875

PANTS Escada, \$925

SHOES Louis Vuitton



PIT STOP

Formula One fashion: Take a body-con pencil skirt and add easy athletic pieces.

"I travel all the time, and I always take gym clothes with me," Weber says.

T-SHIRT Adidas, \$35 **SHIRT** Theory, \$245 **SKIRT** Rag & Bone, \$425 **LEGGINGS** Tory Sport, \$95 **HELMET** Simpson, \$299

ALINE WEBER

AGE 26 **ORIGINALLY FROM**

Seara, Brazil

HOME BASE Brooklyn, New York

HER FITNESS ROUTINE

I like fun workouts: I do aerobics, I bike, I go to the gym. And one of my good friends is teaching me yoga—it's the next thing I want to get into.

HER BEST ROAD TRIP

Last year, I rented a motor home with my boyfriend and some friends. We drove five hours from Sacramento to Nevada for Burning Man and camped there.

HER DE-STRESS TRICK

I put workouts and relaxation in my schedule. Carving out time helps me make sure it happens.

HER ADRENALINE FIX

TV shows like *Game of Thrones*, *Breaking Bad* and *Naked and Afraid*. I like to watch people using their survival skills—while I'm just sitting at home!



FLASHING RED

Got a need for speed?

Try a wrap dress that's cut to move with you, plus a cross-body bag. "They're so handy for a girl on the go," Weber says.

DRESS Jason Wu, \$1,995

RASH GUARD Orlebar Brown, \$225 **SHORTS** Asics, \$42 **BAG** Marni, \$2,270



FULL THROTTLE

Caution: A stretchy zippered top and figure-hugging skirt signal serious curves ahead. "I feel sexy in anything tight—it takes confidence to put your body out there!" Weber says.

TOP Les Cinq, \$180 **SKIRT** Valentino, \$1,690 **SHOES** Miu Miu, \$1,450

Hair, Ramsell Martinez for R+Co; makeup, Darlene Jacobs for Koh Gen Do; grooming, Anna Bernabe at Art Department; manicure, Ashlie Johnson for Chanel Le Vernis; prop styling, Bette Adams at Mary Howard Studio; production, Brachfeld Los Angeles; model, Aline Weber at Next. See Get-It Guide.





SHE'S A
SCANDAL
STAR, A NEW
MOM, A
TRAILBLAZER
FOR CAUSES—
AND NOW
A PRODUCER,
TOO. HERE'S
HOW **KERRY
WASHINGTON**
STAYS COOL,
CALM AND
TOTALLY
IN CONTROL.

**BY MOLLY
KNIGHT**

PHOTOGRAPHED BY
BJARNE JONASSON

STYLED BY MELISSA
VENTOSA MARTIN

Kerry Washington wakes up *early*. I learn this when her publicist emails to ask if I'd like to do pilates with the actress at 6:30 A.M. before we sit down for our interview. A cursory Google search of Washington suggests I'm in trouble: This is, after all, a woman who moved to India after college and became certified as a yoga instructor. But my fear of pilates-induced humiliation is outweighed by my desire to watch Olivia Pope work out.

Washington, 38, arrives in sweats, with no makeup and no entourage, looking infinitely more relaxed than the character she plays on television. She's a new mother with a hit show, but her face betrays none of the stress that must entail. Instead, her skin glows, her smile is bright, her eyes somehow managing to convey warmth, strength and vulnerability all at once.

"Hi, I'm Kerry," she says, extending her hand to meet mine. We are on the *Scandal* set in Hollywood, standing in a dressing room that has been converted into a small gym for the actress. The space houses a pilates machine, blocks, resistance bands and a smattering of free weights. Washington's trainer, Julie Turner, arrives, and they begin a quick exchange about the day's workout; their shorthand has been honed by two to six pilates sessions a week for the past five years.

Though she and the other *Scandal* actresses have made regular hikes around Los Angeles a group ritual, pilates is Washington's anchor. "There are a lot of forms of exercise where you have to leave yourself out of the room while you force yourself to do this thing," she explains. "With pilates, I get to bring my true self. I cry, I laugh. I get to go: Where is my body today? What do I need today? How can I take care of myself *and* push myself past my comfort zone? How can I be both loving and challenging?"

LIFE IN BALANCE



"BECAUSE OF
OLIVIA, I HAVE
MORE OF A
SENSE OF MY
CAPACITY TO
DO ANYTHING."

SO VERY KERRY

"With pilates, I get to bring my true self," Washington says. "I cry, I laugh. I think, What do I need today?"

BODYSUIT Scott Stevenson **GOLD AND DIAMOND BRACELET** Mizuki **WHITE GOLD BANGLE** Maya Brenner

"I'M NO MORE
EVOLVED
THAN ANYONE
ELSE. I'VE
JUST READ
THE MOST
SELF-HELP
BOOKS!"



TRUE BEAUTY

Washington has embraced her postchildbirth body. "It's the site of a miracle now," she says. "I don't want to be pre-miracle."

DRESS Nili Lotan

Hair, Takisha Sturdivant for Neutrogena Triple Repair; makeup, Carola Gonzalez for Neutrogena; manicure, Ashlie Johnson for Chanel Le Vernis; prop styling, Colin Donahue. See Get-It Guide.



SHAZAM THIS PAGE
TO GO BEHIND THE
SCENES AT KERRY'S
COVER SHOOT.

Washington lies down on the reformer, then begins to bounce off its jump board, pushing against the weighted springs and softly landing on the balls of her feet, her eyes fixed firmly on the wall in front of her. She is working tiny muscles in her legs and core that most of us don't realize exist, and as they begin to wake up, sweat glistens on her brow. She asks if I'd like to try it. I lie down, wondering what I've gotten myself into. After 10 or so jumps off the board, my legs begin to shake. I look for something to distract me. Staring at the spot in the room that held Washington's gaze, I see a message she's written: "Be truthful, gentle and fearless. —Gandhi."

The main reason Washington likes to work out before most of Los Angeles wakes up is that she wants to get home to her husband, former pro football player Nnamdi Asomugha, and their 17-month-old daughter, Isabelle. "I try to get it in so I can be back with my kid early," she says. Truth be told, she'd prefer to be cuddled up with her two loves and their shih tzu-Yorkie mix, Josie, who is undoubtedly asleep at the foot of their bed. But Washington never misses a workout. "I have to take care of myself in order to live life the way I want to," she says. "It's important to have rest days. But in the long run, if I don't work out for, like, three days, I feel worse, not better."

Her commitment to fitness is just one thing she has in common with her husband. I interviewed Asomugha several years ago, before he'd ever met Washington. Then a star cornerback with the Oakland Raiders, Asomugha was the highest-paid player in the NFL. But he was also a bit of a nerd, having graduated from the University of California in Berkeley, with a degree in corporate finance. I liked him immediately. As a professional athlete, he was finding it hard to meet women who were smart, self-motivated and independent—and it was seriously bumming him out.

We lost touch, but I always wondered if he would end up with an intelligent woman who enjoyed her own success. Then one day I read he'd married Kerry Washington, who, in addition to being a gorgeous, superlatively talented actress, also graduated Phi Beta Kappa from George Washington University. They reportedly met backstage after he caught a performance of hers in *Race* on Broadway. I

laughed and thought, Nice work, Nnamdi.

Washington famously does not enjoy talking about her private life with reporters. I went back and forth on whether I should tell her I had interviewed Asomugha because I didn't know how she would react, but we had just worked out together and were sitting cross-legged on the floor in sweats. In other words, it felt like good timing. When I mention the day I spent with her future husband, Washington's face lights up. "*Omigod*, that's amazing!" she says, laughing and taking a swig of her water. "Isn't he just the best?"

It's funny to hear Washington describe her husband that way, because it's the same way millions of *Scandal* fans describe her. Her turn as the inimitable Olivia Pope, a savvy D.C. fixer tortured by her on-again, off-again relationship with the president of the United States, is a case study in confidence and grace under pressure. It's made her a cultural icon (*Scandal* airs in more than 80 broadcast territories) and inspired viewers to find their own empowerment by adopting Pope's can-do attitude. "Olivia has such a resilience," Washington says. The show's fifth season begins this month.

Scandal is the brainchild of Shonda Rhimes, the brilliant showrunner behind many of the most dynamic female characters on television today. When she cast Washington as Pope, Washington became the first African-American female lead on a network drama in 40 years. "People were like, 'Do you feel so much pressure?'" she says. "And I kept saying, 'I don't feel like the pressure is on me. I'm never a person who comes to work and phones it in.' I wasn't like, 'Oh, because there's never been a black lead, I'm suddenly going to try to be good.'"

Though her turn as Pope has earned her the double feat of critical and popular acclaim, Washington admits that when she first got the part, she had no idea if the show would last. She had never done television before, let alone carried an hour-long drama that aired 22 episodes a year. So she turned to Ellen Pompeo, who stars in another of Rhimes's hit shows, *Grey's Anatomy*, for advice. "Ellen said, 'You have to treat yourself like an athlete.' And luckily, I have an excellent role model at home. 'You have to eat like an athlete, train like an athlete, sleep like an athlete. The only way you're

LIFE IN BALANCE > 000

TRY HER WORKOUT

Washington practices pilates on machines, but you can get similar benefits by doing this mat-based routine created by her trainer, Julie Turner. Do 3 sets of each move 2 or 3 times a week.

STANDING JUMPS

Stand with feet hip-width apart. Gently bend knees, then lift heels, then straighten legs, then lower heels. Now add a jump after straightening legs; land softly on feet. Jump for 60 seconds, then rest for 60 seconds. That's 1 set.

ARM CIRCLES

Tie a stretchy resistance band to a doorknob and place mat on floor under doorknob. Lie faceup on mat, head under doorknob. Raise legs; bend 90 degrees. Reach back and grab band in each hand, then pull ends out to sides so arms make a T. Circle arms forward 10 times, then backward 10 times for 1 set.

LEG SPRINGS Lie faceup on mat with center of band under arches of feet. Cross it over tops of feet and hold one end in each hand. Raise straightened legs 24 inches off floor and pull arms close to your sides. Open legs out to sides; pause, then press together. That's 1 rep; do 10. Repeat, changing leg position so heels touch end to end. Repeat, changing leg position so toes touch end to end. That's 1 set.



Sure, tennis star **Ana Ivanovic** has a killer forehand, but it's her ability to outlast opponents that could earn her the next grand slam title. As she prepares to take center court in this month's U.S. Open, she shares her secrets to relentless endurance.

BY ERIN BRIED

STAYING POWER

PHOTOGRAPHED BY ADAM WHITEHEAD
STYLED BY LINDSEY FRUGIER



COURTING GREATNESS

"I don't like to be satisfied," says Ivanovic. "Instead, I like to challenge myself.

The greatest athletes always believe their best is yet to come."

TANK Adidas Y-3 **SPORTS BRA, TENNIS SKORT** and **SNEAKERS** Adidas **WRISTBANDS** Tommie Copper **RACKET** Yonex

At first glance, tennis seems like it's all about strength and speed. If you can get to the ball in time, then crush it across the net, there's not much your opponent can do (but hope to get her racket on it). When you watch a grand slam tournament, however, like this month's U.S. Open, where the greatest players in the world go head-to-head in match after grueling match for two weeks straight, you realize that tennis trophies can't be won on powerful strokes alone. Victory depends on a player's ability to run down and return every single ball as hard, fast and strategically in the very last game as in the first. Stamina is what allows you to hit winners, even when the sun is blazing and you're in a three-setter and every game goes to deuce. Endurance, in other words, is what makes a champion.

Top-ranked player Ana Ivanovic should know. She once battled in—and won—an epic three-hour, 24-minute grand slam showdown. "You're never out of the game until you've lost the final point," she says. That determination, backed by intense workouts, has earned her an impressive 15 singles titles, \$14 million in prize money and legions of die-hard fans, including more than 4 million on social media.

Ivanovic's current dream is to win the Open, and she's been training so hard for it—usually two and a half hours on the court, plus another hour in the gym every day—that she burns through a new pair of sneakers every two weeks. "I'm working on my strength, agility, explosiveness and speed," says the 6-foot Serbian who, as a child, practiced her now-famous forehand in an empty swimming pool in Belgrade between NATO bombings. "Living through war has helped make me pretty strong," she says. "I've had to fight to improve my life. Nothing has come easily."

Given her personal history, it's no surprise that she's vowed to always persevere. "Quitting is never an option," she says. In fact, whenever she hits a wall in her workout, she uses it as an opportunity to push her limits even further, incorporating high-intensity intervals to help improve her endurance as well as her body's ability to use oxygen efficiently.

In addition to training her muscles, Ivanovic also works to keep her mind sharp and her energy up throughout those hours-long, high-stakes matches. (Known as an emotional player, she often fist-pumps even the easiest points as if they meant the game.) "My adrenaline levels are always high before I get onto the court, but I remind myself that getting nervous just means I care," she says. To stay focused, she meditates. To keep herself pumped during matches, she sings Ariana Grande songs in her head.

In a recent Instagram post, there's a gym selfie of Ivanovic wearing an Adidas T-shirt with the words DREAM, SUFFER, SUCCEED spread across her chest in giant block letters. It's become her mantra. "To me, all three words are positive," she says. "Winning wouldn't be so satisfying if you didn't suffer a little bit. Hard work always pays off."

"STAY STRONG.
YOU'RE NEVER OUT
OF THE GAME
UNTIL YOU'VE LOST
THE FINAL POINT."

IN FULL SWING

"My recovery starts the moment I step off the court," Ivanovic says.

"I go straight to the gym to stretch, take an ice bath and get a massage. It takes several hours, but it helps me feel ready for the next match."

TOP Filles A Papa
BODYSUIT
Dancewear Solutions

Hair, Ben Jones at Jed Root; makeup, Ninni Nummela at Streeters; manicure, Lucie Pickavance using Chanel Le Vernis Colour in Precious Beige; production, LGA. See Get-It Guide.



SHAZAM THIS PAGE TO
SEE ALL OF SELF'S
U.S. OPEN COVERAGE.



No matter your sport, the eight moves in this routine, designed by Ivanovic's trainer, Zlatko Novkovic, will help you go harder for longer. "They'll not only boost your endurance, but they'll also make you stronger, more flexible and more explosive, too," he says. To score all of those benefits, do the workout two times a week. Three other days, do your favorite cardio at a moderate intensity for at least 30 minutes.

SUPERFLY

Lie facedown with arms in front of you, palms down. As you exhale, flex lower back to lift arms, legs and chest off floor. Hold for 2 seconds. As you inhale, slowly return to start for 1 rep. Do 3 sets of 15 reps.

NET RUSH

Stand with feet hip-width apart, arms at sides, elbows bent 90 degrees. Run for 30 seconds, pushing off balls of feet, pumping arms and lifting each knee until thigh is parallel to floor. Do 3 sets.

LYING KICK SERVE

Start in a low plank with forearms on floor, elbows under shoulders. Bring right knee to chest while turning hips and head to left and extending right leg beneath left leg. Return to start; switch sides and repeat for 1 rep. Do 3 sets of 15 reps.

SHUFFLE HOP

Stand with feet hip-width apart, arms at sides, elbows bent 90 degrees. Lift right foot behind you and lower into a single-leg squat, swinging right arm underneath abs, left arm behind back. Press through ball of left foot and hop right as far as you can, landing on right foot in a single-leg squat, swinging arms for balance. Reverse move, jumping back onto left leg, for 1 rep. Do 3 sets of 15 reps.

BALL GIRL

Start in a high plank, palms under shoulders, hands turned out. Bring right knee to chest, planting right foot on floor under left hip. Keeping hands planted, quickly hop right foot back as you bring left foot forward. Continue for 30 seconds. Do 3 sets.

FLEXING LUNGE

Stand with feet hip-width apart, hands on hips. Take a big step forward with right foot, keeping it flexed. Inhale as you bend knees 90 degrees. Exhale as you press through right heel to return to start. Repeat on opposite side for 1 rep. Do 3 sets of 15 reps.

TOPSPINNER

Lie facedown with chin on floor, arms out to sides, palms down, feet together. Squeeze right glute and hamstring as you bend right knee 90 degrees, toes pointed to ceiling. Keep hands and chin planted as you slowly twist at waist until right toe taps floor outside left leg. Return to start; switch sides and repeat for 1 rep. Do 3 sets of 15 reps.

POWER STROKE

Start in a high plank, palms under shoulders. Lift right palm and tap left shoulder; return to start. Repeat on opposite side for 1 rep. Do 3 sets of 15 reps.

YOUR U.S. OPEN PRIMER

GET READY

The U.S. Open, played in New York City, is the last of the year's four major grand slam tournaments. Women's singles matches begin August 31. The finals take place September 12.

TUNE IN

The entire tournament will air on ESPN this year, with commentators like former women's champion Chris Evert calling the matches. Find the full viewing schedule at USOpen.org.

KNOW THE STAKES

Not only will the winner earn major bragging rights and a sterling-silver trophy, but she'll also take home the largest cash prize in the event's 128-year history: \$3.3 million.

FEEL THE SPEED

U.S. Open matches are played on a hard court (as opposed to clay or grass), an advantage for Ivanovic, who's known for her fierce forehand and power serve (once clocked at 124.9 mph).

EXPECT ANYTHING

Serena Williams may have won every grand slam this year, plus the past three U.S. Opens, but Ivanovic has a proven history of breaking the reigning champ's winning streaks.

BODY BOOST

For an allover glow like model Britt Maren's, apply Jergens Wet Skin Moisturizer (\$7) on damp skin after a shower.

DRESS The Fashion Club **EARRINGS** Stella McCartney **BAG** Gabriele Colangelo

PHOTOGRAPHED
BY JASON KIM
STYLED BY
LINDSEY FRUGIER

SUPER

FLAWLESS FACE

For foundation that disappears into your skin, try the tap-and-stretch technique: Place your brush where you need the most coverage, then blend outward, says makeup artist Lihja Stewart.

DRESS Sportmax
BAG Kenzo

Capture your skin's own power to shine. The latest ultra-sheer makeup takes you to the next level of gorgeous. **BY KATHERYN ERICKSON**

NATURAL

There's that easy-to-recognize glow that comes from treating your body right: the postworkout flush you get from pushing yourself hard (one more mile!), that dewiness your skin takes on when you eat healthy, the energy you feel inside and out. Who *wouldn't* want all of the above?

No surprise, then, that a version of this glistening effect has been a fixture on fashion runways. This season, models at shows like Calvin Klein, Balmain and Céline were not overly glossed or superslick. Instead, they just looked like themselves—radiant,

THE NEW SPORTY GLOW IS ABOUT SKIN THAT'S SHEER, LUMINOUS AND VERY *REAL*.

yes, but with a hint of freckles here and a bare lip peeking through there. The new sporty glow is about skin that's sheer, luminous and very *real*.

Call it the supernatural complexion. And we're ready for it: "Women are taking better care of their skin, and they're paying more attention to the ingredients and textures of their beauty products," explains New York City makeup artist Gucci Westman. Makeup brands are catching on, she says, coming out with innovative formulas that let the results of your skin-care routine shine through.

Of course, we all want to conceal the occasional blotchiness or bad-skin day. "You still want to even out your complexion," says Los Angeles makeup artist Fiona Stiles. "And there are options for that." From weightless foundations that mesh with your skin to airy blushes that softly blend in, here's what delivers that next-level—yet natural—glow. "Because in the end," Stiles says, "you want to look like *you*."

START WITH SMOOTH SKIN

No matter how high-tech the makeup, always hydrate your skin first. The latest way to do it: with an essence. These watery liquids (which are huge in Asia and are now making their way here) go on after cleansing but before your creams. Most are loaded with skin-quenching ingredients, like hyaluronic acid, to instantly moisturize your complexion. "Essences are water-based, so they penetrate beautifully," explains New York City facialist Jordana Mattioli. "And many contain high levels of antioxidants and other actives that benefit your skin."

Kiehl's Iris Extract Activating Treatment Essence (\$45) has an exfoliating salicylic acid derivative to fight dullness; Giorgio Armani Acqua Pantelleria (\$125) boosts cell regeneration with trace minerals; and Dior Capture Totale Cellular Lotion (\$85)

is spiked with nourishing plant extracts that help regenerate stem cells. The best technique for applying any essence? "Pat and press in the formula with your fingers," says Mattioli. This way, it sinks in quickly and helps makeup glide on.

ENHANCE YOUR TONE

Unlike heavy bases and cover-ups of the past, the latest foundations function more like "second skin," says Lihja Stewart, director of education and artistry for Make Up For Ever. "Women kept asking us for a foundation that's invisible but still gives you natural coverage," she says. "Five years ago that would have been impossible."

Thanks to breakthrough technology, the brand has a modern solution: Make Up For Ever Ultra HD Liquid Foundation (\$43), which features a blend of encapsulated hyaluronic spheres, amino acid-coated pigments and finely milled mica to reflect light. "This gives you a natural transparency, so when sunlight bounces on your skin, your makeup never looks heavy or cakey," Stewart explains.

Other game changers include Tarte Rainforest of the Sea Water Foundation SPF 15 (\$39), which has pigments suspended in water for an ultralight sheen. Maybelline New York SuperStay Better Skin Foundation (\$12), meanwhile, has a "micro-flex" finish that prevents colors from settling into creases. Or consider Lancôme Miracle Cushion Liquid Cushion Compact (\$47); it comes with a bouncy spongelike pad so you can sheer out your coverage.

ADD SUBTLE SHINE

For this, layer on highlighter (over or under foundation is up to you). Westman targets the high points of the face: "I sweep it on the cheekbones, inner corners of eyes, bridge of the nose and Cupid's bow." Becca's new Shimmering Skin Perfector Spotlights Light & Lift Travel Pen (\$25) has an innovative brush to help it blend in seamlessly, while Sephora Collection Radiant Luminizing Drops (\$18) can be mixed into your creams and serums for an easy on-the-go option.

PLAY UP CHEEKS AND LIPS

"The reason skin looks like skin is because it's not all one uniform color," says Westman. "You need a little rosiness." Try blending Dior Diorblush Cheek Stick (\$34) along the top of your cheeks, or Givenchy gel-like Blush Mémoire de Forme (\$37) anywhere you'd normally flush post-gym. Finish with lips that "are plump and super healthy," says Westman. Clé de Peau Beauté Lip Serum (\$95) works like an antiaging cream to smooth, while Guerlain KissKiss Roselip balms (\$37) come in barely there shades and a tint that adjusts to your skin's pH level. It doesn't get more natural than that. "It's like, 'Oh, I just look gorgeous,'" says Westman. "The effect is effortless."



JUST DEW IT

These hydrating foundations, blushes, lip balms and more will leave you radiant, whether your skin tone is fair or dark.

CLOCKWISE FROM TOP LEFT
Becca Shimmering Skin Perfector
Spotlights Light & Lift Travel Pen
in Opal, \$25; Dior Diorblush Cheek
Stick in Cosmopolite Pink, \$34;
Clé de Peau Beauté Lip Serum, \$95;
Sephora Collection Radiant
Luminizing Drops in Morning Light,
\$18; Lancôme Miracle Cushion
Liquid Cushion Compact, \$47;
Guerlain KissKiss Roselip Hydrating
& Plumping Tinted Lip Balm
in Pink Me Up, \$37; Make Up For
Ever Ultra HD Liquid Foundation
in Y505 Cognac, \$43



SHAZAM THIS PAGE TO SHOP
EVERY PRODUCT IN THIS STORY.

PHOTOGRAPHED BY CARLTON DAVIS

**STRESS
APP**

YOU HAVEN'T TAKEN A DEEP
BREATH FOR A WHILE

SLEEP 6.75
HOURS

NUMBERS

The explosion in wearable trackers has millions of us monitoring our steps, moods and much more. What can all this data teach us—and how will it shape our future health?

ILLUSTRATED BY I LOVE DUST



CUPS OF WATER



29 MINUTES STANDING

1,575

CALORIES
CONSUMED

CALORIES
BURNED

1,929

PERIOD
TRACKING

19 DAYS
LEFT
IN CYCLE



HEART RATE

HEART RATE
60 BEATS PER MINUTE

GAME

4.5 MILE

AVERAGE

PACE

MINUTES

PER

MILE

SYSTOLIC

119

DIASTOLIC

74

BLOOD
PRESSURE

DEEP

VS

LIGHT

SLEEP

2.1 HOURS
DEEP SLEEP

5.2 HOURS
LIGHT SLEEP

YOUR RIDE

CADENCE

83 RPM

FASTEST SPRINT

26.2 MPH

TALLEST CLIMB

250 FEET

MY BRAIN ON TRACK

What recording my every move with an armful of devices taught me about my habits—and myself

For the last couple of weeks, from the moment I've woken up until well into REM sleep, hardly an inch of me hasn't been assessed. On my wrist, I'm wearing a Fitbit Charge HR, which counts my steps—1,801 so far today, but it's only noon—and monitors my heart rate (which hovers at 84 but spikes to 130 in a SoulCycle class). I'm carrying a HydraCoach water bottle that measures how much I drink—from about 2 shameful cups a day to a more-than-ideal 10. A Sensoria bra gives me an account of my intensity during exercise. Throughout the day, the T2 Mood Tracker app on my phone asks me how I'm doing—tense or relaxed? Distracted or focused?—and I swipe my state of mind. In the morning, I check my Beddit app, which crunches feedback from a strap on my mattress, to see how restful (or not) my average five and a half hours per night were. My Period Tracker Lite app tells me when my period is coming in a way that is so precise, I'm tempted to just sit over a toilet and watch.

This tracking lifestyle I'm testing out has a name: the Quantified Self movement, which draws a global online and meetup community of more than 25,000. Its motto, "Self-knowledge through numbers," expresses their belief that we can truly see what works best for our bodies

and minds when it's reflected in cold, hard data. Plus, knowing it helps you change it. There's science to back this up. There's also my friend Michelle, who lost 40 pounds last year logging runs with a Fitbit while plugging her yoga sessions and meals into MyFitnessPal; it was the numbers, she said, that inspired her to set the bar ever higher.

Like Michelle, tracking made me want to beat myself at my own game. I play tennis, and I would start jogging in place waiting for my partner to set up her serve, knowing it would up my steps and heart rate. When my bra told me my intensity was lagging, I sprinted to the net to collect more drop shots. Instead of skipping Spin class on the day of a work deadline, I felt wrist-shamed into going.

But I soon started to feel that what we get from all this data may also play into something less quantifiable—that little click of satisfaction in our perfectionistic bodies and minds when we're alerted to the fact that we've met our goals. On nights when I'd reached my optimal zones, I felt a lightness—a thrill of accomplishment I haven't known since I was in school or worked in an office where reviews let you know how you stack up.

Positive feedback can be highly motivating, studies show. When my friend Natalia added me as a Fitbit friend, I loved the cheers I got after I'd walked my 10,000 steps ("Look who decided to get her ass up from her desk!" she'd text). On days I didn't, I found myself defending how busy I was. Which made me realize I should learn to

have a better relationship with the numbers even when things weren't going well (like the times I'd glance at my wrist to discover I hadn't walked nearly as far as I'd thought).

These irritations notwithstanding, after two weeks of tracking, I was more hydrated and maybe even fitter. I discovered I don't push myself even half as hard when I follow my own impulses. But at some point, I also started to lose touch with those impulses—what it was like to get thirsty, how it felt to want to walk around, if I was truly anxious or just told to feel it. There's research about how obeying external eating cues instead of internal ones can throw your appetite out of whack. At times, my experiment felt like that: I was having a great tennis game, but my heart rate wasn't high enough. So I played harder—and had a bit less fun.

Still, I appreciated that the monitors forced me to ask some tough questions: Did I ignore my thirst by being too busy? Did I think "later..." about the walk I'd take? Was I not prioritizing rest? Because those numbers, five hours at most in a week of tight deadlines, were a huge—pardon me here—wake-up call. Sometimes the pings from my phone served as great reminders to just check in with myself and take a moment.

I also learned that while there are things I can automate, some things remain unquantifiable. So when my experiment was over, I took a big drink of water, stretched my bare arms and called my tennis partner to set up a game. —Leslie Plotkin

TRACKING CHANGED MY LIFE

We asked three Quantified Selfers to share their digital discoveries. *As told to Kristin Canning*

Maggie Delano

27, Cambridge,
Massachusetts

MIT GRADUATE
STUDENT

WHAT SHE TRACKS Steps and resting heart rate; light exposure; productivity

WHAT SHE'S LEARNED I've always been a procrastinator, but with Beeminder I track 25-minute work periods followed by 5-minute breaks, so I get more done in less time. I wear a Fitbit Surge for steps and heart rate—my stress spikes during busy weeks, so I plan to take breaks from social activities or squeeze in a walk. My next experiment: to see if I can increase my energy by getting some sun after I wake up, using the SunSprite app.

Courtney Craig

32, Queens,
New York

CHIROPRACTOR AND
NUTRITIONIST

WHAT SHE TRACKS Food/water; sleep

WHAT SHE'S LEARNED I have chronic fatigue syndrome, and tracking helps keep my symptoms at bay. Using the Mymee app, I discovered I need to avoid gluten; also, that by drinking more water during the day, I have less brain fog and extreme fatigue. The biggest change came when I started using the Sleep Cycle app. I correlated my data to my CFS symptoms and found I need nine hours to feel good—and if I don't go to bed before 10, my symptoms come back.

Leigh Honeywell

31, San
Francisco

COMPUTER
SECURITY ENGINEER

WHAT SHE TRACKS Sleep; workouts

WHAT SHE'S LEARNED My sleep was pretty terrible until I started tracking it with SleepBot. I quickly noticed a pattern—I'd sleep shorter and shorter periods for 10 days, then crash and sleep for 10 to 12 hours. Now I go to bed before I'm totally exhausted. With my Apple Watch, I've been standing up more often. Tracking raises questions: Am I tracking the right things? What if I miss a day? Realizing I can get useful insights from imperfect data helps me accept my imperfections.

VITAL STATS

Answers to pressing questions that will help you navigate the brave new world of your data

How do I know if my tracker is accurate?

A/The short answer: You can't know for certain. Major manufacturers of activity trackers put their products through the quality-testing wringer. But because each company has a proprietary algorithm for things like step count, calories burned and hours slept, "all this adds up to quite a bit of variability," says Chris Harrison, professor of human-computer interaction at Carnegie Mellon University. This may be a nuisance in fitness tracking, but stakes go up for devices that diagnose or treat disease. Still, these do undergo rigorous testing before they meet FDA approval.

Who can see my data? Is it safe?

A/It's unlikely that anyone is peeking at your 5K training run (though if you post it to social media, you lose control). But according to a study by Candid Wueest, a security researcher at Norton, 52 percent of the 100 top wellness apps in the iOS and Android stores have no privacy policy. And since many trackers send your data through the ether with little to no encryption, theft and snooping are concerns, according to a report by advocacy group Privacy Rights Clearinghouse. Another risk is that your info could be shared with marketers or other third parties. Make sure your app or device has a link to a

privacy policy, and read the terms of use before you download. If you love to track, you just need to be "comfortable with a little bit of uncertainty," says Scott Peppet, professor at University of Colorado in Boulder Law School.

Should I share my info with my M.D.?

A/If your goals have to do with weight loss, blood-sugar control or sleep and energy issues, tracker data can offer useful insights, says Robin Berzin, M.D., founder of

Parsley Health. Some doctors may give you a blank look if you ask, since they're "trained to manage disease" rather than think about overall health. But it's worth asking your M.D. to help you set targets for yourself using your tracking data.

STEP INTO THE FUTURE

How the tracking movement will totally transform health as we know it

1

YOU'LL SPEND LESS TIME IN WAITING ROOMS Smartphones are putting more knowledge and power into patients' hands. Currently, much of your biodata—from heart rate to sleep—can get funneled (with your OK!) from your apps to your doctor via platforms like Apple HealthKit and Microsoft HealthVault. There, you can merge them with existing medical records, like your last tetanus shot or antibiotic allergies; this could give docs more info to treat you remotely. Next-gen devices will use data to predict the likelihood of events like depressive episodes (by analyzing tone of voice) and asthma attacks (with sensors that detect pollen count and respiratory hot spots). It's a major shift, says Eric Topol, M.D., cardiologist and author of *The Patient Will See You Now*. "We've got data streamed in real time in the real world, not the contrived setting of a doctor's office, and the patient has a computer to help them interpret it."

2

YOU'LL HELP ADVANCE SCIENCE All of this monitoring goes beyond your own health. Data gathered by millions of trackers may one day reveal what in our diet or fitness patterns keeps us healthy or causes disease. In March, Apple announced its ResearchKit initiative, allowing people to share their info with scientists working on projects in asthma, heart disease, diabetes, breast cancer and Parkinson's; more than 40,000 people volunteered within days. Google is working on a wristband that can track patients' vitals for clinical trials. According to Kara Dennis, managing director of mobile health at Medidata, a cloud-based system for health data, this type of continuous feedback "will improve our understanding of disease progression and of which therapies actually work."

3

YOU COULD CHANGE YOUR HEALTH FUTURE Dr. Topol thinks we'll one day have a giant global database containing everyone's medical data. By finding your closest genetic matches, you'll be able to have insight into, say, what your cancer or Alzheimer's risk might be, long before you get sick. "Then you'll have other human beings helping each other from this massive knowledge resource," Dr. Topol says. "To me, that's the most exciting part of all of this." —K.C.

TAKE YOUR HAIR TO PARADISE



HAIR THAT SMELLS AS GOOD AS IT FEELS



(SELF)

INDULGE

SPINACH SALAD

Learn to prep this leafy lunch at the Golden Door spa in California. (Get the recipe at Self.com/go/salad.)

FOODIE GETAWAYS

→ The freshest trend in travel lets you harvest and cook what ends up on your plate. Here, our top picks for where to go to forage, fish and more.

WILL TRAVEL FOR FOOD!

Pack the hiking boots (or flippers!) and head to one of these agritourism hot spots.

BY CHRISTINA VALHOULI

PICK GRAPES IN ITALY

WHERE TO GO Housed in a 10th-century castle—think terra-cotta floors, wood-beam ceilings and antique everything—Castello di Casole is surrounded by acres of olive groves and vineyards. Tuscan hills provide an idyllic backdrop for hiking, biking and horseback riding. There's even a spa (in a converted wine cellar, naturally). From \$386 a night; CastelloDiCasole.com

WHAT TO DO Book in September and help harvest grapes with the resident vintner. After wine tasting, take a cooking class and learn how to use your fresh-picked fruit in local specialties like focaccia all'uva, a sweet grape bread.

PERFECT FOR Active foodies who want to boost their wine savvy while reveling in a little old-world glamour

FORAGE IN MAINE

WHERE TO GO Get a taste of small-town New England charm at Hidden Pond, a rustic-chic resort comprising 36 cottages in picturesque Kennebunkport, Maine. Vegetables grown on the resort's organic farm appear on the menu at Earth, Hidden Pond's popular restaurant. Sit on the patio for a view of the vegetable garden and pond. From \$399 per night; HiddenPondMaine.com

WHAT TO DO Join Justin Walker, Earth's rising-star executive chef, on an expedition into the woods near the hotel to forage for black trumpet and hen-of-the-woods mushrooms, wild cranberries and black cherries.

PERFECT FOR Nature lovers in search of a casual, cozy vacation

MAKE CHOCOLATE IN BELIZE

WHERE TO GO Recently renovated by the duo behind Belcampo organic restaurants and cattle farms in California, Belcampo Belize boasts a 3,000-acre sustainable farm, free-range pigs and a distillery. The surrounding rain forest and nearby Gulf of Honduras give the resort a lush, exotic feel, but its eco-chic rooms and spa are all about comfort. From \$380 a night; BelcampoBZ.com

WHAT TO DO Choose from a chocolate-making class, diving for lobster with the chef or foraging for hearts of palm (for your next salad) with a local.

PERFECT FOR Explorer types who want a hands-on experience without truly roughing it

HARVEST VEGETABLES IN CALIFORNIA

WHERE TO GO Legendary for its spa treatments and Zen vibe, the Golden Door in Escondido, California, encompasses a 20-mile network of hiking trails, organic olive and citrus groves, chicken coops and a 3-acre

biodynamic farm. One-week rates start at \$8,850; GoldenDoor.com

WHAT TO DO Pick pumpkins, pomegranates and more, then learn how to use them in some of the spa's most popular dishes. Or suit up with executive chef Greg Frey Jr. and learn about the inner workings of a honeybee hive.

PERFECT FOR Veggie—and luxury—lovers looking to eat healthy, get fit (everything from pilates to an aqua boot camp is on offer), and log some hours at a top-notch spa

CRAFT COCKTAILS IN HAWAII

WHERE TO GO Perched on a hill overlooking the Pacific Ocean, the Hotel Wailea in Maui has its own organic garden and two eateries committed to using local ingredients. Try canoeing or kite boarding, or just lounge by the pool. Either way, sunset cocktails (like the margarita below) are in order—the resort makes theirs with fresh juices and homemade syrups. From \$519 a night; HotelWailea.com

WHAT TO DO Hop in a golf cart headed to Hotel Wailea's mango and avocado orchards, then return for a poolside mixology class, where you'll whip up drinks using fruit and herbs from the gardens.

PERFECT FOR Travelers who want to relax, recharge and toast to a day in paradise—not spend all day in a kitchen

FISH IN THE BAHAMAS

WHERE TO GO Three miles of unspoiled white beaches and no in-room Internet or TV make Kamalame Cay, a private island getaway in the Bahamas, the perfect place to unplug—and eat well. The resort grows its own produce and herbs, bakes its own bread and features fresh-caught fish on its menus. From \$250 a night; Kamalame.com

WHAT TO DO Take a boat out on the open waters to fish for snapper and grouper; then head to the kitchen, where a chef will help you cook your catch for dinner.

PERFECT FOR Fishing enthusiasts and ocean lovers seeking a barefoot-style escape from tech overload

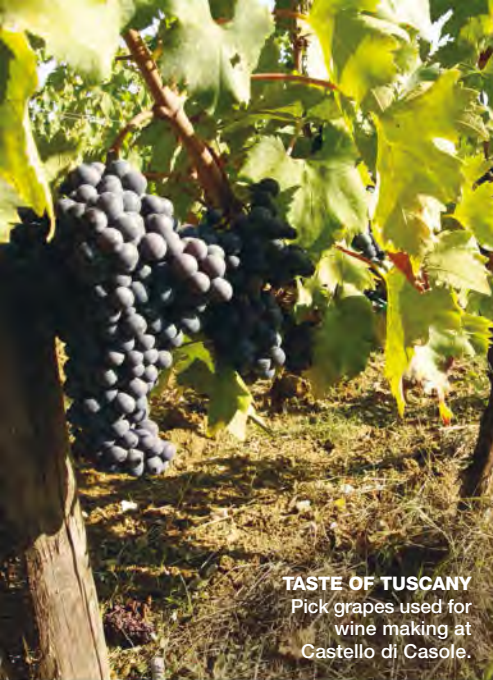


MAKE IT AT HOME

Try the Piña de Pele Margarita:

In a blender, puree 1 cup cane sugar, 1 cup water and 1 jalapeño chile, stemmed.

In a shaker, combine 1½ oz tequila, 1 oz lime juice and 1 oz jalapeño syrup. Fill with ice, top with pineapple juice, shake and pour into a glass rimmed with honey and pink salt.



TASTE OF TUSCANY

Pick grapes used for wine making at Castello di Casole.



CAST AWAY Reel in the catch of the day at Kamalame Cay in the Bahamas.



LOCATORE'S DILEMMA What to eat first? Dinner at Belcampo Belize



BEAN TO BAR Turn cacao into delicious chocolate treats at Belcampo Belize.



FOREST TALES Go foraging for mushrooms at Hidden Pond in coastal Maine.



FARMER FUN Collect garden veggies and eggs from the henhouse at the Golden Door.

LIFE IN BALANCE

CONTINUED FROM 113



going to get through 18-hour days is if you treat your body like a precious machine.”

Washington began to think about her body as an instrument. She likes the way pilates tones her muscles, but she also credits it with helping her get into character. Pilates emphasizes working from a neutral spine and hips. Washington carries that principle with her to the set every day, because she finds it much easier to shift into embodying Olivia from neutral than from Kerry. “Olivia knows she has to be strong for others, so she tries to keep everything as close to neutral as she can,” says Washington. “I’m always trying to know what’s going on in my own body so that I’m not bringing my stuff into my character.”

To transform from Kerry to Olivia, Washington says she initiates movement from her head, since Olivia is cerebral and driven by her intellect. But when she works with Tony Goldwyn, who plays her character’s love interest, Fitz, her physical center of gravity shifts. “In my scenes with Tony, my center will move from my head to my heart,” says Washington. “And sometimes this happens unconsciously, because I’m just in the moment.”

Being in the moment can be difficult. *Scandal*’s shooting schedule is such that the cast often films two episodes at once. Washington usually gets the script for a new episode the day before she starts filming it. She might begin a workday with a joyous scene and end with one that calls for her to be an emotional wreck. The long hours also keep her away from home, where she likes to prepare her own healthy meals. To help, she asked Kimberly Snyder, owner of the L.A. juice bar Glow Bio, to show *Scandal*’s craft services team how to make her favorite green smoothie, with romaine, celery and apple. (It’s her go-to for 5 A.M. call times.)

“As far as food goes, I don’t have strict rules,” she says. “I don’t eat a ton

of animal protein, but I do eat some—I’m not a vegan or vegetarian. I try to eat organic and local and just listen to my body.” Washington steers clear of coffee because it makes her crash too hard when it wears off, instead preferring green tea with honey. And though Olivia Pope famously drinks a balloon glass of red wine to unwind every night, Washington doesn’t drink during the months she’s filming. “I’m such a lightweight that if I drink, it takes me a couple of days to recover,” she says. “So I prefer to do it on a beach and not when I have to do a three-page monologue the next day.”

Filming *Scandal* was especially tough on Washington once she became pregnant with Isabelle, during season 3. How could she find neutral spine in her character’s 4-inch spiky heels? “My OB was like, ‘Uh, enough with the heels,’” she says. Instead, Washington began to approach Pope more as an anthropologist would, leaning on her emotional and psychological understanding of the character as her own body changed.

She does not, however, look like a woman who gave birth last spring. “A few weeks ago, my manager asked: ‘Do you feel like you’re back? I feel like you’re back.’ She meant it as a total compliment, but we had this great conversation where I was like, ‘You know what? I try really hard not to use that language, because it’s not about going backward in life.’ I think it comes from this culture of antiaging, which is so not loving to ourselves.”

Instead, Washington has embraced her new body, which she does not want to look like the body she had before. “I’ve been really focused on not being ‘back’ to anything, but being the best version of myself right now,” she says. “My body is the site of a miracle now. I don’t want to be pre-miracle.”

When I tell her that is probably the most enlightened thing anyone has ever said to me in an interview, she laughs. “I’m no more evolved than anyone else. I’ve probably just done the most therapy and read the most self-help books.” I tell her I don’t want to ask her how she will balance having a career with being a mom, because men never get that question. She agrees. “I think it’s really silly,” she says of the double standard. “The way that families work is so much more

inclusive and shared now. Men should get that question more.”

Instead, I ask her what kind of mother she is. “That would be a good question for other people, although nobody would answer you because they’d say, ‘Kerry is so private—I’m not answering that question,’” she says. “I try to be a really conscious mom. I try to be the mom she needs me to be, not the mom I want to be.”

In addition to getting married and becoming a mother during *Scandal*’s run, Washington has also taken on the role of producer. In June, she decamped to Atlanta to begin shooting *Confirmation*, a movie about whistle-blower Anita Hill, in which she also stars. It airs on HBO in 2016. Though the story navigates the same D.C. political complex as *Scandal*, Washington was drawn to the challenge of going from playing the ultimate insider to a largely powerless outsider. “Anita is not a part of the system,” she says. “Liv kind of runs the system. So I’m thinking, How can I stretch myself and do something that feels really different from Olivia?”

On top of all this, Washington also works with Allstate Foundation Purple Purse, a program aimed at raising awareness around financial abuse, and how a lack of access to resources can trap women in abusive relationships. “Purple is the color for domestic violence, and a purse is a symbol of where a woman keeps her financial well-being,” she says. “Financial abuse is this insidious part of domestic violence—like someone ruining your credit so that you can’t go,” she says. “It’s not always as obvious as a black eye or a broken wrist.” She designed a handbag for the group last year and is doing so again this year.

While Washington has always been a high achiever, she says that she would have been nervous about undertaking so many commitments before standing in the heels of her iconic character. But Washington has more in common with Pope than she initially realized. “It makes my heart smile to think that maybe part of the reason I’m taking all this on is because of Olivia,” she says. “She truly believes that she can handle every situation, and I do feel that has bled into my life. I have more of a sense of my capacity to do anything.” ●

GET-IT GUIDE

Covers Custom bodysuit, Scott Stevenson, \$275; TheScottStevenson.com. Bangle, \$1,156; MayaBrenner.com. Dress, Salvatore Ferragamo; 866-337-7242. **Page 4** Shirt, Under Armour, \$50; UA.com. Skirt, Carven, \$590; 646-684-4368. Shorts, \$90; CoeurSports.com. Belt, \$3,675; Chanel.com for stores. **Page 6** Black bodysuit, Versace; 888-721-7219 for similar styles. Orange sports bra, Elisabetta Rogiani, \$71; Rogiani.com. **Page 18** Sports bra, Ultracor, \$110; Bandier.com. **Page 30** Shirt, \$90, and jeans, \$80; Denim & Supply Ralph Lauren; RalphLauren.com. Sneakers, Vince, \$350; NeimanMarcus.com. **Page 40** All scarves, ZII by Rhonda Khalifeh, \$40 each; Etsy.com/Shop/Zaharii. Clothing, clockwise from top left: Vest, \$625; Theory.com. Vest, \$270; ArmaniExchange.com. Vest, Beaufille, \$1,625; Satine Los Angeles, 323-655-2142. Vest, Rag & Bone, \$75; Nordstrom. **Page 42** Visor, Lululemon Athletica; Lululemon.com for similar styles. Wristband, \$10 for two; EvoShield.com. Socks, \$2; TheSockMan.com. Sneakers, Ash, \$228; AshFootwearUSA.com. **Page 45** Top, A.L.C., \$325; Saks Fifth Avenue. Pants, T by Alexander Wang, \$275; AlexanderWang.com. **Page 48** Top; ElleSasson.com for other styles. **Page 58** Earrings, \$100; MelissaJoyManning.com. **Page 67** Crop top, \$248; LucasHugh.com. Leggings, Lululemon Athletica, \$102; Lululemon.com. Fitness tracker, \$150; Fitbit.com. Sneakers, Under Armour, \$100; UA.com. **Page 68** Mesh top, \$250; MonrealLondon.com. Leggings,

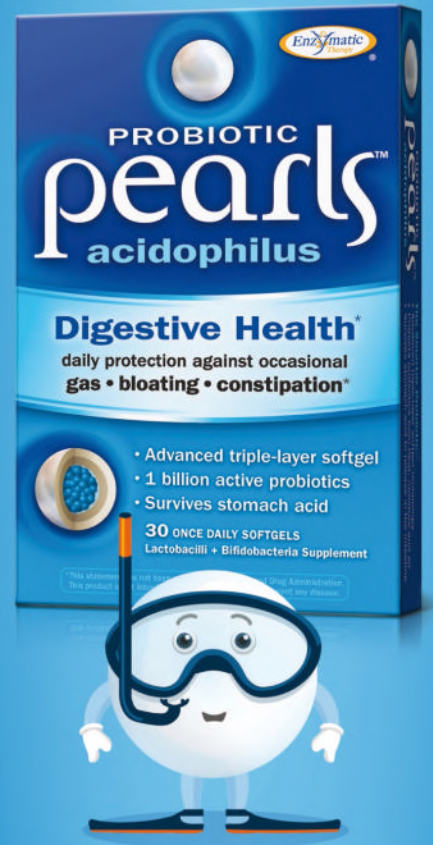
Daquini Activewear, \$149; Daquini.com. Sneakers, \$150; Nike.com. **Page 81** Dress, ICB, \$395; ICBNYC.com. Bag, \$1,750; MarcJacobs.com for stores. Cuff, Marco Bicego, \$4,580; Neiman Marcus. **Page 88** Squash racket; Head.com for other styles. **Page 98** Bodysuit; Southpaw Vintage.com for other styles. Belt, Herve Leger by Max Azria, \$798; HerveLeger.com. Hand wraps, Ringside, \$7; Amazon.com. Shoes, Strange Matter, \$480; Barneys.com. **Page 99** Crop top, Albright Fashion Library, \$1,075; FannieSchiavoniShop.com. Sports bra, Victoria's Secret Sport, \$57; VictoriasSecret.com. Briefs, Victoria's Secret Swim; VictoriasSecret.com. **Page 100** Vest, \$90, white tank, \$27, and black tank, \$40, Victoria's Secret Sport; VictoriasSecret.com. Briefs, Victoria's Secret Swim, \$35; VictoriasSecret.com. Gloves, Everlast, \$40; Amazon.com. **Page 101** Bodysuits, Alix, \$130 each; OpeningCeremony.us. Shorts, T by Alexander Wang, \$195; AlexanderWang.com. **Page 102** Bodysuit, \$325; Baja-East.com. Shorts, Tzuij, \$60; Patricia Field, 212-966-4066. **Page 103** Swimsuit, Victoria's Secret Swim, \$59; VictoriasSecret.com. Sports bra and sweatshirt, Victoria's Secret Sport; VictoriasSecret.com. Gloves, \$1,575; ElisabethWeinstock.com. **Page 105** Dress, Boss, \$745; HugoBoss.com. Jersey, Castelli, \$79; Castelli-Cycling.com. Shorts, Under Armour, \$28; UA.com. Belt, Marc by Marc Jacobs, \$348; MarcJacobs.com for stores. **Page 106** Top, Harbison, \$875; InSupportOf.us. Pants, \$925; Escada.com for stores.

Shoes, Louis Vuitton; 866-884-8866. **Page 107** T-shirt, \$35; Adidas.com. Shirt, Theory, \$245; 212-524-6790. Skirt, Rag & Bone, \$425; Shopbop.com. Leggings, \$95; TorySport.com. Helmet, Simpson, \$299; WindingRoadRacing.com. **Page 108** Dress, Jason Wu, \$1,995; Neiman Marcus. Rash guard, \$225; OrlebarBrown.com. Shorts, Asics, \$42; AsicsAmerica.com. Bag, \$2,270; Marni.com for stores. Shoes, Calvin Klein Collection, \$995; 212-292-9000. **Page 109** Top, \$180; Les-Cinq.com. Skirt, \$1,690; Valentino.com for stores. Shoes, \$1,450; MiuMiu.com. On men throughout: Tops, \$80 and \$120, jumpsuits, \$400 and \$600, gloves, \$100, and shoes, \$140; AlpineStars.com. Gloves, \$159, and shoes, \$209, OMP Racing; OMPAmerica.com. Cap; Piloti.com for other styles. Headphones; Koss.com for other styles. **Page 111** Custom bodysuit, Scott Stevenson, \$275; TheScottStevenson.com. Gold and diamond bracelet, Mizuki, \$990; BergdorfGoodman.com. White gold bangle, \$1,156; MayaBrenner.com. **Page 112** Dress, \$495; NiliLotan.com. **Page 114** Tank, Adidas Y-3, \$50; Adidas.com. Tennis skirt, \$38, sneakers, \$160, and sports bra; Adidas.com. Wristbands, \$25 for two; TommieCopper.com. Racket, Yonex, \$199; Tennis-Warehouse.com. **Page 116** Top, \$350; FillesAPapa.com. Bodysuit, \$19; DancewearSolutions.com. **Page 118** Dress, The Fashion Club, \$685; TheFashionClubLabel.com. Earrings, Stella McCartney, \$425; Net-A-Porter.com. **Page 119** Dress, Sportmax, \$895; 212-674-1817. Backpack, Kenzo, \$720; OpeningCeremony.us.

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A full-page background image showing a person rappelling down a rope into a deep, narrow canyon. The person is wearing a helmet and a dark shirt, and is positioned on the left side of the frame. The canyon walls are made of layered, reddish-brown rock. The lighting is warm, with a bright light source at the top left, creating a strong contrast and highlighting the textures of the rock.

WHY I...

CANYONEER

By **KATHARYN WOODS, 31**, doctoral candidate in earth sciences at Northern Arizona University and canyoneering guide

Canyoneering—using ropes to descend into canyons—requires commitment. In rock climbing, you can decide you don't want to go any farther and stop. But with canyoneering, once you grasp the rope and walk backward off the edge of the cliff, you have to get all the way to the bottom. And you can't climb back up the rope—for the next few hours, or maybe even all day, I'm down there. So from the moment I begin to descend, I'm intensely focused. I can't think about the deadlines and pressure I'm under, working toward my Ph.D.

I first got interested in canyoneering when I was 19. I heard about the canyons in Zion National Park in Utah from my college rock climbing group. I thought, I have to go there. I've loved it ever since. I like how free I feel when I'm in a canyon. It's like dancing: I have to be fluid and creative as I shimmy with my hands and

feet against the rocks. And if it's a wet canyon, I wear a wet suit. I might even swim through icy pools at the bottom. Throughout my descent, I get to see the underbelly of the rocks—hanging gardens, roots, wildflowers.

When I start any descent, I have a motto: "Keep a clear head and a wild heart." If something goes wrong, my heart's going to flutter and go wild—but I can't let my head go to that same place. That kind of thinking steadies my mind and prepares me for the next step.

I started leading women-only canyon tours last year to show that women rock at canyoneering. We're flexible, have great endurance and are careful thinkers. It's so rewarding to help other women feel capable. And at the end of it, we get to take in the beautiful, deep, dark secrets of the earth that no one else gets to see.

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Woods descends into one of the canyons in Zion National Park in Utah.



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