

SELF

43

secrets to your best body ever

Head-to-toe tricks
you've got to try
(The #1 trick, p. 74)

Look amazing without trying...

Fresh ideas
for glowy skin,
healthy hair

YOUR SUMMER MANTRA

STRONG & SEXY

The newest workouts, fitspo
& gear to up your game

Ellie Goulding

On rocking
out with royals
and kicking
ass at the gym

FLAT ABS

For crop tops,
bikinis—or
nothing at all!

Change is good

When to
make a
bold move

Reset your weight

Find your
trigger, p. 62

July 2014 \$4.99 US
\$5.99 FOREIGN



COVERGIRL®

easy breezy beautiful



GET KATY PERRY'S
#insta~~GLAM~~ collection
and #insta~~GLAM~~ yourself

INSTA-GORGEOUS!

NEW READY, SET GORGEOUS

A do-it-all foundation that's
insta-flawless, insta-shine free,
insta-lasting and insta-gorgeous!



instaglam you,
then Instagram us #covergirl



Volumizing base coat with new curved brush adds curl and lift.

INSTA-CURVES!

NEW BOMBSHELL CURVACEOUS

Insta-volume and insta-dark intensity, now comes with flirty, sexy curves.



INSTA-LICIOUS!

NEW COLORLICIOUS GLOSS

Insta-rich color so dripping with shine it makes everything you say, juicy.



INSTA-GELOUS!

NEW XL NAIL GEL

Insta-plump, insta-hi shine that makes salon nails gelous!



CONTENTS

07/14

COVER STORIES

- **43 Secrets to Your Best Body Ever** 74
(and throughout issue)
- **Look Amazing Without Trying** 78
(and throughout issue)
- **Your Summer Mantra: Strong and Sexy** 44
(and throughout issue)
- **Ellie Goulding** 70
- **Flat Abs** 43
- **Change Is Good** 60
- **Reset Your Weight** 62

FLASH

- Cold, Hard Science** 13
There's an easy new way to burn off that 3 P.M. snack.
- News** 14
What your sleeping style means for your relationship
- Trend** 16
Prep is back in style—here's how to give it a little edge.
- Weekender** 18
What you must do in July

YOU+ LOOKS

- Golden Arches** 21
On point for spring: showcasing natural brows
- Hairstylist** 22
The brilliant woman behind Drybar has some tips to make your blowout last.
- Beauty Time-Savers** 24
Tricks to help you look fresh when the temperature soars



Take your workout to new heights
You're more likely to stick to a routine if you sweat with friends, research finds. Page 74

- Beauty Q&A** 26
Do at-home facial lasers really work? Plus, pull off this season's hottest lipcolor.
- Want It? Work It!** 28
Tone your legs, then show 'em off in trendy shorts.
- Obsessed** 30
So many cute bracelets! RSVP to this arm party.
- Festival Style** 32
The best of Coachella. Twelve boho looks to try
- Just Press Pretty** 78
DJ Alexandra Richards's effortless beauty secrets
- Live Out Loud** 84
Six ways to cultivate a one-of-a-kind personal style that feels like you—only more chic!



Aveeno[®]
ACTIVE NATURALS[®]

Naturally Beautiful Results[™]

new



Aveeno[®]
ACTIVE NATURALS[®]

positively
radiant[®]

targeted
tone
corrector

with vitamin A

helps fade the
look of dark spots
and uneven tone

ACTIVE NATURALS[®]
TOTAL SOY[®] COMPLEX

Tired of waiting for stubborn brown spots to fade?

New AVEENO[®] POSITIVELY RADIANT[®] Targeted Tone Corrector with Vitamin A and Soy helps reduce the look of stubborn brown spots in just 2 weeks. What are you waiting for?

CONTENTS



Too pretty to drink!

Well, almost. Get the recipe for this rhubarb spritzer, only 201 cals. Page 96



Show your stripes
Singer Judith Hill works this season's boldest trend: bright, allover prints. Page 84

YOU+ BODY

Power Play 39

This quick tip will make the gym feel that much easier.

Most Wanted 40

Headphones that stay in and keep up with your workout

Master This Move 43

Just one exercise sculpts every major muscle group in your body.

Trainer to Go 44

The badass who gets P!nk and Kelly Rowland into tip-top shape shows you her signature moves.

Which Is Worse... 48

Blowout edition! Confess a work flub or stay mum? Bagel or muffin? So many dilemmas. We're here to help.

Health News 50

Are these new natural sweeteners for real? We broke down the facts to bring you the skinny.

Fast Food 52

You can serve this tasty summer tart in under 30 minutes.

Chef's Table 54

Want beautiful skin? Eat more salmon—two dishes to try.

Health Q&A 56

If you're a magnet for mosquitoes, Dr. Lodge has the antidote for you.

G.R.L. Powered 74

Get fit with a little help from your friends (and pump-up music, too).

Drink Up 96

We made your favorite summer sips healthier and tastier!

YOU+ LIFE

A Better Bar Hop 59

On weekends, beware: Doing *this* could spell hangover.

Success Trick 60

Dreaming of a big change? Conquer your Fear of Moving Away.

SELF Quiz 62

Stop a rabid craving in its tracks.

Turned On 64

Jessimae Peluso of MTV's *Girl Code* reviews sexy summer beach reads.

Anything Could Happen 70

Ellie Goulding on success, confidence and her intense body-toning routine

The Pregnant Pause 88

You can stop panicking about your fertility now.

Are You a Warrior...or a Thinker? 92

ID how you react to stress.

EVERY ISSUE

Self.com 6

Share 10

SELF Expression 66

Get-It Guide 100

Why I... 102

COVER

Photograph by David Gubert in Los Angeles. Creative director, Cynthia Searight; fashion director, Eyan Metzner; hair, Eric Gabriel for Wella Professionals; makeup, Lucy Wearing for Chanel Les Beiges Fluid; manicure, Kimmie Kyees for Nubar Cosmetic Products.

CLOTHES Blazer, DKNY. Sports bra, Tee by Alexander Wang. Pants, Love Leather. See Get-It Guide.

GET THE LOOK Dior Addict It-Lash Mascara in It-Black, \$26. Pantene Pro-V Root Reboot Dry Shampoo, \$7.



Ray-Ban

ALL SUNGASSES ARE NOT CREATED EQUAL

Beautiful quality frames and sun lenses made with your prescription. At LensCrafters, we believe your eyes deserve both protection and clarity at all times.

LENS CRAFTERS 



GET OUT OF TOWN...

We've mapped out summer getaways sure to satisfy your wanderlust. Surfing, hiking, napping on the beach, even skiing—there's something for every kind of traveler. We also rounded up the most luxe hotel rooms, plus we're showing you how to inject five-star style into your own home. Head to Self.com/life/travel for it all.

You shall not sweat in silence!

Before you lace up, check out our new cardio playlists. Curated by SELF editor and certified trainer Jaclyn Emerick, the mixes provide options for intervals, hills, even 10K training. Go to Self.com/go/playlists to stream your free Spotify tunes.

Guilt-free summer sips

Play mixologist with us by visiting Self.com/go/cocktails right now! Our step-by-step videos will help you assemble the season's most refreshing adult beverages, and they're all under 200 calories. We repeat: all under 200 calories.



Watch how it's done!
We're pouring even more summer drinks at Self.com/go/cocktails.



“want to stay
haute in the heat?
I've got the perfect shade.”

— Essie

summer
2014
limited edition



urban jungle



fierce, no
fear



roarrrrange



strut your
stuff



ruffles &
feathers

explore more
[@ essie.com](http://essie.com)



new
haute in the heat

America's nail
salon expert.
Since 1981.

SELF

Creative Director **Cynthia Hall Searight**

Executive Editor **Isabel Burton**

Managing Editor **Erin Hobday**

Beauty Director **Elaine D'Farley** Fashion Director **Evyan Metzner**

Entertainment & Features Director **Joey Bartolomeo** Web Director **Lucy Maher**
Features Director **Adina Steiman** Fashion Market Director **Larissa Thomson**

Beauty

Beauty Features Editor **Kate Sandoval**
Beauty Editor **April Franzino**

Fashion

Bookings Director **Sandra Wilson-Hess**
Senior Style Editor **Lida Moore Musso**
Senior Fashion Market Editor **Lindsay T. Huggins**
Senior Market Editor **Kristen Saladino**
Accessories Editor **Amber Herring**
Editorial Assistant **Sara Holzman**
Accessories Assistant **Danielle Leahy**
Fashion Assistants **Shea Daspin, Megan Michler**

Features

Articles Editor **Jessica Knoll**
Senior Staff Writer **Erin Bried**
Associate Fitness Editor **Jaclyn Emerick**
Associate Food Editor **Marjorie Korn**
Associate Lifestyle Editor **Devin Tomb**
Associate Editor **Jacqueline Risser**
Assistant Editor **Sara Angle**
Editorial Assistants **Alyssa Longobucco, Zahra Barnes**
Assistant to the Editor-in-Chief **Alexandra Engler**

Art

Art Director **Petra Kobayashi**
Deputy Art Director **Nora Negron**
Associate Art Director **Jessica Sokol Monaco**
Senior Designer **Karen Lew**
Art Assistant **Sarah Esgro**

Photography

Photo Director **Jean Cabacungan-Jarvis**
Deputy Photo Production Director **Fabienne Le Roux**
Assistant Photo Editor **Samantha Bolton**
Photo Assistant **Arielle Lhotan**

Production

Production Director **Sue Swenson**
Editorial Production Manager **Carl Kelsch**
Art Production Manager **Diane Williams**

Research

Research Director **Patricia J. Singer**
Reporter-Researchers **Carlene Bauer, Jacquelyn Simone**

Copy

Copy and Digital Editions Director **Michael Casey**
Copy Editor **Lawrence Levi**

Digital

Social Media Editor **Stephanie Paige Miller**
Web Features Editor **Rachel Jacoby Zoldan**
Web Producer **Cheryl Carlin**
Senior Director of Public Relations **Lauren Sueskind Theodore**
Senior Publicist **Brittany Forgiore**
Business Managers **Jennifer Sherman, Kimberly Testa**
West Coast Editor **Tessa Benson Tooley**

Contributing Experts

Catherine Birndorf, M.D., Henry S. Lodge, M.D.,
Stephanie Clarke, R.D., & Willow Jarosh, R.D., Jillian Michaels,
Marianne Battistone, Lisa Callahan, M.D., Janis Jibrin, R.D.

Contributing Editors

Beth Janes, Dylan Lauren, Katie Lee,
Jennifer Wolff Perrine, Elettra Wiedemann

Contributing Bloggers

Sarah-Jane Bedwell, R.D., Thailan Pham, Alexandra Samuel

Anna Wintour

Artistic Director

Thomas J. Wallace

Editorial Director

FOUNDER OF THE PINK RIBBON

Published at 4 Times Square, New York, NY 10036

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

Associate Publisher, Advertising **Matthew C. Mastrangelo**
Associate Publisher, Marketing & Creative Services **Renee Lewin**
National Advertising Director **Ali Salama**
Director of Finance **Glenn Spoto**
Executive Director, Creative Services **Esther Raphael**

Integrated Advertising Sales

Executive Beauty Director **Shelly Rapoport**
Executive Director, Food & Packaged Goods **Deborah Maresca**
Director, Beauty, Luxury & American Fashion **Erica Edwards**
Director, Beauty, Retail & International Fashion **Hilary Keefe**
Director, Health, Wellness & New England **Jeff Kimmel**
Director, Tech, Finance & Southeast **Kimberly Buonassisi**
Business Director **Erin Rand**
Executive Assistant to the Publisher **Shenika Louis**
Assistant to the Associate Publisher **Caroline Palmisano**
Advertising Coordinator **Mallory Tornetta**
LOS ANGELES Director **Julie Sitomer**
6300 Wilshire Blvd., Los Angeles, CA 90048; 323-965-3400
NORTHWEST Director **Laura Ogden**
50 Francisco St., 4th Floor, San Francisco, CA 94133; 415-955-8240
MIDWEST Director **Pamela Bucaro**
MIDWEST Manager **Hillary Kribben**
875 N. Michigan Ave., Chicago, IL 60611; 312-649-3500
DETROIT National Automotive Director **Anne Green**
2600 W. Big Beaver Rd., Suite 450, Troy, MI 48084; 248-458-7955
TEXAS **Lewis Stafford Company**
5000 Quorum Dr., Suite 545, Dallas, TX 75240; 972-960-2889
ITALY/MILAN European Manager **Enrica Manelli** 011-39-0265584232

Digital Advertising

Executive Director, Digital Sales & Marketing **Deirdre Daly-Markowski**
Senior Digital Director **Amy Chachkes**

Creative Services

Integrated Merchandising Director **Kristy Zoshak**
Director of Ideation & Integrated Merchandising **Gerald Arreglado**
Associate Integrated Merchandising Director **Allison Miller**
Senior Integrated Merchandising Manager **Casey Braun**
Integrated Merchandising Manager **Amanda DiLauro**
Associate Art Director **Dana Leonetti**
Associate Promotion Director **Jennifer Ma**

Marketing

Marketing Director **Samantha Saraceni** Senior Marketing Manager **Laura Vaccaro**

Advertising Sales Assistants

Sarah Champ, Bryn Jacobs, Gabe Piacentini, Sylvia Rzepniewski,
Susie Stoklosa, Katie Whitmire

Direct Response

Account Executive **Rebecca Volk**
800-753-5370, ext. 489; rvolk@mediamaxnetwork.com

Published by Condé Nast

Chairman **S. I. Newhouse, Jr.**
Chief Executive Officer **Charles H. Townsend**
President **Robert A. Sauerberg, Jr.**
Chief Operating Officer & Chief Financial Officer **John W. Bellando**
President-Condé Nast Media Group & Chief Revenue Officer **Louis Cona**
Chief Administrative Officer **Jill Bright**
Chief Technology Officer **Joe Simon**
EV-Chief Integration Officer **Drew Schutte**
SVP-Operations & Strategic Sourcing **David Orlin**
Managing Director-Real Estate **Robert Bennis**
SVP-Corporate Controller **David B. Chemidlin**
SVP-Market Research **Scott McDonald**
SVP-Business Development **Julie Michalowski**
SVP-Human Resources **JoAnn Murray**
SVP-Corporate Communications **Patricia Röckenwagner**
SVP-Editorial Assets & Rights **Edward Klaris**
VP-Manufacturing **Gena Kelly**
VP-Planning & Strategy **Shen-Hsin Hung**
VP-Digital Product Development **Hal Danziger**
VP-Human Resources **Chris Jones**
VP-Special Projects **Paul E. Wolek**
VP-Digital Operations & Monetization **Patty Newburger**
VP-Corporate Communications **Christopher Guenther**
VP-Corporate Communications **Joseph Libonati**

Condé Nast Media Group

VP-Corporate Partnerships **Josh Stinchcomb**
VP-Insights and Brand Strategy **Daniella Wells**
VP-Marketing Solutions **Padraig Connolly**
VP-Finance **Judy Safir**

Condé Nast Consumer Marketing

Executive Vice President **Monica Ray**
VP-Consumer Marketing **Gary Foodim**
VP-Planning & Operations **Matthew Hoffmeyer**
VP-Consumer Marketing Promotion **Gina Simmons**
VP-Marketing Analytics **Christopher Reynolds**
Executive Director-Consumer Marketing **Heather Hamilton**

Condé Nast Entertainment

President **Dawn Ostroff**
EVP-Chief Operating Officer **Sahar Elhabashi**
EVP-Programming & Content **Jeremy Steckler**
EVP-Digital Channels **Michael Klein**
EVP-Alternative TV **Joe LaBracio**
EVP-Scripted TV **Lisa Valentino**
Whitney Howard
VP-Technology **Marvin Li**
VP-Marketing **Mei Lee**
VP-Branded Content & Sales Marketing **Gina Marcheschi**
VP-Scripted TV **Anissa E. Frey**



skechers
GOwalk 2

 skechers
PERFORMANCE™
DIVISION



skechers
GO run

3

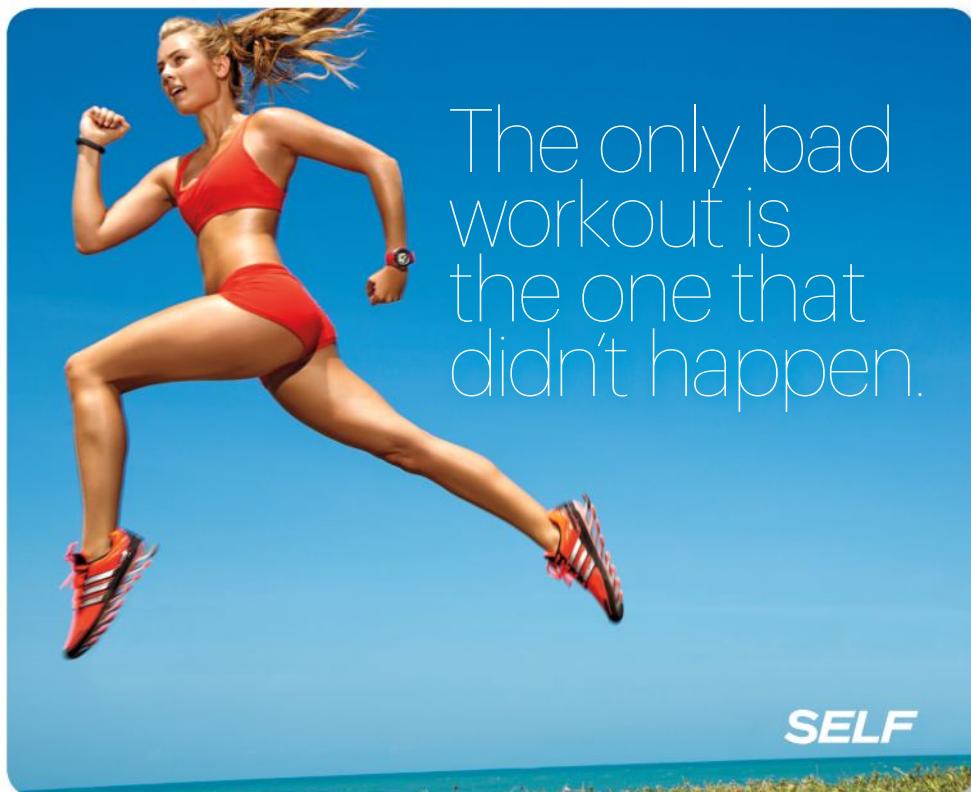
Madi Serpico, Triathlete



skechers
GOfit

FIND YOUR FIT.

Whether you walk, run or train, the Skechers Performance Division offers performance-engineered footwear to help you maximize your fitness routine.



The only bad workout is the one that didn't happen.

SELF

PIN THIS!**No excuses**

Reader Carolyn Bartley of Providence, Rhode Island, sent us the bit of wisdom at left. She says, "I'll use any reason to try to skip a workout: I'm tired; it's been a long day; my run won't even be good. This is one of my favorite things to tell myself when I need to get into gear."

CLOCKWISE FROM TOP LEFT: ARTHUR BELBEAU/BEN WATTS; FASHION DIRECTOR, EYVAN METZNER; HAIR, MOZA AT ART DEPARTMENT; MAKEUP, JENNA MENARD FOR CLINIQUE; MANICURE, GINA EDWARDS FOR CHANEL. COURTESY OF BEN WATTS. STOCKFOOD/CHARLES SCHILLER PHOTOGRAPHY.



EAT THIS!

A new use for zucchini

Reader tip: "A healthy swap I've been loving lately involves making pizza crust out of thin slices of zucchini, Parmesan, eggs and herbs. I mix it all together, bake it in the oven and finish it off with my favorite pizza toppings. It's guilt-free and great for your body." —Cassandra Rhude

**PLAY THIS!**

Ben Watts, the photographer (and sometime deejay) who shot fellow spinner Alexandra Richards this month, shares get-you-moving songs:

GIMME SHELTER (DJ TRIPP REMIX)
The Rolling Stones

MAGIC (DJ MIKE D MIX)
Coldplay

I SEE FIRE (KYGO REMIX)
Ed Sheeran

SEXUAL HEALING (KYGO REMIX)
Marvin Gaye

DON'T YOU WANT ME (SPECIAL EXTENDED DANCE REMIX)
The Human League

FEEL GOOD (OLIVER HELDEN REMIX)
Robin Thicke

I'M ON FIRE
Bruce Springsteen

SUMMER
Calvin Harris



SOMETHING TO SHARE? Get in touch to show us what you're into and how SELF inspires you!

What's in the air may be aging you.

Pollutants smaller than your pores
are almost everywhere.



MANUAL CLEANSING CLARISONIC CLEANSING



Tinted pollution marker shows visibly on skin.

*This visual demonstration compared removal of a tenacious pollutant mixture and showed Clarisonic cleansed 30x better than manual cleansing.

**Clarisonic has the power
to remove 30x more*
age-accelerating pollutants
than manual cleansing.**

#1 Cleansing Device Recommended by U.S. Dermatologists

clarisonic
We promise to transform your skin.

To learn more about how Clarisonic can help you fight skin aging visit Clarisonic.com/Pollution
Available at clarisonic.com, Sephora, Dillard's, Ulta, Macy's, Belk, QVC.com,
and select physicians and spas.



BLISS. MY SUMMER STATE OF MIND. POWER TO THE SHE.

 **ATHLETA**

FLASH

KEVIN CREMENS; PROP STYLING, ANGELA CAMPOS.



Don't ice out the gym.
Exercisers have greater reserves of calorie-zapping brown fat.

Cold, hard science

Being chilly is like a mini-workout. Shivering can trigger a hormone that converts white fat cells to brown ones, which burn calories, research shows. But how cold? Brave the AC at work and you'll torch about 100 cals in 90 minutes.

Source: Francesco S. Celi, M.D., professor of medicine at Virginia Commonwealth University

LIFE

Timing is everything Plan to tackle your toughest work projects on a Tuesday. It's the most productive day of the week, according to a new survey of HR managers. We use Monday to catch up, experts say, leaving Tuesday wide open for world—or at least inbox—domination.

Sweeter dreams Close sleepers (not to be confused with close talkers, your worst nightmare) are more satisfied with their relationship, finds research from the Edinburgh International Science Festival. Snooze close, and graze his leg or hand throughout the night and you'll unleash oxytocin, the bond-boosting hormone responsible for making you feel more connected to your big spoon.

FITNESS

Hot legs Kick off your workout with squats. Training the areas you want to improve first can increase your performance and net you better results, a study in the *Journal of Human Kinetics* finds. You're fresh and focused at the beginning of a workout, so capitalize on that energy while you have it.

Tap this app Spring is a rhythm-based app that syncs songs (streamed from a library of 30,000) to the pace of your workout. The \$3/month service tracks your movement and chooses tunes based on the intensity at which you work. Research shows that matching musical tempo to your body's performance can increase endurance by 15 percent. Music to our ears!

NUTRITION

Little gem There's a new super grain on the block, popular with celebs like Gwyneth Paltrow and Victoria Beckham. Called teff, this tiny Ethiopian grain has a nutty flavor and an all-star nutrition profile: mineral-rich, high in protein and, the holy grail, gluten-free. Toss into salads, or serve as a side. (Quinoa is weeping softly in the shower.)

BEAUTY

Save your shade The only thing we have to fear is fear itself—and haircolor fading prematurely. Smooth Nexus Color Assure Pre-Wash Primer, \$18, over dry strands before shampooing and conditioning when you wash your hair, and color will last twice as long. The oil serum creates a barrier, repelling highlight-damaging H₂O.



Tick it off: Don't leave key tasks for later in the week, when we get distracted by weekend planning.



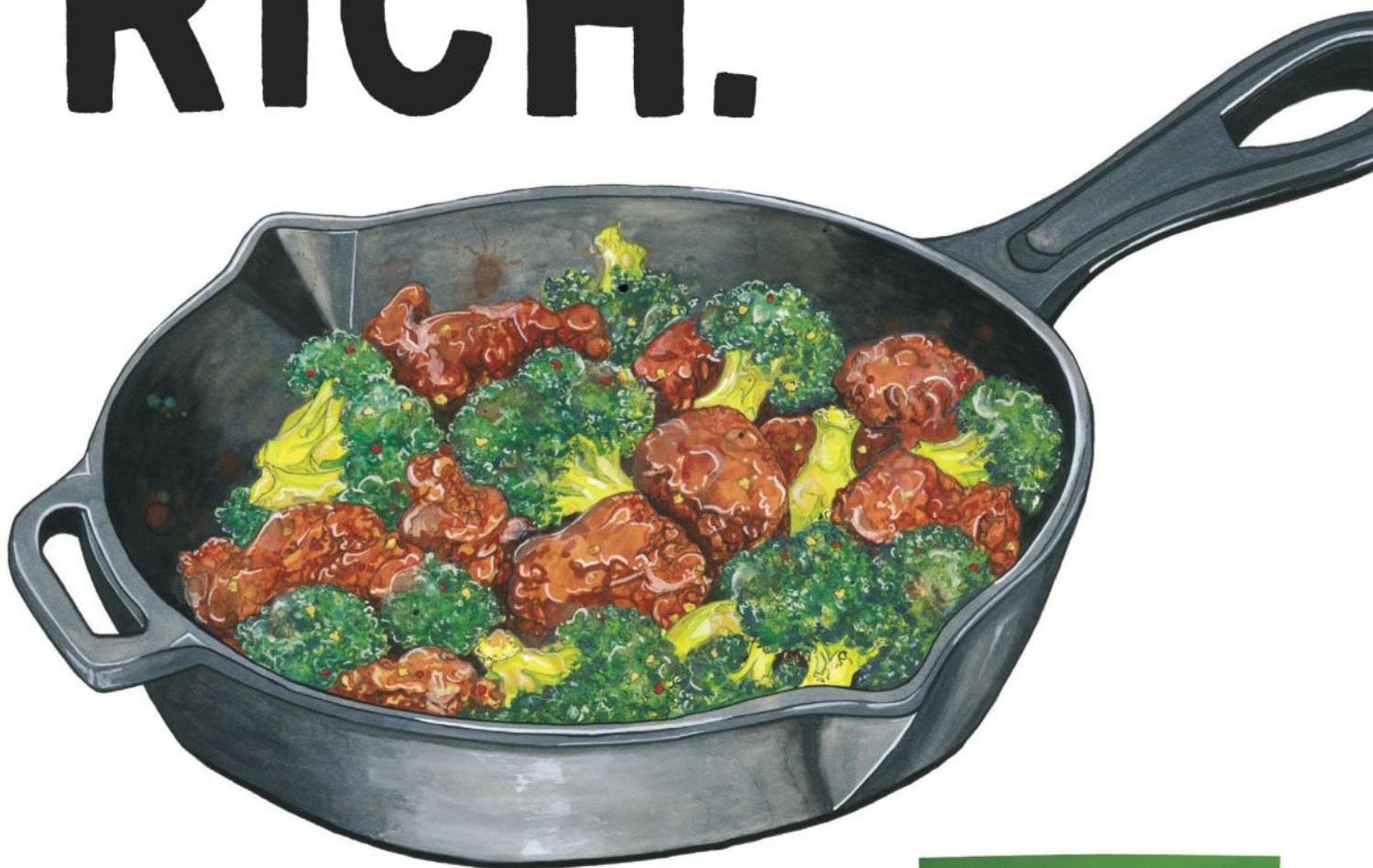
Canadian tennis player Eugenie Bouchard demos the perfect serve... and to-die-for legs.



Paltrow reportedly tucks into teff, an Ethiopian super grain.

This primer is like a raincoat for hair, keeping color vibrant.

WE'RE RICH.



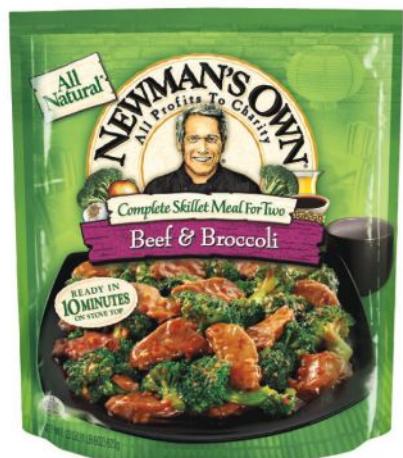
IN FLAVOR. NOT CASH.

Premium beef and broccoli in a savory garlic soy sauce.

Ready for two in ten minutes — and all profits go to charity.

How's that for a satisfying meal?

In the frozen aisle.





Plaid attitude
Straight off DKNY's fall runway: Prep-school girl meets biker chic

prepster

The style's at the head of the class.

Pop your collars, people. We love a good prep resurgence—it summons all kinds of nostalgia for us. Maybe we're drawn to the look because it reminds us of school, of a time when the summers were ours to do with as we pleased. But make no mistake—this season's incarnation is far from innocent, and these schoolgirl pieces look best when styled with an edge. Think a pleated mini with a leather jacket; prim oxfords with a bold red lip. Mummy and Daddy would be scandalized!

Make prep a lifestyle



Required reading
Maya Sloan's new novel, *Rich Kids of Instagram*, based on a real Tumblr, imagines a world of wealthy, ill-behaved teenagers.

Greek out

The only thing missing from this perfect plate: a lobstah roll. \$28; JonathanAdler.com



Lip service

Ultimate preppy brand Tory Burch just released a gorgeous new lipstick line. \$32; ToryBurch.com



Join the crew

Studios like NYC's Row House combine rowing with strength moves for a total-body challenge. RowHouseNYC.com



Aim to pleats

Zip into this fluffy mini; instantly channel Blair Waldorf's fierceness. \$85; Lacoste.com



Put a ring on it

You can never go wrong with a classic signet ring. \$220; Zeuner.com

Shoe in

Oxfords are versatile, timeless and kind to your soles. \$278; [Kate Spade.com](http://KateSpade.com)



Earn your stripes
Seersucker blazers: not just for people who use *summer* as a verb. \$188; Jcrew.com

CLOCKWISE FROM TOP LEFT: TOMMY TON/TRUNKARCHIVE.COM, STOCKHOLM STREET STYLE/BLAUBLUT EDITION/TRUNKARCHIVE.COM, SANDRA SEMBURG/BLAUBLUT EDITION/TRUNKARCHIVE.COM, JASON LLOYD EVANS/DEON JARVIS/PROP STYLING, NORINE SMITH (4), ROBERT MICHAEL/CORBIS, ESEMELWE/GETTY IMAGES, DEON JARVIS/COURTESY OF JONATHAN ADLER, DEVON JARVIS, JASON LLOYD EVANS.



I FINALLY EARNED ENOUGH

MILES TO FLY TO NYC.

THEN THEY RAISED THE MILES

REQUIRED TO FLY TO NYC.

YOU DESERVE A TRAVEL REWARDS CARD THAT LETS YOU TRAVEL.



Switch to the Venture® card and earn unlimited double miles on every purchase, every day. And use them to fly on any airline, anytime to New York – or anywhere else for that matter. No blackout dates or restrictions. After all, they're your miles. Shouldn't you be able to use them how you want?



Redeem miles for travel on any airline based on actual ticket price at time of purchase. Offered by Capital One Bank (USA), N.A. © 2014 Capital One.

JULY WEEKENDER

A month's worth of ideas to help you fill your days with fun!



FRI

SAT

SUN

4

You're a firework

Do an explosive workout. Adam Rosante of The People's Bootcamp created one just for SELF at SELF.com/go/firework.



Upbeat escape

Begin Again, out today, follows Keira Knightley as a heartbroken songwriter (Adam Levine plays her jerky ex) who discovers her voice when she teams up with a lost soul/producer (Mark Ruffalo). The catchy pop-folk soundtrack (Knightley does her own vocals) will leave you smiling.

12

Paramore's Hayley Williams sings at Ohio's Bunbury Music Festival. To keep her makeup in place while performing, she uses EltaMD UV Clear sunblock, she says.

13

One woman's tosses...

are another woman's treasure, thanks to FashionProject.com. The service sells your castoffs and donates 25 percent of the proceeds to a charity of your choice.

For every five items by qualifying brands you give, you get a \$40 Nordstrom gift card.



Om out this Saturday
The Wanderlust Aspen-Snowmass music festival is happening this weekend. Not only is the event headlined by cool indie bands like Jurassic 5, it's also a yoga retreat with a range of classes helmed by internationally renowned instructors. Break out the cutoff jorts and fringe vest.

6



Be a bronze beauty
Fake a Shakira-like glow with this trick: Mix a pea-sized drop of self-tanner with your face moisturizer, then apply to clean, bare skin. The dilution will give you a natural warmth.

5

The Wanderlust Aspen-Snowmass music festival is happening this weekend. Not only is the event headlined by cool indie bands like Jurassic 5, it's also a yoga retreat with a range of classes helmed by internationally renowned instructors. Break out the cutoff jorts and fringe vest.

18

Tear up the treadmill

Chicago hosts the Pitchfork Music Festival in Union Park, where rapper Kendrick Lamar is a headliner. His song "m.A.A.d. City" (feat. MC Eiht) has the perfect quick beat and booming bass to help you power through your next cardio session.

19

Eat a big fat Greek dinner

A diet of Mediterranean foods might boost your mood, research finds. Tonight's happy meal: salad with dark-green lettuce, nuts, tomatoes, bell peppers and a fish entrée cooked in olive oil.

21

A woman with blonde hair, smiling, wearing a dark top, holding an acoustic guitar.

20

Find a running buddy, join a running club and plan treks with your new friends using the free app RunWith.

20

Stay hydrated with a sleek Bkr glass water bottle (MyBkr.com). The grippy silicone skins keep water cold.

20

Stars! Not like us at all
Hilarious beach read: In Jennifer, Gwyneth & Me: The Pursuit of Happiness, One Celebrity at a Time, journalist Rachel Bertsche chronicles her attempts to adopt the lifestyles of super celebs. She mastered Tina Fey's work ethic but could not emulate Beyoncé's glam existence. Who could?

21

Orange is the new black
The key to doubling up on the hottest hue of the summer without getting into citrus overload: Pick one piece of clothing and one accessory.

26

A woman with blonde hair, smiling, wearing a bright orange top and sunglasses.

25



GARNIER
garnierUSA.com
©2014 Garnier LLC

GARNIER clean+

PURIFY + REBALANCE THE T-ZONE + SKIN

NEW

GARNIER clean+
Purifying Foam Cleanser
Deeply cleans & removes makeup + Comforts skin
Grapefruit & Pomegranate
COMBINATION SKIN
Oil-Free

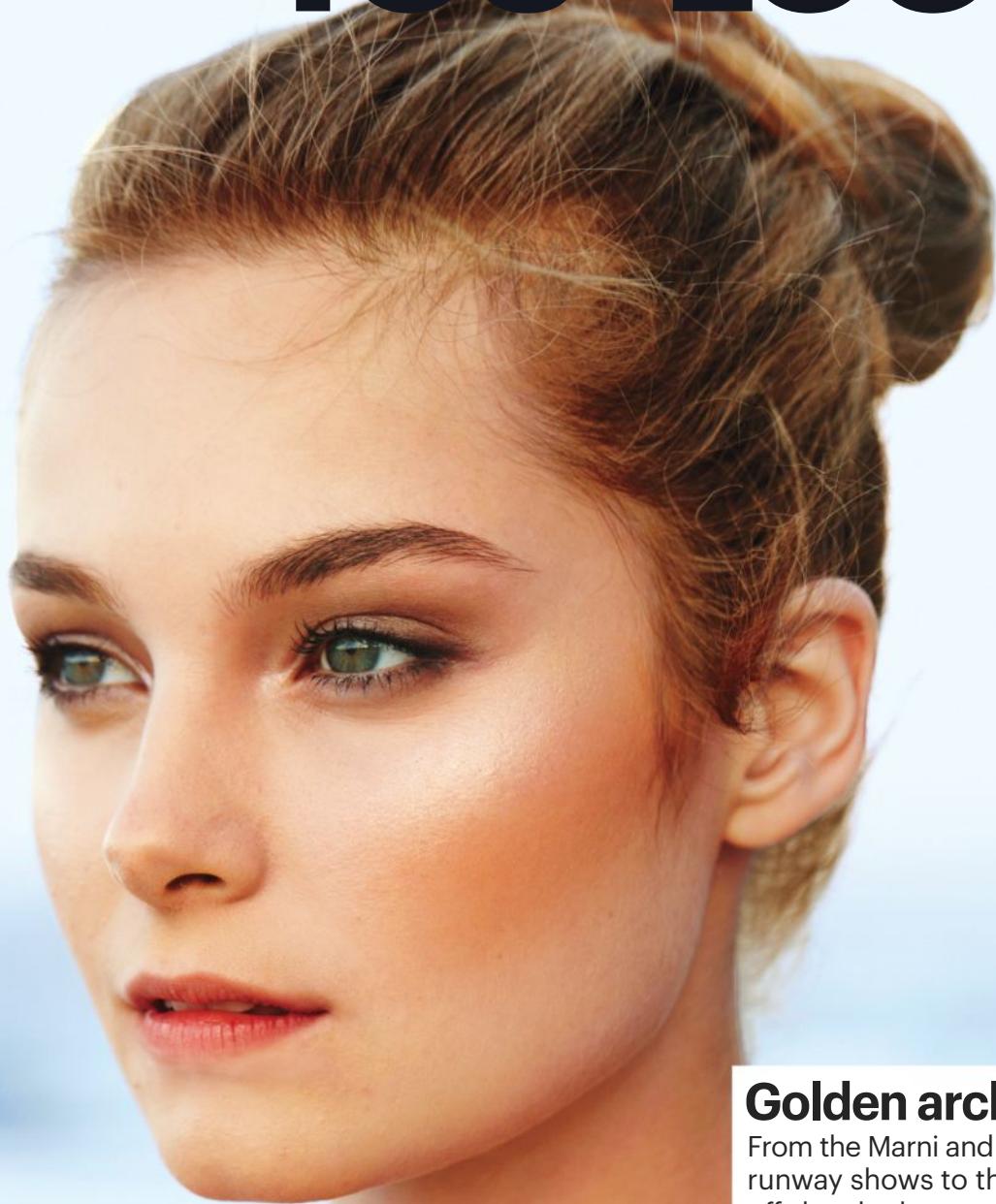
◀ REBALANCES SKIN

PURIFYING FOAM CLEANSER
OUR 1ST SQUEEZE-FOAM WITH GRAPEFRUIT & POMEGRANATE
89% SAW BALANCED SKIN[†]

NOT JUST A BETTER CLEAN, BETTER SKIN.*

[†]Consumers saw softer skin and reduced sebum after 4 weeks. *Provides a better clean by rebalancing skin and leaving it softer

YOU+LOOKS



Skip the liner

Strong brows define eyes, so limit makeup to a swipe of shadow and mascara.

Golden arches

From the Marni and Erdem runway shows to their off-duty look, top models are stirring up serious brow envy. The new bold arch is "powerful yet soft," says makeup artist Tom Pecheux, who created a "dusty cloud" effect at Marni.

Go sexy. Dip a spoolie brush (or cotton swab) in brow-matching eyeshadow, then comb through arches from inner corners out, creating a smudgy-smoky look.

Go sporty. Swap the shadow for a waterproof brow color, like Tarte Amazonian clay brow mousse, \$28, that stands up to sweat and heat.

make a blowout last

Squeeze days out of your style—and keep it Jessica Biel-gorgeous—with smart tricks from blowout queen Alli Webb, founder of Drybar. **By Krista Bennett DeMaio**

By Krista Bennett DeMaio



WHEN YOU WAKE UP...

Dry shampoo. Its starch soaks up oil so hair looks freshly styled. (We like Fekkai Blowout Hair Refresher, \$20.) Hold can 3 inches from hair and mist from part down to bottom layers, then rub in with fingers—a brush doesn't blend it as well, Webb says.

IN THE SHOWER...

Even if you manage to dodge the spray, the steam will still create some frizz. Pull a terry cloth-lined shower cap over hair before turning the water on—the fabric absorbs any moisture that might sneak in. Try Blowpro The Perfect Shower Cap, \$18.

Good hair anywhere
Pomade in a tiny tin, such as Lavett & Chin No. 02, \$38, tames strands on the fly.



IN RAINY WEATHER...

Umbrella, wellies...pomade? Don't leave home without it. If your blowout gets wet, rub a dab between hands and twist 1-inch sections of hair around fingers, rotating away from face. Hair will dry into loose waves or curls—much better than a wild pouf.

IF YOU'RE GOING OUT...

Get that salon shine back with a fast-absorbing dry oil for hair. (There is such a thing! See above.) "It's not so greasy that you have to wash your hands after applying, meaning it won't leave a heavy coating on hair," Webb explains. Put a few drops in palms and glide from midshaft through ends, avoiding top of head, where oil accumulates naturally.

BEFORE BED...

Wrap the crown of your hair around one or two medium-sized Velcro rollers (not so fun to sleep on, but worth it). "They'll maintain volume on top and prevent the separation that happens where the back of your head rests on the pillow," Webb says. ■

NEXXUS
SALON HAIR CARE
RAISE YOUR STANDARD

IT'S THE NEXT ERA IN COLOR CARE.

INTRODUCING NEXXUS® COLOR ASSURE
WITH OUR FIRST PRE-WASH PRIMER.

Finally, 2X longer hair color protection that helps lock color
at the core of hair. Infused with exotic white orchid, our
lightweight, revolutionary system keeps color vibrant and true.

RAISE YOUR STANDARD™ AT NEXXUS.COM/COLORASSURE



*based on Pre-Wash Primer, Shampoo, and Conditioner use over 8 weeks vs. non-conditioning shampoo. © 2014 Unilever. All rights reserved.

5
minutes

Get rid of swim hair.

To rinse the greening chlorine from the pool and damaging salt from the sea out of your strands, pour 1 cup of vodka over your hair when showering, leave on for five minutes, then shampoo and condition. The spirit removes harmful water deposits without altering your color or texture, explains Marc Harris, owner of Marc Harris salons in Boston. "It also detangles and helps close hair's cuticle layer, leaving it shiny."



2
minutes

Fight sweat spots.

Don't let hot temps ruin your look. To help keep skin dry and flower-fresh, mist your body with an astringent, such as Bioré Blemish Fighting Astringent, \$8. Pour it into a spray bottle, spritz all over and let dry, says Kristofer Buckle, a beauty pro in New York City. (He uses this trick on celebrities pre-red carpet.) The astringent's alcohol and menthol make skin feel cool, and along with witch hazel, cleanse it of sweat and oil.

1
minute

Create a natural eye.

On lazy summer days, swap layers of eyeshadow for something more subtle. Rim eyes with a neutral eye crayon (we like Laura Mercier Caviar Stick Eye Colour, \$26), then run a cotton swab dipped in face moisturizer over the line, says Diane Kendal, a makeup artist in NYC who used the technique at the spring/summer Chloé show. The lotion blends out the color for a "lived-in look," she says. —April Franzino





USE THIS COLLECTION TOGETHER TO
WHITEN YOUR SMILE
IN JUST 1 DAY

www.3DWhite.com



life opens up with a whiter smile

Crest + **Oral-B**

3DWHITE

©Procter & Gamble, Inc. 2014 ORAL-15627

You've got questions. SELF beauty director **Elaine D'Farley** has the answers.



How can I pull off the violet lipcolors I'm seeing everywhere?

Alyssa, 25, Los Angeles

The hues, popping up on runways and celebs (exhibit A: Lorde), are variations of Radiant Orchid, Pantone's color of the year. (Pantone is a color-trend forecasting company.) It's a pinkish purple and a fresh departure from red, the traditional statement lip. First, choose a texture. If you want a subtle look, tinted balms and glosses are an easy way to experiment, because they're sheer. Feel daring? Go for a richly pigmented lipstick or stain. Next, pick the right color for your skin: If you're warmer (golden) or olive, choose violets with a hint of red, like a raspberry or black cherry, says Lori Taylor-Davis, global pro lead makeup artist for Smashbox in Los Angeles. We're fans of Lancôme Baume in Love in Berry Crush, \$26. Those with cooler (blue) complexions or red undertones should look for a blue-leaning violet—think plum, such as the shade below, or blackberry.



Grape aid
Buxom Full-On
Lip Polish in
Jennifer, \$19

Are at-home facial lasers worth the money?

Saman, 29, Chicago

Yes, if your pain threshold is high and you're patient. Both doctor's-office and at-home laser devices use what's called nonablative fractional laser technology to make micro wounds in the skin, which stimulate collagen, minimizing lines. But the derm's laser is stronger, so you see results faster. Plus, you get an anesthetic for pain. It requires some downtime to heal, though, and can cost thousands for the three to six treatments needed. The over-the-counter versions, like the \$495 Tria Age-Defying Laser that I tested, aren't as powerful, so it takes more time to see effects—daily sessions for two to three months. The advantage is that there's no recovery period. But since it felt like I was being snapped with a rubber band, I quit after three days, in spite of the company's claim that 95 percent of users saw results. I'm sticking to retinoid creams, which smooth and plump painlessly.

What do you think of combs and brushes with built-in ingredients?

Emma, 21, League City, Texas

This new category of hair tools, infused with treatment and styling ingredients (conditioning and smoothing oils, like coconut, argan and olive; or strengtheners, such as keratin), aims to save you time and money. The teeth or bristles are coated with a film containing the ingredients, and friction caused by hair rubbing against the bristles releases a little of them slowly, explains Ni'Kita Wilson, a cosmetic chemist in Union, New Jersey. Because brush friction may damage hair, the ingredient coating can help protect it. But don't toss all your products just yet: Depending on your hair's condition, you may still need them to get the results you want. Only trial and error will tell.

Q. How do I get a vacation glow without going away?

Amanda, 24, Cinnaminson, New Jersey

Illuminate your face. Start the day with the skin-care version of a tropical juice: an exfoliating facial cleanser spiked with orange, lemon or grapefruit extract. (One to try: Yes to Grapefruit Daily Facial Scrub, \$10.) The wash acts as a very gentle peel, brightening dull skin, according to Tammy Fender, founder of Tammy Fender Holistic Skin Care. Our tip: Rub it in, then leave it on as you shower so the ingredients have more time to work before you rinse.

Open up your eyes. Vacation means being well-rested. On the flip side, lack of zzz's can impede skin's repair process, promoting redness, puffiness and dryness—most evident in the eye area because skin is thinnest there. To fake slept-until-11 eyes, place cooling eye patches under each while you get ready. "The chill causes vasoconstriction, reducing inflammation and temporarily tightening skin," says Dendy Engelman, M.D., a derm for Clearasil and director of dermatologic surgery at New York Medical College.

Add (minimal!) makeup. No one wears a full face when languishing on a secluded beach. Mimic that relaxed, almost-bare effect in real life: Spot-cover dark circles and blemishes, then focus on just cheeks and eyes. A dewy flush says, "I've actually been outdoors." To get it, "dab bright-pink cream blush on the roundest part of cheeks, blending up for lift," says Tina Turnbow, a makeup artist in New York City. Curl lashes, add mascara and push lashes toward lids with a finger to set. Brush brows up with tinted brow gel.

Try a spritz. Look (and feel) like you're basking in salt spray—gleaming and refreshed—with a hydrating face mist. Pick one that contains essential oils or hyaluronic acid instead of 100 percent water, which can actually pull moisture from skin as it evaporates, Dr. Engelman says.

Reported by Rachel Hayes



Got a question for Elaine?

Tweet @elainedfarley with #BtyQ.



At second blush
Pat cream blush on your mouth, too: The monochromatic effect is breezy-chic.

fresh-faced finds



+WANT IT? WORK IT!



CLOCKWISE FROM TOP LEFT: JASON LLOYD EVANS/ALESSANDRO LUCIONI/IMAXTREE.COM; YANNIS YLAMOS/INDITALIMAGE.COM; ANTHEA SIMMS, ANDREA ADRIAN/IMAXTREE.COM; LARSEN & TALBERT; STYLING, LIDA MOORE MUSSO; HAIR, AMY FARID FOR ORIBE HAIRCARE; MAKEUP, THORA FOR CHANEL; DEVON JARVIS. SEE GET IT GUIDE.

look hot in short-shorts

It's the thighs of July! Tone them, then show them off in sporty skin-baring cuts, bold shades and cool fabrics.

By Alyssa Longobucco



the product

Spot-treat any dimply areas with Caudalie Contouring Concentrate (\$35). The rosemary, juniper and geranium oils in the formula tone skin, while lemongrass oil helps reduce fluid retention, one of the main causes of cellulite. We'll take it.



the move

Sculpt sexy thighs with raised-leg wall squats. Start with back against wall, feet together, thighs parallel to floor. Keeping back and butt on wall, lift and extend left leg (as shown). Return to start; switch sides for 1 rep. Do 3 sets of 12 on alternate days.



Promotion

SELF WORKOUT IN THE PARK

Work.
Sweat.
Repeat.
So much fun.



Missed the event and still want to prove that sweaty is sexy?!

Visit SELFWorkoutInThePark.com to enter for a chance to win a limited edition t-shirt, sold exclusively at the 2014 events.

NO PURCHASE NECESSARY: To enter and for full rules, go to SELFWorkoutInThePark.com. Starts at 12:01 AM ET on 6/25/14 and ends 11:59 PM ET on 7/22/14. Open to legal residents of the 50 United States/D.C. 18 or older, except employees of Sponsor, their immediate families and those living in the same household. Odds of winning depend on the number of entries received. Void outside the 50 United States/D.C. and where prohibited. A.R.V. ten prizes: \$20 each. Sponsor: Conde Nast.

WE THANK OUR SPONSORS:

GARNIER **Reebok**

ATHLETA **AQUACAI**

baie **refresh**
TOTAL
COOLING BODY CLOTHS

emmy's

fitbit.

GoGo SQUEEZ

HEALTH WARRIOR

KIND

Lifeway
MAKING KEFIR SINCE 1994

popchips

truvia
from nature, for sweetness

VICTORIA'S SECRET SPORT

Workouts by

CRUNCH

Participating Charity
cancerandcareers

Media Sponsor

NEW YORK POST



Haute pink

Fun neon rubber gets fancy with a metallic magnetic clasp. Liza Schwartz Jewelry, \$60; LizaSchwartz.com

Pretty durable

Marine rope and coated brass can take chlorine or salt without fading. Sailormade, \$82; SailorMadeUSA.com

Star power

The Olsens put their glam stamp on the trend with rose-gold bursts. Elizabeth and James, \$295; Shopbop.com

cord bracelets

The classic friendship bands, gone luxe

By Jacqueline Risser

Functional fashion

That sleek anchor? It doubles as a clasp. \$80; Miansai.com

Two for one

Wear this sunny rope as a bracelet or a necklace. The sterling-silver toggle elevates the look. \$255; JillPlatner.com

Hippie chic(k)

For the boho girl of the nongranola variety. Holst + Lee, \$145; HolstAndLee.com

MAYBE TODAY, CHRONIC MIGRAINE WON'T STAND IN YOUR WAY.



If you have migraines with 15 or more headache days a month, you're living a Maybe Life.
AND YOU MAY ALSO BE LIVING WITH CHRONIC MIGRAINE.
But knowing this thing you're going through has a name means knowing you can find treatments that are right for you.

**TO FIND A HEADACHE SPECIALIST
AND FOR MORE INFORMATION, VISIT**

MYCHRONIC MIGRAINE.com



ALLERGAN

© 2014 Allergan, Inc., Irvine, CA 92612, APC08NV14

+FESTIVAL STYLE

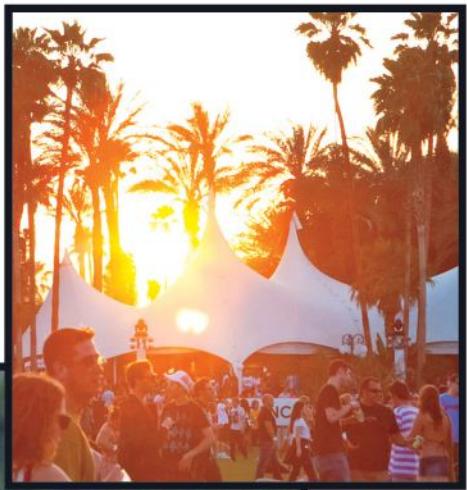
Taking in concerts on the lawn? Borrow boho style and beauty inspiration from this year's Coachella, whether you're rocking out or just rocking the look.

Feelin' hat, hat, hat

Floppy felt is '70s fab. But if you want to see the stage, pick a wide, stiff brim. To avoid hat head, wear a side part. When you take your hat off, flip hair to other side for instant volume.



ALESSANDRA
AMBROSIO





BEACHY WAVES NEVER HEAVY

NEW



**TEXTURE BY FRUCTIS STYLE
BEACH CHIC**

- Sea salt spray for textured waves
- No drying alcohols, stickiness or stiffness

ROCK YOUR STYLE @GARNIERUSA.COM

+FESTIVAL STYLE

Blues traveler

Stick to one color and you can pile on all the boho you own: tie-dye, fringe, headband, earthy jewelry.



NICKY HILTON

Bohemian rhapsody

Go for textures and cuts that breathe (cotton tunics, eyelet tops) with ethereal details like embroidery. A structured bag pulls the look together.



JULIE SARIÑANA

AIMEE SONG

NATURAL BEAUTY

Soft waves, center parts and pretty braids are effortlessly cool.



CAMILLA BELLE



VICTORIA AND MADISON JUSTICE



KENDALL JENNER

Short set

Cutoffs should appear lived-in (tailored is too stuffy). So look for frayed hem, distressing and a relaxed fit. If you have a midrise, show a little ab in a cropped top.



PIXIE PIECEY NEVER STICKY

NEW

GARNIER
FRUCTIS
STYLE

DE-CONSTRUCTED
PIXIE PLAY
CRAFTING CREAM with Black Fig

EXTRA STRONG HOLD

1 2 3 4 5

TEXTURE BY FRUCTIS STYLE

PIXIE PLAY

- Cream-wax blend for touchable definition
- Won't clump or leave hair stiff

ROCK YOUR STYLE @GARNIERUSA.COM



GARNIER

+FESTIVAL STYLE



Flow play

The key to a chic maxi? Must have movement. So choose a light, fluttery fabric. A print shows personality and elevates the casual silhouette.

ON YOUR FEET Flat sandals, boots, ballets and sneaks all the way!



Hang loose

Laid-back hair is a cinch with a do-it-all styler that hydrates and controls flyaways. Spray Pureology Colour Fanatic, \$24, on damp hair. Comb through, then let air-dry.



Wrap star

Trade basic polish for attention-getting nail wraps. The set Ale's flashing (NCLA's What Filter Should I Use?, \$16) has Instagram-worthy photos of California palm trees and sunsets.

GARNIER®
NUTRISSE®

NOURISHED
HAIR
MEANS
BETTER
COLOR

“...rich, radiant,
ravishing color!”

3 nourishing fruit oils

avocado, olive & shea

- richer, longer-lasting color
- silkier, shinier, nourished hair
- 100% gray coverage



Available in 55 vibrant shades

TINA FEY in #63

GARNIER
garnierUSA.com

Off the Rack *to* Off the Runway.

Change for the better.
Switch and you could save with GEICO.



geico.com | 1-800-947-AUTO | local office

GEICO®



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko image ©1999-2014. © 2014 GEICO

YOU+BODY

Run free
Tell yourself you have no constraints and it could help you crush that workout.



Power play

Think about a time when you were calling the shots. Maybe you solved a crisis or said exactly the right thing. Now go work out.

Feeling powerful can help make exercise seem easier, research from the University of Cambridge finds. So, during a sprint or a heavy dead lift, researchers suggest, recall a scenario when you were your ultimate alpha self. In the study, the practice actually made a heavy weight feel 20 percent lighter. Gives new meaning to *powering through*.

high-tech ear gear

Headphones can make or break a workout—these are the makers.

By Jaclyn Emerick

Press play

Music can blunt burnout during a tough sweat session, research shows.



Stay in place

Usain Bolt (you know, the fastest man alive) tested the Transform, so they can probably withstand your intervals. \$100; Soul Electronics.com



For night runs

A must for night moves: the Momentum Ultra-Light with a reflective cord. \$50; X-1.com



Turn into speakers

Wear the Flips HD as sound-eliminating headphones, or turn the ear cups outward and pump up the jam. \$120; FlipsAudio.com



Total MVP

From burpees (special hooks keep 'em secure) to running in the rain (waterproof!), the wireless Pump HD Sportbuds haven't met a workout they can't handle. \$130; MyBlueAnt.com



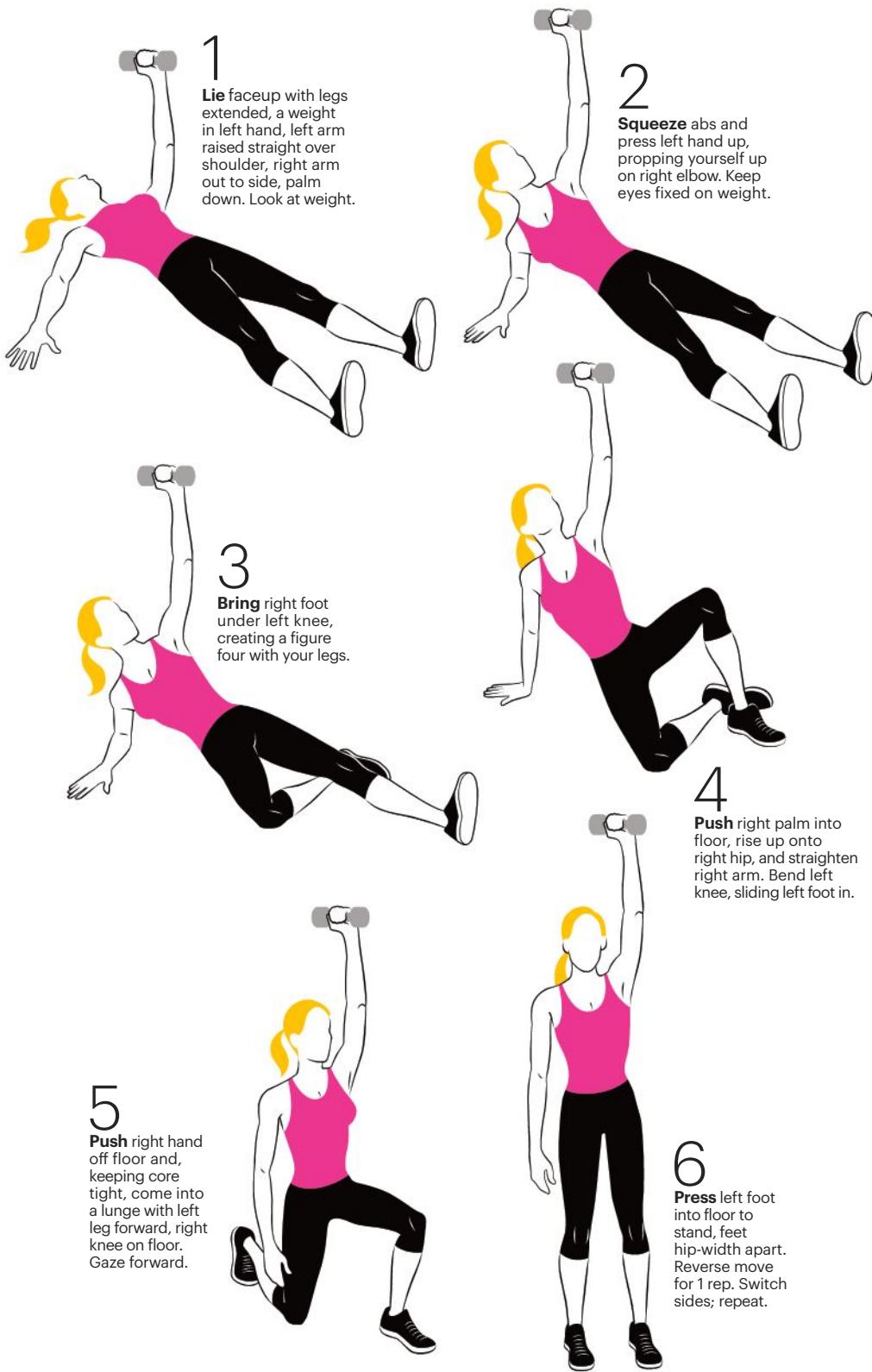
Perfect sound

The quality on Powerbeats2 Wireless is so high, you'll feel like you're being serenaded on a run. \$200; BeatsByDre.com

the turkish get-up

This one multitasking exercise is a great do-it-all workout.

Fast-track your toning with our easy step-by-step guide. **By Jaclyn Emerick**



Why you'll love it

The Turkish get-up is a four-fer. You're basically doing a crunch, shoulder stabilizer, lunge and windmill with each rep. You can get the benefits of strength, cardio, yoga and pilates—a smaller waist; lean, strong arms and thighs; and a tighter butt—all in a single move.

Your expert

Kevin Purvis, a trainer and the owner of Fortune Training and Coaching in Austin, Texas, breaks down his favorite move. "I don't think there's another one out there that does this much at once," he says.

How to begin

Use a water bottle (or nothing) to start. Focus on getting the technique down first: The movement is slow but fluid—don't hold any poses. Once you've nailed the form, graduate to a light dumbbell or kettlebell. (Hold the kettlebell handle so that the weight rests on the back of your wrist.) Aim for 2 or 3 sets of 5 to 8 reps per side three days a week on alternate days.



sculpt like a rock star

Trainer Jeanette Jenkins gets major musicians like P!nk and Kelly Rowland in top shape. Now, she'll tone you up.

By Jaclyn Emerick

Jenkins—that's her at right—created this mix of her favorite calorie-torching and toning moves, which she uses to get her A-list clients results fast. Grab a set of 3- to 5-pound weights and the tear-out cards. You'll do one strengthener, then a quick cardio burst. The strategic combos ensure you'll firm head-to-toe and burn off fat. Do 1 to 3 sets three times a week on alternate days. Need motivation? Think: abs like P!nk, abs like P!nk!

Get more moves

Work out with Jenkins—and Rowland—with her latest DVD, *Sexy Abs Cardio Sculpt With Kelly Rowland* (\$20; TheHollywoodTrainer.com).

+TRAINER TO GO

1

Take-back

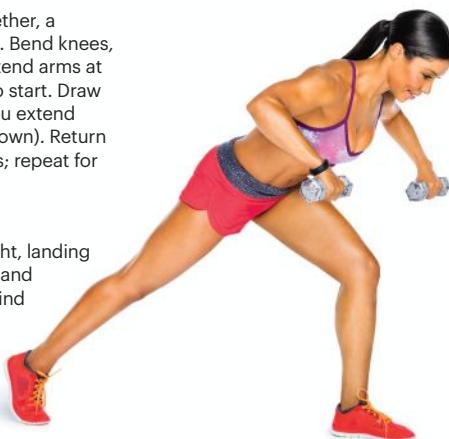
Works back, abs, butt

Stand with legs together, a weight in each hand. Bend knees, lean forward and extend arms at a 45-degree angle to start. Draw weights to ribs as you extend right leg back (as shown). Return to start. Switch sides; repeat for 1 rep. Do 10 reps.

+SPEED SKATER

Squat and hop to right, landing with right knee bent and crossing left leg behind right, swinging arms to right. Switch sides; repeat. Go for 30 seconds.

Train like a celeb with
@JeanetteJenkins. Love
her moves? Tweet her!



3

Kick it

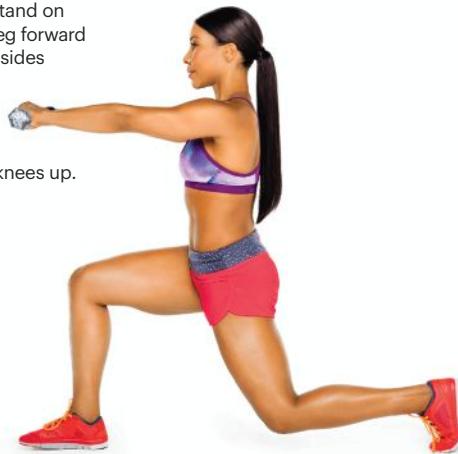
Works shoulders, abs, butt, legs

Stand with feet hip-width apart, a weight in each hand. Lunge left leg back and punch arms forward (as shown). Stand on right leg, kicking left leg forward and lowering arms to sides for 1 rep. Do 15 reps.

Switch sides; repeat.

+HIGH KNEES

Run in place, driving knees up. Go for 30 seconds.

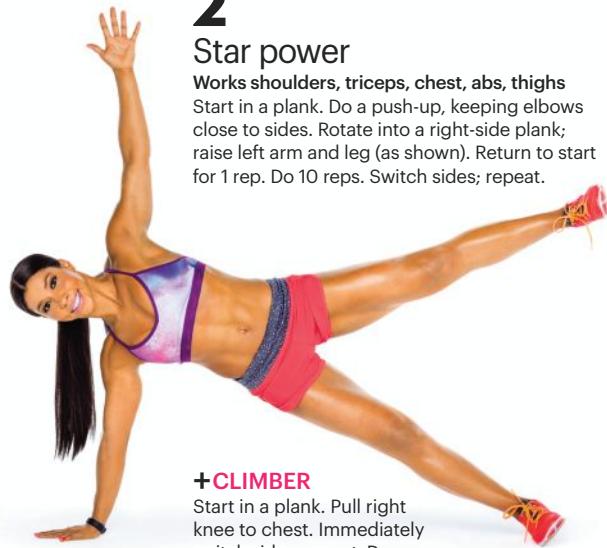


2

Star power

Works shoulders, triceps, chest, abs, thighs

Start in a plank. Do a push-up, keeping elbows close to sides. Rotate into a right-side plank; raise left arm and leg (as shown). Return to start for 1 rep. Do 10 reps. Switch sides; repeat.



+CLIMBER

Start in a plank. Pull right knee to chest. Immediately switch sides; repeat. Do as many as you can with good form for 30 seconds.

4

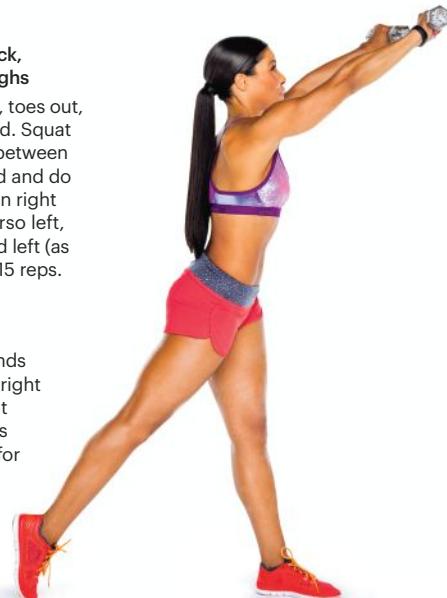
Go long

Works shoulders, back, biceps, abs, butt, thighs

Stand with feet wide, toes out, a weight in each hand. Squat as you extend arms between legs, palms up. Stand and do a biceps curl. Pivot on right foot as you rotate torso left, pressing arms up and left (as shown) for 1 rep. Do 15 reps. Switch sides; repeat.

+JUMP KICK

Stand on left leg, hands in fists at chin. Raise right knee; jump onto right leg, kicking left leg as high as you can. Go for 15 seconds. Switch sides; repeat.

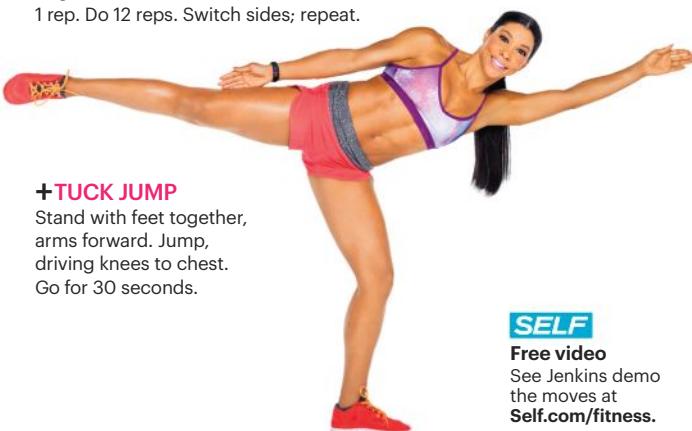


5

Balancing act

Works abs, obliques, thighs

Stand on left leg, knee bent, toes out. Extend right leg to side with toes on floor; lean torso left with arms extended overhead to start. Lift right leg and draw right arm to thigh (as shown). Lower to start for 1 rep. Do 12 reps. Switch sides; repeat.



+TUCK JUMP

Stand with feet together, arms forward. Jump, driving knees to chest. Go for 30 seconds.

6

Nosedive

Works shoulders, chest, back, abs, butt

Start in a plank. Lift hips and draw left knee to nose (as shown). Return to plank. Switch sides; repeat. Lift and extend left leg and right arm. Lower. Switch sides; repeat for 1 rep. Do 10 reps.

+POWER JACK

Stand with feet together. Bend knees and jump, extending arms up and legs out. Land with knees bent, arms down. Go for 30 seconds.



SELF

Free video

See Jenkins demo
the moves at
Self.com/fitness.

Advertisement



Cami Sports Bra **16.99** 6-pk. Headbands **4.99**
Capri Tight with Cuff **37.99** Run Jacket **44.99** Pilates
Toning Ball Kit **19.99** Contigo Jackson Water Bottle **9.99**

Advertisement

Stretch.



Seamless Bralettes **9.99**

Advertisement

Run.



Athletic Shoes **34.99**

Advertisement



Sports Bra **14.99** Endurance Tank **14.99**
Run Capri **24.99** Pebble Smart Watch **149.99**

Advertisement



Racer Bra **16.99** 6-lb. Dumbbells **9.49** Stirrup Printed
Tight **27.99** Elio Syndicate Water Bottle **14.99** Athletic
Shoes **34.99** Socks **11.49** Fitbit Flex Activity Tracker **99.99**

TARGET COUPON EXPIRES 7/31/14

Advertisement

Save.



\$5 off

Women's C9 by Champion® purchase of \$20 or more
• Apparel • Shoes



Valid in store only. Limit one identical coupon/offer per guest, purchase total must be met for each coupon/offer individually. This coupon for use by original recipient only. Void if copied, scanned, altered, transferred, purchased, sold or prohibited by law. Item(s) may not be available at all stores. Not valid in Canada. Gift cards and tax will not be included in determining purchase total. No cash value.

Some see a bench.
I see a hurdle.
I C9.



©2014 Target Brands, Inc. The Bullseye Design is a registered trademark of Target Brands, Inc. 074314 ©2014 Hanesbrands, Inc. All rights reserved. C9 and C9 by Champion are trademarks of HBI Branded Apparel Enterprises, LLC.



ONLY AT TARGET

Target.com/C9

wearing flats OR heels 24/7?

Sport a heel—but make it a low heel. “Ballet flats can be as tough on your feet as stilettos,” says Elisa Kavanagh, D.P.M., foot doc to the Rockettes in New York City. Flats force all your weight to your heels, which can stress your calves and Achilles tendons, and lead to chronic heel pain and tendinitis. Aim for a 1- to 2-inch heel (the chunkier the better) for greater weight distribution.

confessing a work mistake OR staying quiet?

Come clean. “Your boss likely wants to be in the loop,” says career expert Alexandra Levit. Do damage control to solve the problem as much as you can, then go to her, she adds. Ideally, you say, “Though the issue is no longer a problem, here’s what happened.” Assure her it won’t happen again—then stick to it!

sticking your finger in the PB jar OR double-dipping?

Double-dip. There’s a possibility that your saliva on the spoon could harbor a cold or flu virus, but hands are more likely to be contaminated with nasty pathogens, explains Amesh Adalja, M.D., an infectious-disease physician with the University of Pittsburgh Medical Center. Your digits can pick up the same bugs carried in saliva (cold, flu), plus GI illnesses (E. coli, salmonella, norovirus) from everyday surfaces. Go with the spoon—or, better, dip in an apple wedge.

working out to songs on repeat OR random new stuff?

Hit repeat (within reason). Familiar music can trigger positive associations and boost mood, according to Costas Karageorghis, Ph.D., coauthor of *Inside Sport Psychology*. In general, choose songs with a tempo above 120 beats per minute (like Lady Gaga’s “Applause”) to effectively reduce your perceived exertion (i.e., to make your workout feel easier). Just make sure not to totally wear out your playlist: Too much repetition lessens effectiveness, he says.





Street-style star Olivia Palermo looks stunning in any shoes, but how do her feet feel about them?

grabbing a bagel OR a muffin for breakfast?

Have the bagel. A muffin—especially one with a streusel topping—is like eating a cookie for breakfast, says Alexandra Oppenheimer, a registered dietitian in NYC. A large bagel has about 360 calories, whereas a big blueberry muffin hits 525. You'll also get more protein and fiber from a bagel, especially if it's multigrain or honey whole-wheat. Top with PB (1 tbsp is 94 cals) and fruit slices (less than 25 cals!).

eating in front of the TV OR at your computer?

Skip the TV. While research shows that both are bad news for your weight, TV adds the temptation of food commercials as well, prompting more mindless eating, says Susan Albers, Psy.D., author of *Eat Q*. A computer or smartphone isn't much better, because it distracts you from registering fullness. Albers recommends swiveling your chair around to face away from the screen when chowing down. "If you focus on what you're eating, you'll actually enjoy it more," she adds.

sneakers that are slightly small OR a bit too big?

Go up in size. Sometimes feet swell, especially if you work out after sitting at your desk all day, so in that case it's better to go up a half size, says Nadya Swedan, M.D., a physical medicine and rehabilitation specialist in NYC. Doing so can benefit your stride, too. "If the toes don't have room to fully hit the ground, you lose both propulsion and balance," Dr. Swedan adds.

no regular bedtime OR no wake-up time?

Set your alarm. "When you open your eyes in the morning, the light resets the biological clock in your brain. Doing so at a consistent time keeps your circadian rhythm stable," says sleep specialist Michael Breus, Ph.D., of TheSleepDoctor.com. Regulating your circadian rhythm is important for the all-around functioning of your body, he adds. It's not a huge deal if you stay up a bit later on occasion—just don't make it a habit.



the new natural sweeteners

This next generation seems way more wholesome than its chem-lab predecessors. But are these sugar subs better for you?

By Lesley Rotchford

With regular sugar taking a nutritional beating and artificial sweeteners unable to shake their sketchy made-in-the-lab connotations and unpleasant aftertaste, it's no wonder newcomers like stevia and agave are conquering our morning coffee (and the world of packaged foods). The new low-cal sweeteners are derived from natural substances rather than synthesized like saccharin and aspartame, so choosing them can make you feel at least somewhat healthy and virtuous. Still, there are concerns. We investigate.

ARE THEY SAFE?

Some of these natural sweeteners are relatively new, so they haven't been studied as extensively as sugar and artificial substitutes have. And though you would expect *natural* to mean that a product contains nothing artificial, some new sweeteners may have undergone chemical processing to extract them from their original sources, says Barry Popkin, Ph.D., professor of nutrition at the school of public health at the University of North Carolina at Chapel Hill. The processing involved may affect their healthfulness, though we can't be sure since manufacturers provide few details. However, the FDA has reviewed provided data and considers most of them to be generally recognized as safe.



In fact, the food-safety watchdog group Center for Science in the Public Interest believes this new generation is probably safer than aspartame and saccharin, which it asserts could increase cancer risk. (The FDA and the American Cancer Society dismiss the talk of cancer, because it's based on older animal studies involving very large amounts of artificial sweeteners.) There is one new sweetener CSPI has put in its "caution" category: the monk-fruit extract found in products such as Nectresse, which CSPI says has been poorly tested for safety. "But since it's derived from a fruit, it is

probably safe," says Michael F. Jacobson, Ph.D., CSPI's executive director.

AND SLIMMING?

With the exception of agave syrup (see the nutritional stats at right), the new naturals are very low-calorie or calorie-free, so you would think they'd be a great way to help decrease your daily calorie intake. But it's complicated—mostly because there's no research that specifically looks at how these sweeteners affect weight loss. Existing studies on dieting focus on the older generation of artificial additives. And on that front the evidence is mixed.

"Our research shows that artificial sweeteners do appear to reduce the risk for weight gain when combined with a healthy, well-balanced diet," Popkin says.

On the other hand, a 2013 study review in *Trends in Endocrinology & Metabolism* found that artificial sweeteners—as little as the amount in one diet soda a day—are associated with an *increased* likelihood of weight gain and diabetes. "Sweeteners may be interfering with the physiological responses that help us regulate body weight and control blood sugar," says the study's author, Susan E. Swithers, Ph.D., professor of behavioral neuroscience at Purdue University. In other words, when we taste something sweet, our bodies expect actual calories to hit our bellies soon afterward. To prepare for that, we release insulin and other hormones to react to the influx and register fullness. But in the absence of actual calories, the insulin and other hormones may not only cause your blood sugar to plunge but could actually make you crave *more* sweets and overeat.

Though the study focused on artificial low-calorie sweeteners, experts think the effect would hold true for natural ones, too, since mere sweetness jump-starts this chain reaction. "We would not expect natural low-calorie sweeteners to be any better than artificial sweeteners when it comes to weight management," says Swithers. However, you may be able to counter the overeating effect if you consume sweetened foods that contain fiber, like oatmeal. The fiber will help keep insulin levels steady so blood sugar doesn't plunge, says New York City psychologist Stephen Gullo, Ph.D.

THE SWEET LOWDOWN

One thing's certain: As a range of new studies continues to show that sugar is a major factor in not only obesity but heart disease, inflammation and other chronic health conditions, many experts now advocate controlling added sugar intake in the diet as much as possible. "If you have a sweet tooth, consuming sugar substitutes is better for you," says Cindy Fitch, R.D., director of Families and Health Programs at West Virginia University's extension service.

HOW THE NATURALS STACK UP

Stevia-leaf extract, e.g., Truvia

An extract from the leaf of the stevia plant, native to South America. Stevia is commonly used as a tabletop sweetener that comes as a powder, a liquid or in pellets. It's also found in certain beverages, including some soft drinks and iced teas.

How sweet is it?

200 to 250 times sweeter than sugar

Calories 0

Monk-fruit extract, e.g., Nectresse

Derived from a round, green melon from Asia that has been a source of sweetness for hundreds of years. Usually combined with other sweetening agents, like sugar alcohol, molasses and regular sugar. It's not commonly used in packaged foods yet, but you can buy packets and canisters of it at most grocery stores. Nectresse can also be used for cooking and baking.

How sweet is it?

150 to 300 times sweeter than sugar

Calories 0

Agave

A sweet syrup made from agave plants native to the southern and western United States, Mexico and South America that's added to iced tea, smoothies, cocktails and energy bars. (Tequila is made from one type of this plant.) Agave syrup is mostly made of fructose (the sugar found naturally in fruit), which doesn't spike blood sugar as much as regular sugar does. It's sold as a maple syrup-like topping you can pour on pancakes and other foods.

How sweet is it?

1.5 times sweeter than sugar

Calories 21 per teaspoon compared with sugar's 16—but since it's slightly sweeter, you can get away with using a little less of it.

Tagatose, e.g., PreSweet

A cousin of regular sugar naturally found in milk, tagatose can be used to replace sugar in most recipes. The sweetener even acts like a prebiotic, stimulating the growth of healthy bacteria in the digestive system.

How sweet is it?

About 10 percent less sweet than sugar

Calories 6 per teaspoon

3 ways to break the sweet habit

You can learn to control your craving for sugar if you taper your intake, say SELF contributing experts Stephanie Clarke, R.D., and Willow Jarosh, R.D.

TAKE BABY STEPS. Don't quit cold turkey. Instead, trim the amount of sugar you eat daily by a teaspoon or cut out a soft drink.

TRICK YOUR TASTE BUDS. For example, the taste of vanilla reminds many people of dessert, so stir $\frac{1}{2}$ teaspoon of vanilla extract into plain Greek yogurt and top with strawberries and toasted coconut.

SPIKE YOUR DRINKS. To keep yourself from missing soda, drink sparkling water with a slice of orange. The bubbles and the fruit's sweetness deliver the appeal of a soda without the added sugar.

25
minutes

1 Heat

oven to 425°. Place a large, unrimmed baking sheet on lowest oven rack. Roll out $\frac{3}{8}$ of 1 sheet frozen puff pastry, thawed, on a piece of parchment paper to form a 12-inch square.

2 Brush edges of pastry with water, fold them in by a half inch, then brush again with a beaten egg, reserving 1 tsp. Whisk reserved egg with 1 cup part-skim ricotta, 2 tbsp grated Parmesan, 1 tsp grated lemon zest, $\frac{1}{4}$ tsp salt and pepper to taste.

3 Prick bottom of pastry with a fork and spread on ricotta mixture. Toss $\frac{3}{4}$ lb medium asparagus spears, ends trimmed, with 1 tsp olive oil and arrange in a single layer.

4 Transfer parchment to heated baking sheet; bake until pastry is golden, 18 to 20 minutes. Cool 3 minutes. Top with a handful of torn mint leaves and more grated lemon zest. Serves 6

asparagus tart with ricotta

This summery tart looks impressive but is a breeze to whip up. Break out a chilled white wine and enjoy. **By Laraine Perri**

The skinny
324 calories per slice, 21 g fat (7 g saturated), 23 g carbs, 2 g fiber, 11 g protein

FETA & WATERMELON YIAYIA'S WAY

- ① Organize arranged marriage for daughter
- ② Crumble Athenos Feta over watermelon in bowl
- ③ If daughter resists, call priest
- ④ Sprinkle cucumber and mint over salad
- ⑤ Exorcise demon from daughter
- ⑥ Enjoy feta and watermelon salad

ATHENOS
**MORE WAYS
TO FETA**

APPROVED BY
yia yia



SEE MORE WAYS TO FETA
AT ATHENOS.COM

salmon made simple

Trying to eat more fish but not quite sure how to make it? Two top chefs cook foolproof yet creative salmon dishes. Healthy and delicious!

DAVID BURKE'S **Pastrami Salmon**

What you'll need

1 lb new potatoes, halved
1 tbsp plus 1 tsp extra-virgin olive oil, divided
2 tbsp black peppercorns
2 tbsp coriander seeds
4 skinless salmon fillets (5 oz each)
2 tbsp molasses
½ tsp kosher salt
½ tsp paprika
¼ tsp cayenne pepper
2 tbsp chopped parsley

Now get cooking

Heat oven to 400°. Bring a large pot of water to a boil. Reduce to simmer and parboil potatoes until they begin to soften, 4 to 5 minutes. Transfer to a foil-lined pan, toss with 1 tbsp oil and salt and pepper to taste; arrange in a single layer and bake until fork-tender and golden brown, turning once, 30 minutes.

Place peppercorns and coriander on a paper towel-lined cutting board. Using the bottom of a heavy pot, press down until they crack; set aside. In a large, oven-safe pan over medium-high heat, heat remaining 1 tsp oil. Cook salmon, turning once, until browned, 2 minutes per side; remove from heat.

In a bowl, combine molasses, salt, paprika and cayenne; brush onto both sides of salmon and sprinkle with crushed spices. Bake salmon until cooked through, 3 to 5 minutes. Serve with potatoes tossed with parsley. *Serves 4*

THE SKINNY 340 calories per serving, 12 g fat (2 g saturated), 27 g carbs, 4 g fiber, 31 g protein

“Classic pan-seared salmon gets an update thanks to a flavorful spice crust.”

David Burke, New York City-based chef and founder of the David Burke Group

**SELF****Dish with us!**

Tell us your favorite at Self.com/fooddiet. Then share your recipes!



BARTON SEAVER'S
**Salmon Cakes
With Arugula Salad**

What you'll need

20 oz canned skinless, boneless pink salmon
 $\frac{1}{4}$ cup whole-wheat panko breadcrumbs
2 tbsp plus $\frac{1}{2}$ tsp grainy mustard, divided
2 tbsp light mayonnaise
 $\frac{1}{2}$ tbsp chopped dill, divided
1 tbsp plus $\frac{1}{2}$ tsp finely chopped shallot
2 tsp capers, chopped
2 tbsp extra-virgin olive oil, divided
 $\frac{1}{4}$ cup 2-percent-fat Greek yogurt
2 tbsp lemon juice, divided
2 cups baby arugula
Lemon wedges, for serving

Now get cooking

Heat oven to 400°. Drain salmon and flake into a bowl; stir in breadcrumbs, 2 tbsp mustard, mayonnaise, 1 tbsp dill, 1 tbsp shallot and capers until well combined.

Form into 8 patties ($\frac{1}{3}$ cup each); let rest 5 minutes. In a large, oven-safe pan over medium-high heat, heat 1 tbsp oil; cook patties until golden brown, 4 minutes per side. Transfer to oven and bake until hot to the touch, 10 to 12 minutes. In a bowl, combine yogurt, 1 tbsp lemon juice and remaining $\frac{1}{2}$ tsp mustard, $\frac{1}{2}$ tbsp dill and $\frac{1}{2}$ tsp shallot; season with salt and black pepper.

Toss arugula with remaining 1 tbsp oil and 1 tbsp lemon juice, and salt and pepper. Serve salmon cakes with yogurt sauce, arugula salad and lemon wedges. *Serves 4*

THE SKINNY 347 calories per serving, 20 g fat (4 g saturated), 7 g carbs, 1 g fiber, 32 g protein

“Canned salmon is easy to work with, tastes great and is better for the environment.”

Barton Seaver, chef and author of *For Cod and Country*



SELF's on-call doctor, **Henry Lodge, M.D.**, answers your health questions.



I watch TV with my laptop on my lap almost every night. Is the radiation frying my eggs?

Gabrielle, 26, Ellicott City, Maryland

Dr. Lodge Laptops emit EMF (electromagnetic field) radiation, and although studies have suggested there may be a link between EMF radiation and decreased fertility in men, researchers have yet to determine whether or not the radiation can affect your fertility. (At least you don't have to worry about the laptop's heat: Since your ovaries are tucked pretty far inside your abdomen, it's unlikely to affect them that much.) While we wait for more conclusive studies, it makes sense to limit the time your laptop lounges on your stomach. Put a pillow (or even a thick blanket) underneath to minimize any risk—and boost your comfort. Better yet, set your laptop on a nearby table and watch *Orange Is the New Black* from a slight distance.

Q. Why do I always feel like I have to pee? And how long can I safely hold it? **PJ, 25, Arlington, Virginia**

Dr. Lodge A lot of things can cause frequent urination, but having a small bladder—something that often gets blamed—isn't one of them. Most people end up making a trip to the bathroom anywhere between five and seven times a day, when we accumulate a cup or so of urine in our bladders. The urge can become even more frequent after coffee or a round of cocktails, because both are diuretics and mild bladder irritants. (So, no, you're not really "breaking the seal" when you're out on a Friday night.) Restrictive clothing that puts pressure on your bladder doesn't help either, and your bladder also becomes more sensitive as you get older or if you have children. But if you feel a

Q. I'm a magnet for mosquitoes, but I notice others aren't affected that much. Why is that?

Tehrene, 24, Cedar Falls, Iowa

Dr. Lodge If you tend to sweat easily or your skin happens to have higher levels of a compound called uric acid, congratulations—mosquitoes love you. Another factor that can make those annoying bites worse: Some people have a stronger allergic reaction to the mosquito's saliva, triggering more inflammation and itching. The best move if you're dining alfresco is to sit near or set up a fan if you can. The breeze will ward off mosquitoes (they're weak flyers), and the fan also scatters the carbon dioxide those pesky bugs are so attracted to. You also want to stay covered up. Bring a light linen or cotton shawl (both fabrics breathe well), and throw it on at dusk, when mosquitoes are most active. Deet sprays are the strongest liquid repellents, but if you want to avoid harsh chemicals, natural repellents containing lemon eucalyptus, peppermint and geranium might help. If all else fails and you do get bitten, avoid scratching at all costs. You'll only further irritate the skin and spread the bug's saliva. Instead, head to the bathroom to wash the area with soap and water, and apply an anti-itch cream ASAP, even if the urge to scratch hasn't hit yet.

near-constant urge to use the restroom, you should see your doctor: It could be a sign of infection, inflammation or something more serious, such as diabetes or, in rare cases, ovarian cancer. And try not to delay those bathroom breaks too often: It could actually put you at risk for an infection, because you're not flushing out bacteria as regularly as you should be. But rest assured, the occasional agonizing car trip is not going to cause you any real damage. Your bladder can hold on far longer than you think it can.

SELF Want more health info from Dr. Lodge? Head to Self.com/go/dr-lodge.

Infusium²³



IT'S A MIRACLE THEY'LL ONLY NOTICE YOUR HAIR

Introducing Miracle Therapy from Infusium 23.

The miracle of hair so beautiful, it's all anyone will see. Miracle Therapy captures the healing benefits of Moringa Oil to redefine, rebuild and strengthen even the most damaged hair. Leaving hair fortified and beautifully transformed, for a look so stunning—they can't help but notice.

Visit Us at MiracleTherapy.com



© 2014 Idelle Labs LTD. All Rights Reserved. Infusium 23® is a Registered Trademark of Helen of Troy Limited.

SCAN HERE TO
LEARN MORE



INFUSIUM 23®
MORINGA OIL
90 VITAMINS &
NUTRIENTS



The Frobinsons believe in Framily value.

Introducing the Sprint FramilySM Plan for as little as \$25 a month each.

After \$30 group discount (7-10 lines) applied w/i two invoices. Other monthly charges apply.**



Now friends, family and even frenemies can start a Framily. Any member can invite others to join, and the more people you add, up to 10 total, the lower your rate. That means the bigger the Framily, the bigger the savings. Everyone gets unlimited talk, text and 1GB of data for as low as \$25/mo. per line while on the Sprint network. All accounts can be billed separately. With a new price, a new plan and America's Newest Network, there's never been a better time to switch.

Visit a Sprint store | 800-SPRINT-1 | sprint.com/framily

Sprint

Happy ConnectingSM

**Monthly charges exclude taxes & Sprint Surcharges [incl. USF charge of up to 16.6% (varies quarterly), up to \$2.50 Admin. & \$0.40 Reg./line/mo. & fees by area (approx. 5%-20%)]. Surcharges are not taxes. See sprint.com/taxesandfees.

Activ. Fee: \$36/line. Credit approval required. Month-to-month term. **Framily Plan:** Offer ends 7/10/14. Includes unlimited domestic Long Distance calling, texting and 1GB/mo./line on-network data allowance. **Add'l Data:** 1.5¢/MB. 3rd party content/downloads are add'l charge. Int'l svcs are not included. Pricing may vary for existing customers. Max of 10 phone lines per group. Excludes existing accounts and discounted phones. Group members must agree to share their names, last 4 of phone numbers, Framily ID, group status and that they are subscribed to Framily plan with group. To withdraw consent, member must enroll in a different service plan. Withdrawal does not affect ability to subscribe to other plans. Sharing Framily ID allows others to join group. All group members may invite others to join. Separate bills are per account. **Discounts:** Awarded \$5-\$30/mo./line off \$55 base rate plan depending on number of members in the group. Discounts not prorated. Groups cannot merge. **Usage Limitations:** Other plans may receive prioritized bandwidth availability. Streaming video speeds may be limited to 1 Mbps. Sprint may terminate service if off-network roaming usage in a month exceeds: (1) 800 min. or a majority of min. or (2) 100 MB or a majority of KB. Prohibited network use rules apply — see sprint.com/termsandconditions. **Other Terms:** Offers and coverage not available everywhere or for all phones/networks. For network details visit sprint.com/network. You can view the Sprint privacy policy at sprint.com/privacy. May not be combined with other offers. Restrictions apply. See store or sprint.com for details. © 2014 Sprint.



High volume
Fast, slow—the tempo doesn't matter. If the music's blasting, you may up your booze intake.

A better bar hop

That bumping club doesn't just make you want to dance like no one is watching—it may also make you drink faster, a study in *Experimental and Clinical Psychopharmacology* finds. Researchers think **music tricks you into thinking your drink is less intoxicating** than it is, so you may imbibe more quickly than intended. Alternate cocktails with water—you want to get down to "Timber," not actually go down à la *timber*.



Baggage claim
The perks of being the new kid: No one knows your past. You can be anyone you want to be.

get over your FOMA

Fear of Moving Away: how to conquer the latest cultural anxiety and embrace the unknown **By Molly Creedon**

Who hasn't fantasized about getting out of Dodge at times? Maybe you envision moving to a new city where single women don't outnumber single men or the pace of life is slower, or, if you're me, somewhere near water. But fear of the unknown is keeping you anchored. For most of my six years living in New York City, I dreamed of being elsewhere. I had my ultimate job, as an editor at a fashion magazine, but I hated the grime, the subway squishing and the weather. I finally relocated to California, and the only thing I regret is that I didn't do it sooner. These are the things I should have considered at first itch—and you should, too.

What do you want to change?

Pinpoint the *real* reason you want to move. "If you can't meet a guy, find it difficult to form friendships, or if there's always something wrong with your coworkers, those are internal factors that a move won't change," says Rhonda Sutton, Ph.D., a therapist

in Raleigh, North Carolina. A move can change external factors, such as the weather, cost of living, lack of nightlife—and those are the things that should influence your decision.

Instead of a pros-and-cons list, Sutton recommends making internal and external lists, placing your reasons for wanting to move under the appropriate category. More external reasons than internal? A change of scenery may be the answer.

Figure out a new routine

So you've moved, left behind friends, family, a job, an entire identity, your favorite Thai takeout place, and oh, my God, what have you done? "We are creatures of our environments," says Paul Dolan, author of *Happiness by Design*. "The brain creates habit loops to conserve energy and automate processes whenever possible." You have so many comforting routines that you take for granted, so start staking ground as soon as you're settled to help relax in your new foundation.

Experiment with who you are

A move wipes your day planner clean, giving you the chance to build new habits that are more closely aligned with the person you want to be. "A fresh start not only moves you closer to your desires and dreams, but it also allows you to redefine them," Dolan says. For instance, maybe you loved to party hard in your postcollege years, but now all you want to do is spend your Friday nights with Keith from *Dateline* and be in bed by 11 P.M. It's much easier to impose this structure from scratch than it is to break standing arrangements with your Friday-night cocktail crew.

And sometimes it takes a clean slate to be able to dig deep and discover what really makes you happy—so keep an open mind when it comes to branching out and trying something different. Even if, say, an improv class sounds excruciating, give it a try because you just never know. This is an opportunity to redefine yourself, and you might be surprised by who you turn out to be. ■



**You shouldn't have to choose between
every shade of red that's ever existed.**

Glidden

Glidden gets you going®

We're here to make it easy with a new simplified palette.
We've refreshed our options to be just the colors you'll love to live with.
Check out our new color palette at The Home Depot.

Get started at Glidden.com/TameTheBeast

All logos, trademarks, brand names and product names are the property of their respective holders and are used with permission.

Available at



what's your weight loss secret?

These Qs will help ID which tactic works best to curb your cravings. **By Zahra Barnes**

Flight's delayed. Your next move:

Customer service Airport bar

Someone steals your parking space. You locate...

Your middle finger.
 A new parking spot.

Do you have plans next weekend?

It's only six days away—of course!
 It's a whole six days away—why would I?

Phone blows up at 3 A.M.

First thought:

Something bad happened!
 Ha! Drunk dial

You saw *The Fault in Our Stars* with...

Lots of tissues...on opening night.
 Friends who are obsessed with the book. (You? Not so much.)

Your superhero-chef name would be...

The Fire Starter. Wing-It Woman.

What are your thoughts on Kimye?

So many—got time to spare?
 They never cross my mind.



the lowdown

MOSTLY RED

You're an emotionally driven person who swings from one end of the spectrum to the other. You try to soothe yourself through action, and eating is a very soothing action (and distraction). When you're experiencing a frenzy of emotions and jonesing for a junk food fix, close your eyes, take a deep breath and pause. A moment of self-reflection can redirect your focus so you can assess your hankering: Are you really hungry? Or still stewing over a tiff with a friend? Self-evaluation is a good time-out and can make you reconsider treating a 20-inch pizza as though it's personal-sized. And because you're a woman of action, you can do something productive (minus munching) once you pinpoint what's eating you.

MOSTLY BLUE

You're laid-back and love to make people happy. While easygoing women tend to be leaner (they're less inclined to get upset and, hence, to find comfort in food), you also tend to worry too much about what others think. Stressing about a lukewarm review with a manager or a bad date may still send you to the sugar aisle. Next time temptation strikes, link your eat-right motivation to an internal desire that benefits you, such as "I want to feel healthy." So instead of "That Cronut will wind up on my butt" (which may not keep you from diving in), try, "That Cronut will trigger a sugar crash that will make me groggy." Focusing on the effects you can feel in the short term can help you stay the course.

Protect your skin.
Protect your beauty.
Protect your life.
IT'S THAT WORTH IT.

Growing up in *Texas*, I didn't give *sun safety* much thought. Given my *Latina heritage*, my skin never burned and I assumed I wasn't at risk.

Today I know that sun exposure doesn't discriminate against *skin color* and can cause *dryness, brown spots, wrinkles*, and worst of all, *melanoma* — the deadliest form of *skin cancer* and one of the *most common cancers* among women under 40.

So *applying sunscreen* throughout the day is my *daily ritual*. And it should be yours, too.

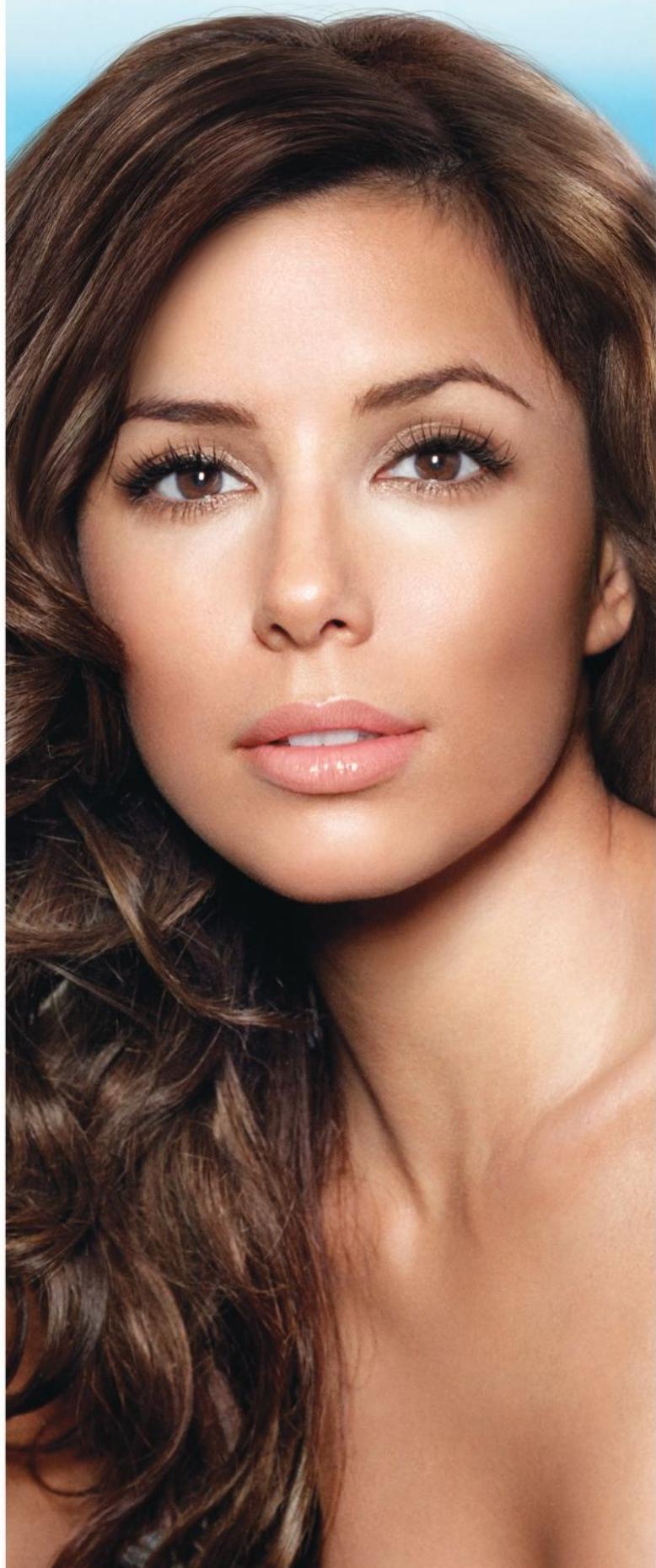
I also support the Melanoma Research Alliance — the leading funder of cutting-edge melanoma research. *With your help, a cure may be within reach.*

Learn about how you can *join me* in a nationwide movement to *prevent* melanoma and support life-saving research by visiting **itsthatworthit.org**. And remember to *always wear your sunscreen!*

— EVA LONGORIA

Melanoma
Research Alliance

itsthatworthit.org
#itsthatworthit



steamy, easy beach reads

We asked **Jessimae Peluso**, our favorite funny lady from MTV's *Girl Code*, to review this summer's guiltiest pleasures. Your sunglasses fogging in 3, 2, 1...

Scared Scriptless

by Alison Sweeney

Maddy is a Hollywood script supervisor and a bit of an uptight chick. She's a detail-oriented workaholic with a weakness for the wrong guys. She's filming a reality show in Wolf County, a small ski town in the mountains, and this flirty bad-boy actor, Adam Devin, has a thing for her.

Any girl can relate to Maddy's casual insecurities with men. She can't trust herself enough to go with the flow, so she creates lists to keep herself in check. (I make lists for **EVERYTHING!**, even the guys I've been with. But I digress.) I'm not the type of girl to fantasize, but I want to meet this Adam Devin and rip his clothes off with my teeth. I want to visit Wolf County and drink at Pete's Tavern with all the hot local lumberjacks. Seriously, Adam, let's do brunch.

Tamed by Emma Chase

I've never read a sex book written in the first person from a man's perspective, but now that I have, I'm positive I think like a man. Matthew, the narrator, reminds me of myself in a few ways. Cockiness? Check. Confident charm? Check. A weakness for a challenge? Check. In Matthew's case, his challenge comes in the form of a woman named Dee, who's notorious for sucking men in, chewing them up and leaving them brokenhearted.

I've learned it's better not to read hot-'n'-steamy novels when it's "been a while." If it were socially acceptable to make love to a book in public, I would have ended up naked in the park with this one. Instead, every night, I brought my copy of *Tamed* into my bed like a lover and held on tight. Just *how* inappropriate is it to make out with a book, anyway?

Sweet Filthy Boy

by Christina Lauren

When I started to read *Sweet Filthy Boy*, I was on vacation in Miami Beach. I accidentally left the book on my beach chair (I blame the piña coladas that Hector, my beach waiter, forced me to consume), and when I went back to retrieve it, the girl who ran the beach-chair rental counter was actually reading it. Needless to say, I had to physically pry it from her greedy little hands. *SFB* is the perfect summer read. Mia, the main character, heads to Vegas with her girlfriends for a forget-it-all weekend. The trip ends up turning into a life-changing experience—both in Mia's career and in her pants, when she meets Ansel, a hot Frenchman.

My new goal in life is now to have sex so crazy that a man would need a cast for his penis like Ansel needed after a night with Mia. I dream big.



One more!
Peluso says she needed a cold shower after reading *The Big Book of Submission* by Rachel Kramer Bussel.



Frozen meals you can feel good about.

INTRODUCING **SELF** healthy kitchen™

Created by SELF Magazine and Chef Calvin Harris

Our favorite recipes, made with real ingredients you can see and taste. With each meal under 350 calories, it's easy to eat healthy.

Find us in the frozen food aisle.
Visit selfhealthykitchen.com.

Available at



I married a personal trainer

The fantasy: free workouts for life! A hot, toned body! The reality? This woman says her husband's job nearly destroyed her new marital bliss.

By Anonymous

A few years ago, I fell in love over a brunch at a Brooklyn restaurant. I was seated across from this handsome, 6-foot-1 guy named Eric*, with chiseled muscles, kind eyes and a contagious smile. Our chemistry was palpable, and almost immediately, we started to argue about politics and religion, basically anything to grab—and keep—each other's attention. We parted ways without even exchanging numbers, since apparently both of us were determined to play it cooler than the other. Over the next few weeks, we ran into each other again and again at parties and flirted some more.

That's when I learned he was a personal trainer. It makes me cringe to think of it now, but when he told me that, I actually flexed my muscles to prove to him just how strong I was.

Since I was 15 years old, I've been an avid exerciser and dieter, limiting carbs and opting for lowfat food. I've tried every new fitness fad that has come along. When Eric and I first met in 2012, I was a die-hard Tracy Anderson devotee. I'd been doing her *Metamorphosis* DVDs every single day for two years straight in hopes that eventually I'd look like my body idol, Gwyneth Paltrow.

Six weeks after we first met and before we even had our first date, Eric and I became unofficially engaged. It sounds quick, I know, but it made perfect sense to us. We were at a friend's



Burning for you
How many calories would you say this dash to the aisle is torching, honey?

party, and she'd run out of paper plates. I volunteered to go get more, and Eric offered to walk with me. On the way back, I said to him, "I don't want to dance with anyone else tonight. I really just want to be dancing with you." And he said, "Why just tonight? Why not forever?" and I said, "OK, let's make a plan." And that was it. I had a vision of what our incredibly fit future would hold: long runs together on the beach, paddleboarding in Monte Carlo, couples boot camp. I imagined that he'd train me, counting off my jumping jacks, before we'd fall into bed together. But that's not exactly what happened.

About a month after that fateful night, we had our first fight, in the gym of my

apartment building, where we'd arranged to have our inaugural training session. The workout was his idea, and I was so excited for it, eager to show him all that I could do—and also, of course, to flirt. I dressed so cute for our session, and I imagined him saying things like, "Just one more, baby." Instead, he showed up in full-on trainer mode, barking, "Push it!" Then he walked over to the heavier weights, the ones I never touched, and instructed me to do dead lifts holding 20-pound dumbbells. I told him, flatly, "I don't do heavy weights." He crossed his arms, unmoved. I grimaced as visions of orange-skinned female bodybuilders floated through my mind. Then, realizing that I was

*Name has been changed.



Birds do it. Bees do it.
But you can do it better.



Nothing gets couples chirping like **K-Y® Lubricants**.



THE #1 BRAND TRUSTED BY COUPLES

going to lose this battle, I decided to placate him "just this once," complaining during the entire set. I wanted to show him that his way wasn't good for me, and it certainly wasn't going to become my way.

After that, we agreed that he'd only train me once in a while, and I'd stick with my beloved DVDs. We had different views on exercise and diet (mine, work out and eat to be thinner; his, work out and eat to be stronger), but as long as we steered away from that topic, everything between us was amazing. Since we are two fitness-minded people, though, our clashes were impossible to avoid. One time, when visiting my family at the beach, we went running together. A few minutes after we'd started, he stopped and said, "You don't know how to run." I was so angry. I said, "I've been running since I was 15 years old!" Switching out of fiancé mode and into trainer mode, he told me I had horrible form and I was going to hurt myself. I showed him by turning on my heels and sprinting all the way back home. Alone.

These were all minor disagreements, but they just kept coming. Here and there, he'd make little comments about my diet, telling me how I should really stop drinking diet soda and if I'm going to have a salad for lunch, which I always do, I should really add sweet potatoes because carbs aren't the enemy. After a while, I just felt like I was constantly on the defensive and that, in his eyes, I couldn't do anything right. I think his criticism stung even more because everything I was doing, I was doing to look good *for* him. Eric has an amazing body, and I just wanted to feel like I measured up. But I was afraid that if I did things his way, I'd *bulk* up instead.

Despite the tension around working out and my eating habits, our relationship was getting serious. When summer started, we set a wedding date that was only a few weeks away. To keep the peace and be what I thought was a good fiancée, I vowed to start compromising on my exercise and diet. I figured if I needed to snack after my workout or do a few dead lifts to alleviate the tension, it was worth it. But a week later, after finishing a new heavy-weights workout he designed for me, I caught a glimpse of myself in the mirror and burst into tears. When he asked me what was wrong, I told him, "I wanted to be thin for my



“I confessed that I thought he'd love me only if I was skinny.”

wedding, and my arms are so big now!" He calmly explained that it was just a temporary swelling from the push-ups. "You'll debulk soon," he said.

By the time our wedding rolled around, the swelling had of course gone down and I felt beautiful, but even so, after our honeymoon I slipped back into many of my former habits. So much had changed in my life so quickly that I was looking for comfort, and I guess I found it in my old ways. I pretended I was sore from his prescribed leg presses and raved about the protein shakes he wanted me to drink post-workout. But secretly, I ditched Eric's workout plans to cheat on my husband with Tracy Anderson. Then, one day, Eric caught me standing in my mother's pantry, chugging down an illicit can of Diet Coke. He just stopped, looked at the soda running down my chin and walked away. He didn't say a word about it, but he didn't have to. I felt judged.

Things came to a head four months after our wedding, on the day I'd planned a picnic. I packed him pesto chicken on a baguette, and as I was chopping the bell peppers for my usual salad, I heard a voice behind me ask, "Tell me again why you don't eat carbs?" I swung around, serrated knife unfortunately in hand, and calmly explained that carbs made me feel

bloated. "You know," he said, "it's not even all the rabbit food you eat that bothers me. It's that eating with you is no fun at all. There's never any dessert. It's always dressing on the side, steamed vegetables and rarely a second glass of wine." He sighed in defeat. "Pack whatever you want. I don't care." Our trip to the park turned out less *Sound of Music* and more silent treatment.

While he played Frisbee with friends, I sat under a tree feeling sore. Stabbing my spinach with the fork, I allowed myself to consider for one painful moment whether I was the control freak in this relationship. I never considered how my obsession with staying slim above all else would upset him. After we got home that afternoon, I confessed that I thought he'd love me only if I was skinny, and he said, "You're never going to be a skinny, skinny girl, and I don't want you to be, either. I don't want less of you. I want the strongest you." And that's when it finally clicked, and I started listening to the expert.

With Eric cheering me on, I decided to take a chance and set some new workout goals. I wanted to be able to hold a handstand, so I took up yoga. Instead of counting minutes on the treadmill, I ran intervals so I could better sprint after my nieces and nephews during a game of tag. I started doing those leg presses—for real this time—so that biking to work would be a breeze.

And with my new workouts, my eating started to change, too. Instead of choking down lowfat diet food and never feeling satisfied, I turned to real food and learned to trust my appetite, rather than feel ashamed or stressed out by it. That doesn't mean that I devour croissants each morning. In fact, as I choose to fuel (rather than deprive) my body, once-forbidden treats have lost much of their allure. The battle has finally come to an end, and it turns out, it wasn't with my husband after all.

The greatest irony is that since I started working out to feel stronger, rather than to look slimmer, my body has begun to look better than ever before. Curves have appeared in the right places, and my skin looks tighter. My butt is bigger and perkier. I have defined hamstrings now and triceps, too. When a friend recently asked what my workout secret was, I couldn't help but laugh and give most of the credit to my very personal trainer, who always wanted more for me. ■

Hartz® ULTRA GUARD PRO

BETTER

Effectively kills fleas, ticks and flea eggs.

FASTER

Starts killing fleas within 15 MINUTES.



Hartz® UltraGuard Pro® IMPROVED Formula KILLS, REPELS & PREVENTS re-infestations.



f /HartzPets hartz.com



Anything could happen

Ellie Goulding has sold more than 17 million singles and sung at a royal wedding. But it wasn't too long ago that she was working in a pub in rural England. Find out how she transformed her life, body, confidence—her everything.

By Erin Bried
Photographs by David Gubert



**What makes
Goulding smile?
"Jerome Jarre on
Vine. Everything
he does is so joyful.
And toilet humor."**

SHIRT Pixie Market
BRA VPL **SHORTS** Alice + Olivia by Stacey Bendet **NECKLACE** Loree Rodkin
OPPOSITE JACKET T by Alexander Wang
SHORTS Tibi **RING** Djula **SNEAKERS** Nike



Want more?
Go behind the scenes at Goulding's cover shoot. Download the free SELF Plus app from the App Store or Google Play. Launch the app on your smartphone and hover over this page. Enjoy the video!

To get a sense of what it means to be a pop star these days, all you need is this Tweet from Ellie Goulding: "What's it like not being exhausted?" That lament, which she blasted out to her nearly 3 million Twitter followers during a recent tour stop in New York City, was a real departure from the 27-year-old's usual social media stream of big smiles, British jokes, ab-spirational candids and cute cats. Goulding could pose the question again the following afternoon as she walks into a Midtown Manhattan hotel, barely hanging on with her hands pulled into the cuffs of her fuzzy gray cashmere sweater. She's drained from yesterday's combo of a 4 A.M. wake-up call for a *Today* performance and 9 P.M. concert at a sold-out Madison Square Garden. And in another seven hours, she'll take the stage again to sing, dance, beat drums and do a bunch of Gumby-like backbends. What she needs now—like, right now—is sustenance. "I'm so hungry! All I've had today is a couple of bananas and a Nakd bar," says the small, soft-spoken Brit apologetically. After a quick glance at the menu, she orders every vegetarian side available: brussels sprouts, cauliflower, mushrooms, french fries. There's barely room on the table for all the dishes, but once the food arrives, Goulding begins to perk up and clarifies yesterday's public grumble. "I rarely complain on Twitter about being tired, but I was like, 'I need to express this!'" she says with a laugh. Though she calls touring "the most fun thing in the world," she explains, "It's my second day in. I'm just getting settled."

At the moment, she's happily eating what she calls "veggie delights" (her silver nail polish, a relic from the previous night's show, peeking out with each grab of a fry), though Goulding was supposed to be—and had actually hoped to be—at home in London, quietly writing her third album. But sometime last summer, a new level of success sneaked up on her and commandeered her life. She hit the road with Bruno Mars for two months, and by the time she got home, her second album, *Halcyon*, had climbed to number one on the U.K. charts, besting both Beyoncé and One Direction. Then she won a Brit Award for best female solo artist. "That's when everything went mental," she says. "I thought it was the end of a campaign, but it turns out it was only the beginning." Her current solo tour to support hits such as "Burn," "Lights" and her latest from the *Divergent* soundtrack, "Beating Heart," will span 25-plus countries. The screaming fans, the television appearances and the money are what every singer dreams of, but it takes hard work to stay sane and grounded. "You just have to keep yourself very focused on what you're doing, and your job," she says. "It can get kind of overwhelming."

Elena Jane Goulding wasn't destined to be a celebrity; in fact, her single "Anything Could Happen" could easily be the theme song to her life. Raised by her mother, Tracey, in a subsidized-housing project in working-class Lyonshall, England, three hours west of London, Ellie was abandoned by her father when she was 5. Money was tight, and the glamorous life seemed beyond her imagination. (Even now, her mum works the 9-to-7 shift at a pharmacy in Birmingham.) "We [kids] spent most of our time playing outdoors or listening to music or watching films," Goulding recalls. "I always liked singing, but it never occurred to me

that it could be a real job. So when people would ask me what I wanted to be when I grew up, I'd say, 'I'm going to be an actress,' in this fake posh accent that I'd learned from watching period dramas." Goulding went on to study drama at the University of Kent in Canterbury, and soon traded her clarinet, which she'd played since childhood, for a new instrument in hopes of improving her love life. "I started playing guitar to impress a guy, but all of a sudden I was more engrossed in the guitar than the guy, and playing it became my everything," she says. "It was a big deal, because I started singing my own songs." At 19, she won a campus singing competition and got signed by a manager who happened to be in the audience. While simultaneously holding down three jobs—in a bar, a clothing shop and a theater—she started setting her tremulous voice to thumping beats and eventually began writing the electro-pop dance anthems that now fill many a workout playlist and windows-rolled-down car ride. Four years ago, a pair of festivalgoers helped change the trajectory of her life once more: After seeing her perform, Prince William and Kate Middleton handpicked Goulding to sing her cover of Elton John's hit "Your Song" at their 2011 wedding reception.

It's funny to imagine what Her Majesty the Queen might say if she saw Goulding in concert now. At one of her New York City shows, she wore only a black-and-mesh number reminiscent of Cher's bodysuit from her "If I Could Turn Back Time" video—though with a bit more left to the imagination. Of course, Goulding really has nothing to hide when it comes to her body, which she's worked hard to get. She's currently training for her fifth half marathon (she'd like to beat her personal best: a very respectable 1:41), yet explains that as a child "I was never that fit. I was sort of averagely good at sports, never bad but never really a standout, either." By the time she turned 18, her body, she thought, was "genetically how it was meant to be. In my family, we've got big waists—a belly but not much of a bum or boobs." Then she fell for a guy named Matt, 12 years her senior and the brother of a classmate, who helped change her life and body forever. "I was completely taken in by him," she recalls. "He saw something in me—a talent, a drive—that I didn't even see in myself, and I loved having him around." Matt taught her about healthy eating ("My mom was raising four kids on her own, so we ate whatever we wanted: cheap food, sugary cereal and such") and also turned her on to exercise. "He'd say things like 'You need to look after yourself more.' So I started running, and suddenly I was addicted to fitness. I just knew that every day I needed to go out and run. I knew it was keeping me in a good place, even if I couldn't exactly explain how."

If her killer abs aren't a dead giveaway, seeing Goulding own the stage for 90 minutes straight without so much as a hint of breathlessness in her voice gives you a sense of how fit she's become. "My training is part of my life," she says. "It's something I need to do every day, because it affects my mood, my fitness, even my mind-set onstage." Her workouts include a mix of boxing, gymnastics, martial arts, Barry's Bootcamp, the *Insanity* DVD and yoga. "I get the biggest high when I do yoga," she says. "People don't realize that there's such an incredible drug in life that doesn't involve any substances." When she has time, she'll slip on her Nike running shoes, head out the door of her London

flat and log 4 to 6 miles. "I don't feel emotional when I run, and that's what I love about it," she says. "It keeps me present more than anything else."

It should come as no surprise that if she weren't a singer, Goulding says, she'd like to be a personal trainer. But like most working women, she still has to cram fitness into her busy days. "It's hard to stay motivated, but I feel like there's a very strong force pushing me to exercise. It's as if something—the universe, I don't know—is telling me, 'You need to always be as fit as you can be.' I've gained slightly different priorities while being on this planet, and one of them is to respect my body and to do as much as I can with it while I'm here." Free running, another of her active hobbies, tests those limits. "It's all about flexibility, agility and getting from one place to another in the most adventurous, inventive way possible," she explains, pointing to two empty chairs about 8 feet apart on the other side of the restaurant. "If you could convince yourself that jumping from that chair to the next was a life-or-death thing, you could most likely do it." The sport has changed the way she sees everything. "I'll go outside and jump between benches, pull myself up on things, crawl through things. I'll do anything that scares me. Once, I

N There's a very strong force pushing me to exercise, as if something is telling me, 'You need to always be as fit as you can be.'"

even walked across a log over a big ravine. I'd probably survive if I fell, but I would've been pretty hurt," she says, adding, "Free running makes you super f---ing fit. And the fitter you become, the more you can deal with s--- like that. It forces you to trust your body. It makes you realize that your body helps you more than you know." A recent back injury—"I fell over in the bath, which is the least rock-and-roll way to get hurt"—sidelined her for a bit, but she's feeling stronger every day. "The reason I keep pushing myself is that I know I have strength that I haven't gotten yet." For Goulding, fitness is never about aesthetics (though she admits she'd be up for posing for a lingerie campaign). "I don't have the perfect body, but I don't train to look good," she says. "That's just a cool bonus."

Following what she calls a "good-karma diet" helps fuel her tough workouts. She's *almost* vegan, save for the shreds of cheese on the fries she's currently noshing, and she eats this way not just for her energy but also her mind. "Since I've stopped eating meat, I see everything a lot clearer," she says. "And this sounds really deep now, so forgive me, but I feel more compassion and more empathy. What I eat affects my personality, the way I treat other people, the way I see everything. Being a vegetarian has made me want to be kind in a way that I've never felt before." (As if to prove her point, she nudges the fries across the table, an offer to share.)

If you get the sense that Goulding is more dedicated to healthy living than the average 27-year-old, you're probably right. It's partly a survival tactic, because she's seen firsthand what happens when she allows her life to tilt out of balance:

Four years ago, just as she was preparing to release her first album, *Lights*, she suffered a series of crippling panic attacks. "That girl who was going to just get married, work in the theater and do what a lot of my friends had done was still inside me, fighting whoever I was becoming. I was torn between that really simple life and this life of madness," she says. The emotional conflict produced terrifying physical symptoms. "My brain was getting all these crazy signals, and I'd have these faux heart attacks that felt real. There was so much adrenaline being pumped into my body that, in any normal situation, I felt as if I had to fight or flee. It was the worst time." Feeling out of control and constantly fearing the next attack, Goulding became isolated and depressed. "I couldn't do anything. On my way to the studio, I'd have to cover my face in the car with a pillow. I couldn't shop, couldn't go outside, couldn't see people, because there were just so many triggers. And I didn't want to tell anyone, because I just felt so stupid. I never wanted people to see me as weak." Eventually, she sought therapy and addressed her problems. "It's great to talk to someone who doesn't know you and spill it out," she says. "I did that, and I haven't had any panic attacks since."

Though Goulding has adjusted to her superstar life, she stops short of saying she's genuinely happy now. "What I feel at the moment," she says, "is not necessarily happiness or sadness. I feel peaceful, and I never could have said that before. I used to have anger issues and anxiety and confusion from my dad not being around. Because of him, the idea of losing people really made me mad. I didn't like the way relationships were so disposable—the way you're with someone and then all of the sudden you're not. But now I understand that anger is a pretty pointless emotion." And she's also learned that there are men she can trust. Without naming names but with a full-on smile, she alludes to British rocker Dougie Poynter of McFly and McBusted fame. "I've definitely met someone," she says, blushing a little. Naturally, life on the road makes dating extra complicated—"You get to know someone who makes you very happy and then you go away, right when it was just getting somewhere awesome"—so, for now, the pair Facetime as much as possible. "It's not fun, but I think we can make it work," she says. "Love is beyond everything, beyond the universe." In fact, it has a strong enough pull that even with all of her recent worldwide success, Goulding still sometimes fantasizes about walking away from the spotlight: "I'm torn between this crazy, beautiful, amazing life and the idea of a very simple life, where I settle down, live in a house in the country, have dogs and animals and grow stuff." She dreams of kids, too. "Yeah. There are babies everywhere."

Just as she ponders this alternate existence, her publicist and assistant arrive at the table and bring her back to reality: She's due at sound check, and her car is waiting outside. As she gets up to leave, a fan interrupts. "I'm so sorry," says the woman. "I don't normally do this, but I've seen you in concert twice, and I just love your music." Goulding smiles and puts both hands over her heart. "Thank you so much," she responds. "That means so much to me." Then she climbs into her car and heads toward whatever could happen next. ■



Meet the
G.R.L.s
From left:
Paula
Van Oppen,
Natasha
Slayton,
Lauren
Bennett,
Emmalyn
Estrada and
Simone Battle

ON VAN OPPEN
SPORTS BRA Nesh
NYC SHORTS
Gap **SNEAKERS** New Balance

ON SLAYTON **BIKINI**
TOP Oakley **PANTS**
Lucy **SNEAKERS** Puma

ON BENNETT **SPORTS**
BRA Elisabetta Rogiani
PANTS Lucas Hugh
SNEAKERS Nike

ON ESTRADA **SPORTS**
BRA Up Vibe
PANTS Calvin Klein
SNEAKERS Nike

ON BATTLE **TANK** Phat
Buddha **SHORTS**
Elisabetta Rogiani
SNEAKERS Nike



That song “Wild Wild Love” on your cardio playlist? It’s these girls jamming with Pitbull. And they don’t just sing together—they work out together, which may explain the abs. Research finds people who exercise with friends enjoy it more and therefore stick to it. Turn the page for your group session.

G.R.L. powered

By Jacqueline Risser Photographs by Arthur Belebeau

your tune-up

This total-body routine from Mari Melao and Kathy Robb, co-owners of BootCampWF in Westfield, New Jersey, is choreographed to these songs. Download the hits, grab a partner and a set of weights, and play along.

Ugly Heart G.R.L.

WORKS TRICEPS, BACK, ABS, BUTT, THIGHS

Cross-country ski in place for 3 counts, squat; repeat, changing lead legs. Chorus: Do triceps dips with alternating leg kicks (as shown, opposite). Return to cross-country. 3:19

Happy Pharrell Williams

WORKS BUTT, THIGHS, ABS; CARDIO

Do alternating reverse lunges until Pharrell sings, "Cause I'm happy." Face partner; jump and high-five. Drop to a plank facing each other and clap as he says, "Clap along if you feel..." Every time he says "happy," jump and high-five; go back to plank claps. Verses: reverse lunges. When they say, "Happy, happy, happy, happy," do high-five jumps for a finale. 3:52

Stronger Kelly Clarkson

WORKS BICEPS, SHOULDERS, BUTT, THIGHS

Pick up weights. Start with squats and biceps curls. Chorus: Do knee-ups with overhead presses. When the chorus ends, go back to squats and curls. When chorus returns, do knee-ups with overhead presses. 3:41

Roxanne The Police

WORKS EVERYTHING

Every time Sting belts "Roxanne," do a full burpee with a push-up. Jog in place during the "downtime." You'll do about 26 burpees! 3:11

Cups Anna Kendrick

WORKS ABS, CHEST, ARMS

Hold a plank to start. Each time she says "gone," do a push-up. When she says "miss," flip over and do a full sit-up. Hold a plank during the verses. The switch is fast, furious and calorie torching! 2:08

Best Day of My Life American Authors

WORKS BUTT, BACK, HAMSTRINGS

Start in a bridge and hold until chorus. When band says, "This is gonna be the best day of my life," do mountain climbers. Go back to bridge; repeat. 3:14

Flower Moby

WORKS BUTT, THIGHS

Squat every time Moby says, "Bring Sally down." Come up every time he says, "Bring Sally up." 3:26

TOTAL WORKOUT TIME 22 minutes



“We work out together because it feels easier and more fun,” Estrada says.



Personal training

Get tight with someone you're tight with. Researchers at the University of Southern California found that enjoyment and adherence were most significant when workout partners were close.

Play a game of Truth or Dance with G.R.L. Watch the video at Self.com/go/GRL.

SPORTS BRA Onzie
PANTS 2XU

OPPOSITE **SPORTS BRA** Alicia Marie Collection by Rogiani
PANTS Fox **SNEAKERS** Nike

Styling, Lida Moore Musso; hair, Frank Rizzieri for Rsession Tools; makeup, Christopher Ardoft for Chanel Les Beiges Fluid; manicure, Jackie Saulsberry for Chanel; set design, Jared Lawton. See Get-It Guide.

Hands on

"Deejaying is way too hard with long nails. And a bright color shows chips," Richards says. Her nude polish pick: Essie in Mademoiselle, \$9.

JACKET Ralph Lauren Black Label **DRESS** Pure DKNY **NECKLACE** Chan Luu



A photograph of a red vinyl record on a turntable. The turntable is silver and black, and the record is red with white text. In the background, there is a large window showing a city skyline with buildings and a bridge under a blue sky with clouds.

just press pretty

Alexandra Richards is rock royalty. Her dad is Keith Richards, guitarist for The Rolling Stones. Oh, and her mom is supermodel Patti Hansen. That explains the good genes. So, naturally, she has beauty confidence. Add her get-gorgeous tips to your mix.

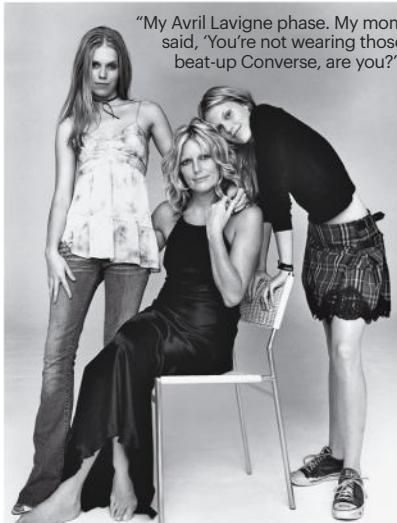
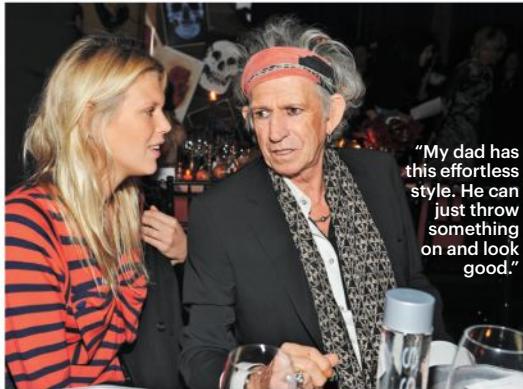
By Kate Sandoval **Photographs by Ben Watts**

a

lexandra Richards is also a deejay (she's scheduled to spin at the Amfar gala at Cannes). And a model (her first campaign was for Tommy Hilfiger when she was 14). And an artist (her paintings are hanging at The Hotel on Rivington in New York City, where we photographed her). So, make that a *successful* deejay/model/artist. "I like to be busy, and I don't want to tie myself down. Deejaying and modeling are great because I get to see the world, meet new people and play music while I'm at it. And art gives me a chance to tune out. It's therapeutic," she says. Considering that her careers require her to be seen and revolve around the visual, she radiates It Girl beauty. "When I'm deejaying, I like to change it up. It's fun to throw on a bold-colored lip or a smoky eye," Richards says. "And lately I've been pulling my hair into a loose side braid. It feels fresher than a ponytail and cooler than a braid down my back." Her skin-care routine, however, is more strategic. "Every morning, I drink warm water with lemon squeezed into it to help hydrate," she says. "I also wash my face with Bioderma Sensibio H₂O [\$32] a few times a day, because I'm susceptible to breakouts." Clear skin is her top priority, so she avoids thick moisturizers and instead sprays her face with rosewater and applies Jurlique Rose Moisture Plus Moisturizing Cream (\$44), which doesn't clog her pores. "I have to keep my skin hydrated or I'll get acne. I also see my facialist, Tracie Martyn, before a big event," she adds. When she does have a breakout, she goes old school. "I dab it with witch hazel to dry it out," Richards says. "And I hate looking shiny, so I keep blotting sheets in my deejay bag." What else is in her bag of tricks? Read on to get her stunning hair, eyes and lips.

rock waves

Long, tousled hair that you can whip around is basically the unofficial musician hairstyle. (The Rolling Stones' famous shaggy hair is no exception.) "It's super low-maintenance," Richards says. Still, she does work at keeping her strands strong and healthy. "Since I highlight it every couple of months, and that makes it weaker, I try to avoid damaging hot tools and let my hair air-dry instead." To enhance her naturally wavy texture, she spritzes Bumble and Bumble Surf Spray (\$26) into towel-dried hair. "I make sure that I apply it only to the middle section of my hair so it doesn't weigh down my roots," Richards says. Then she just leaves it alone as it dries. (The less you touch it, the less frizzy it will be.) "I tend to stay away from other styling products because they clog the pores along my hairline. Except for dry shampoo: I'll use that to give my roots a quick lift."





"I was on a shoot, and someone handed me a guitar. I can play a little, but I was very nervous."

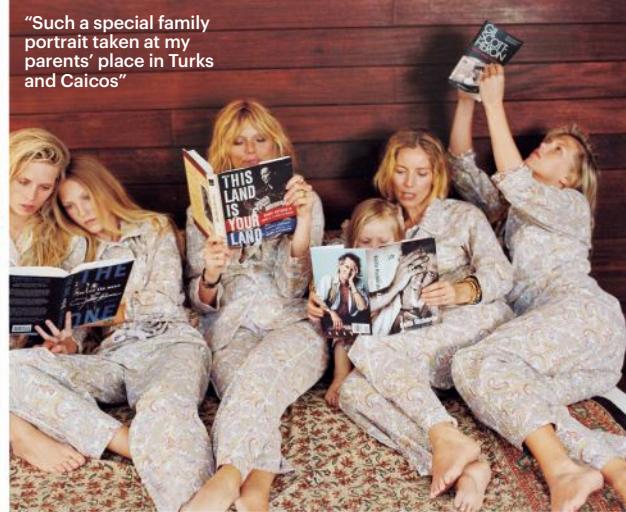


"Theodora, my sister, and I landed this Tommy Hilfiger campaign together."



For the record
An eyeliner marker is easier than liquid liner to create a cat's-eye. Try CoverGirl Bombshell Intensity Liner, \$7.

“My dad taught me to put on eyeliner. Who else can own that, maybe other than David Bowie’s daughter?”



From left: "Theodora, Georgia Jagger and me wearing our summer brights"

A close-up, high-contrast photograph of a woman's face. She has blonde hair that is slightly messy and windswept. Her eyes are a light green color, and she is wearing a dark, smoky eye makeup look. Her lips are painted with a bright, glossy pink lipstick. She is looking directly at the camera with a neutral expression. The lighting is dramatic, highlighting the texture of her hair and the contours of her face.

Fashion director, Evyan Metzner; hair, Moiz at Art Department; makeup, Christopher Ardoft using Chanel Les Beiges Fluid; manicure, Gina Edwards for Chanel; set design, Jared Lawton. See Get-It Guide.

smoky eyes

A dark eye is sexy, striking and goofproof. "It's the easiest thing to do, because you don't have to be exact," Richards says. Start with a black kohl eyeliner pencil, like Rimmel Soft Kohl Kajal in Jet Black, \$4. Swipe it along the inner and outer rims of lids. "This really defines your eyes," Richards says. Then apply a matte black shadow (like Jouer Powder Eyeshadow in Licorice, \$20) to your lids with a dense, dome-shaped shadow brush. Blend it up to the crease and swipe it along your lower lashes, too. "But I avoid the inner corners," Richards says. "Dark shadow there makes my eyes seem too close together." Last step: mascara on top and bottom lashes.



dayglo lips

One benefit of a superbright color? "It shows up in the dark," says Richards, who prefers an orangy red. "It's bold but somehow friendlier than a classic Fifth Avenue red." Follow these tips so you don't look clownish: "Hydrate lips first so lipstick glides on evenly," Richards says. (She likes Lucas' Pawpaw Ointment, \$13.) Then, for a softer look, pat a matte coral lipstick, like Tom Ford Beauty Lip Color in True Coral, \$49, onto lips with your fingers. You know to skip eyeshadow with a strong lip, but don't neglect your brows. "I wear a tinted brow gel, and—this is key—I groom them with a clean mascara brush to blend it for a natural look. No clumps."

Wearing a full-body pattern won't look over the top when the cuts are simple, like a tank and tailored trousers that hit at your ankle.

TANK \$178, and **PANTS** \$228, Rebecca Minkoff
NECKLACE Ben-Amun by Isaac Mizrahi, \$373 **SANDALS** Nanette Lepore, \$348

Fashion director,
Evyan Metzner



LIVE OUT LOUD

Make a statement in head-to-toe power prints that show off your fierce confidence (and your fierce body). Singer Judith Hill demos.

PHOTOGRAPHS BY DEWEY NICKS

Jou may not immediately recognize the woman on the left, but you've definitely heard her voice. And once you learn more about her, you'll see why there's no one better to show off this season's bold prints-all-over trend. Here's the rundown: Judith Hill, a 30-year-old Japanese African American, was a contestant on the fourth season of *The Voice* (she was eliminated after making it to the top eight) and in the Oscar-winning documentary *20 Feet From Stardom*, about the lives of backup singers. She was set to join Michael Jackson on his *This Is It* tour; instead, she sang at his memorial service, which briefly gave her international attention. "Working with Michael

made me think, Wow, it's OK to dream this big," Hill said in the film. So she stopped accepting backup gigs. Well, not entirely. She did a few more, thinking no one would notice. "Making music costs money," she explained. But at that point she had fans, and they tweeted her asking why she was still in the back. That won't happen anymore: With a single dropping this summer and a soulful pop album out this fall, Hill is ready to step into the spotlight and stay there. And these bright, look-at-me patterns are the perfect way to turn up the volume on her career. "They reflect who I am: fun and energetic," she says. "I feel powerful in them. I really am ready to stand out." For more on Hill's style philosophy, turn the page.

Hill describes her personal style as edgy and striking. (Picture a badass pop star and you're on the right track.) To make sure she stays true to herself, she keeps six things in mind when pulling an outfit together. Use them to help you hone your own look.

Dress the way you want to feel

On days when you'd really rather stay under the covers, your inclination may be to pull on something loose and comfortable, such as an old sweatshirt. Don't do that. "I believe that playing the part on the outside affects how you feel on the inside," Hill says. "So even when I'm not feeling my best, I put on clothes that make me look confident." Reach for an outfit that gets you compliments and that is nothing like pajamas. Maybe it's a structured dress that encourages you to stand up straight or your favorite silk top just back from the cleaners. "For me, it's colorful prints," Hill says. "It might be the Japanese girl in me, but my eye has always been drawn to patterns that have an Asian or Harajuku twist. When I wear them, they lift up my spirit and help me to get out of my funk."

If you're stumped, throw on bold jewelry

Thing is, sometimes you *are* in a great mood. But then none of your clothes fit right. Or your closet is packed, but none of it inspires you. What then? "Pick out a piece of jewelry, and make that the focal point of your outfit," Hill says. To ensure that it is, keep your clothes simple. "I wear one solid color and stick to classic cuts," she says. Black shift dresses, pencil skirts and blazers are good bets.

Choose accessories that say something

Not literally. We're not talking about a bracelet with the word *love* on it or a nameplate necklace (although, nothing wrong with those). Hill thinks more abstractly. "I'm biracial, so uniqueness resonates inside me. I don't see myself or my music as formulaic or conventional. To illustrate that, I wear accessories that are unique," says Hill, who is especially drawn to geometric or asymmetrical necklaces and earrings, as well as derby hats and patterned or sequined scarves she repurposes as headbands. "These accessories tell people who I am without me having to say anything. They're a powerful part of my identity," she explains.

Know your strength

As in, which part of your body do you want people to notice? Pick one, and wear clothes that feature it. "I like my waist and my back. So I focus on clothes that nip in—like a tailored dress—or have cutouts through the midsection," Hill says. "I know that they'll make me feel my sexiest." If you have great shoulders, go strapless. Love your legs? Wear A-line dresses and skirts that hit at the middle of your thighs to make your legs look their longest.

Find the common thread

If you have the same print head-to-toe, you don't have to worry about matching. (See the picture at right.) But when you want to mix patterns, things can start to feel tricky. Hill has a secret for that. "Look for one element they share," she says. It can be the type of pattern (for example, they're both florals) or a common color (they both have a cobalt background). "Recently, I paired a floral print with a geometric print. It worked because they were both muted pastels." Scale is the one thing they don't have to share. You can put a big print with a small one. Just remember that the larger print will be the focal point, so wear it on the body part that you want to highlight.

Wear your version of a beaded leotard

"One of my favorite outfits is a crazy beaded leotard that has really interesting shoulders," Hill says. (Close behind are her parachute pants and a sick *Sgt. Pepper's* jacket.) "I love it because it's so out-of-the-box and one-of-a-kind, and it always gets me noticed, which is what I want." Backup singers tend to wear all black so they fade into the background; solo artists do the opposite. "That's my goal," Hill says. "I went to an event where everybody was in black cocktail dresses and heels. I wore a long funky dress with combat boots. Sometimes I think I might have gone overboard, but it set me apart, and people remember me." That's not to say you shouldn't wear an LBD. If you love it, go for it. "The point is that you should never feel apologetic about your style. It's always cool to go in 100 percent yourself. You don't need to fit a certain mold."

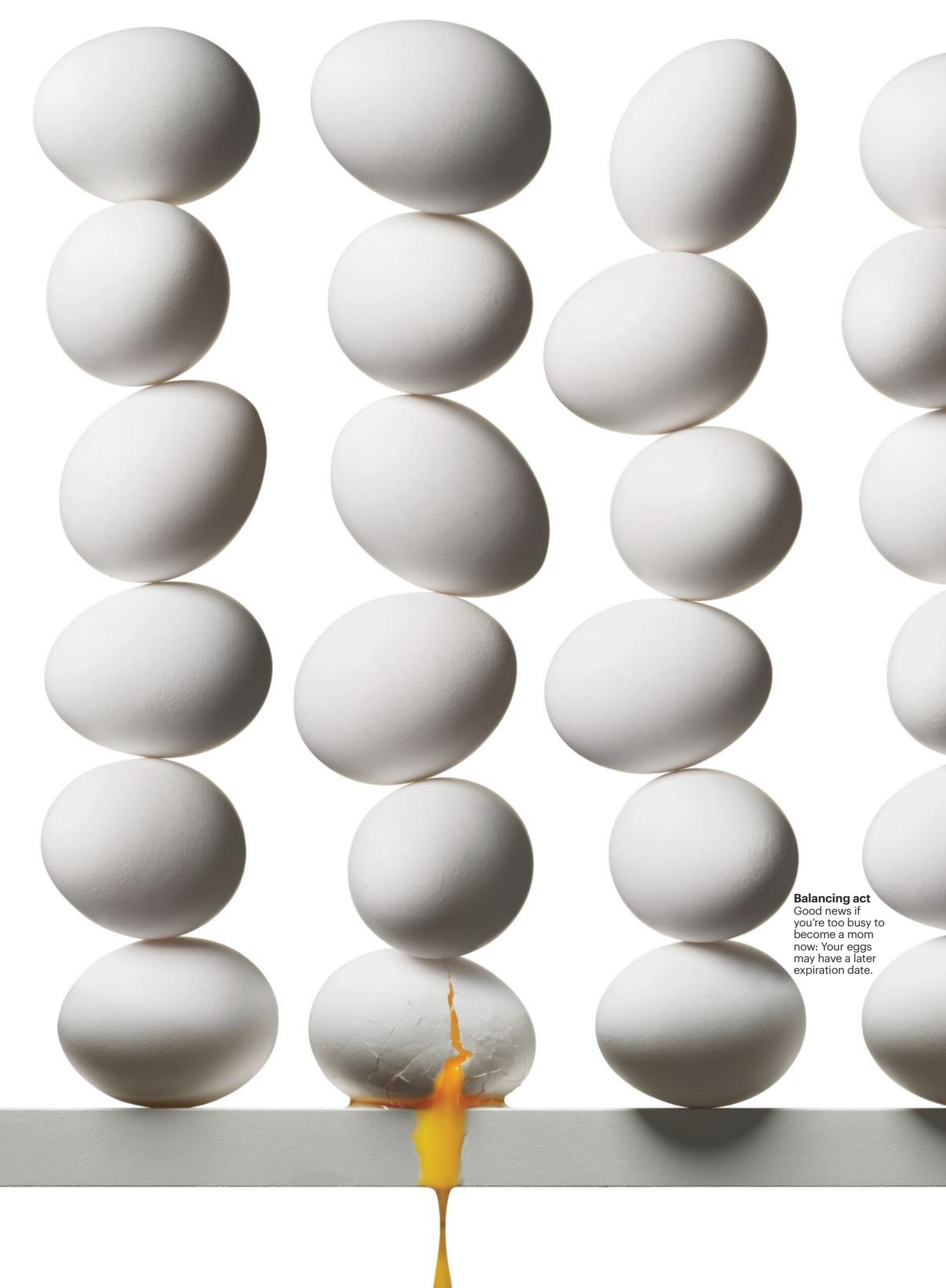


Let wild prints take
the lead. More
than one accessory
is overkill.

SHIRT \$725, and **PANTS**
\$650, Zero + Maria
Cornejo **NECKLACE**
Ben-Amun by Isaac
Manevitz, \$157

Hair, Ursula Stephen for
Motions/Epiphany Artist
Group; makeup, Robert
Greene for Chanel;
manicure, Naja Rickette
for Essie; prop styling,
Abraham Latham.
See Get-It Guide.

Text by Kate Sandoval



Balancing act
Good news if
you're too busy to
become a mom
now: Your eggs
may have a later
expiration date.



the pregnant pause

You're on the fast track at work, you never miss your 7 A.M. Spin class, and your weekends are action-packed. Life is good. So why are you stressing about your fertility? New insights show you can relax—you've got more time than you may think.

By Sunny Sea Gold

Just when you're leaning in to your life, you can start hearing it in the distance: the drumbeat of fertility anxiety. Your drive and ambition could be earning plenty of wins, but people still whisper that your biological clock is ticking and your ovaries are shriveling, so if you don't lock down a baby daddy and procreate before your early 30s, you might never be able to. No surprise, then, that so many smart women wonder whether taking the time to meet the right partner could be dooming their wombs. In fact, 40 percent of women ages 18 to 40 in a

new Yale School of Medicine study said that if they were trying to get pregnant, they'd be concerned about whether they'd be able to conceive.

But according to new research, that mounting fear about our ability to conceive just may be unfounded, stoked by a news cycle determined to fan the flames. "Your fertility is a finite thing, and you need to be aware of this. But these days, fertility obsession has taken over," says Hilda Hutcherson, M.D., professor of obstetrics and gynecology at Columbia University College of Physicians and Surgeons. "I see so many young women in my practice, even in their early 20s, who are already alarmed about whether they'll be able to have kids. Most of my younger patients have no reason to worry," she says.

That's reassuring news if you're currently hitting your stride in your career and can't easily switch to motherhood mode or if you haven't yet met the partner you want to make babies with. So take a collective deep breath. Take a look at the science and learn more about why you really can dial back the baby mania.

Is 35 the fertility cliff?

Even women who are years away from their 35th birthday have it burned in their minds that it's all downhill from there. "I've always heard that getting pregnant becomes more difficult after 30, and at 35 fertility really takes a dive," says Claire H., 28, who has been dating a new guy for about 10 months. "I know I want kids, so I've been doing the math—dating, engagement, time to just be married, the time it might take to conceive, plus the actual pregnancy—and I'm already behind the curve."

But is she really? When you look at the numbers, the time line is likely fine. A 2013 study from *Fertility and Sterility* determined that 78 percent of 35- to 40-year-olds became pregnant within a year, compared with 84 percent of women between 20 and 34, if both groups had sex during the most fertile time in their cycles. Instead of a plunge, the fertility cliff may more closely resemble a bunny slope. This reinforces an earlier study of 782 couples by the National Institute of Environmental Health Sciences, which found that the difference in fertility rates between women heading into their mid-30s and women looking at 40 was just 4



Time to chill
As you age, your eggs age, too—but thanks to new science, there are ways to stop the clock.

percentage points: Eighty-six percent of 27- to 34-year-olds who had sex twice a week were able to get pregnant naturally within a year, versus 82 percent of 35- to 39-year-old women. That's not to say age doesn't matter—it definitely does. You're born with all the eggs you'll ever have—about 1 million. Each year, thousands die naturally, so by puberty, you're at 300,000, and the numbers continue to decline. And the younger the egg, the less likely it will carry abnormalities that prevent it from developing into a healthy embryo. Still, the overall risk for these complications remains low.

The most pronounced drop in fertility happens after 40, reproductive

specialists say. "Your chance of conceiving at age 42 is about 9 percent per cycle," explains Pasquale Patrizio, M.D., a fertility researcher, clinician and director of the Yale Fertility Center. "By 44, it's 2 percent per cycle, and at 45, it's at most 1 percent per cycle." This isn't to say that conception won't happen—women in their early 40s have healthy babies naturally all the time, says Mary Jane Minkin, M.D., clinical professor in the department of reproductive sciences at the Yale School of Medicine. But biology isn't on your side.

So if hitting 35 doesn't mean your baby-making days are absolutely over, how did it get stuck in women's heads?

It might be linked to the fact that the chances of having a baby with a genetic abnormality do increase at that point. When giving birth at age 25, the risk of having a child with Down syndrome, for example, is one in 1,250; at 30, it's one in 1,000; at 35, it's one in 400. The increased risk isn't hype, but "even that is small in real life," Dr. Hutcherson says. That means you have a 99 percent chance of having a baby without Down syndrome.

The problem may not be you

All the news spotlights the trouble that women can have with fertility, leading them to consider drastic (and often premature) solutions, while men's fertility issues go largely unreported. "Women tend to worry about fertility much more than men, and if they do have trouble conceiving, they're the ones asking, 'What's wrong with me?'" Dr. Hutcherson says. But the fact is, for about 40 percent of the couples unable to conceive, the guy is either the sole cause of the problem or at least a contributing factor. Usually, male infertility is triggered by low sperm counts or poor sperm quality. It can also be the result of age or even lifestyle factors like smoking and drinking.

We're led to believe that women need to panic about their age while men can father perfect babies anytime, but that's not the case. Even if men have no issues fathering children, paternal age may be associated with a higher rate of psychological disorders and developmental conditions like autism. A *JAMA Psychiatry* study from 2013 found that kids born to men over 45 were 3.5 times more likely to be diagnosed on the autism spectrum and 13 times more likely to be diagnosed with ADHD than those born to the same men when they were 20 to 24.

Finally, egg freezing got an upgrade

Considered experimental by the American Society for Reproductive Medicine until 2012, egg freezing has become a more viable possibility—thanks to increased use of a relatively new technique that "flash freezes" eggs to help preserve their structure. The newer process, called vitrification, freezes the eggs so fast that ice crystals

don't form and cause damage as they did in earlier techniques.

The age of your eggs is important, too, says Elizabeth Fino, M.D., reproductive endocrinologist and infertility specialist at the NYU Fertility Center in New York City. Women who choose to freeze their eggs before age 35 have about a 45 percent rate of live births at Dr. Fino's clinic. By the time a woman is 40, the success rate falls to 37 percent, she says.

Another factor to keep in mind: If you're ready to go for it, you'll need to plan for the hefty expense. It can cost up to \$12,000 to harvest and freeze your eggs, then at least \$500 a year for storage, and elective treatments aren't covered by insurance.

You can help maintain a baby-ready body

Kale smoothies and açai bowls won't necessarily extend your natural fertility window. "But you can make sure that when you're ready to have a baby, your body will be ready, too," Dr. Patrizio says.

Maintaining a healthy weight is especially important. Women with a body-mass index below 19 generally have too little body fat to sustain a pregnancy, and their bodies put the brakes on ovulation, so conception can't happen, Dr. Minkin says. Being seriously overweight can also put a dent in fertility, but carrying 10 or even 20 extra pounds won't affect it.

And here's yet another reason not to smoke: Even the occasional cigarette might make your eggs more prone to chromosomal abnormalities. Also, don't postpone yearly ob/gyn checkups, and be honest with your M.D. about symptoms like irregular bleeding or pelvic pain. They could be tip-offs to treatable conditions such as endometriosis or uterine fibroids, which could impair your fertility if left unchecked.

Managing stress (including fertility stress) could also be a good idea. "Some evidence shows that stress can delay conception when you're trying to get pregnant," says Alice Domar, Ph.D., director of integrative services at Boston IVF. Learn to dial it down now with deep breathing, mindfulness practice or yoga, skills you'll definitely need when you're ready to become a mom.

The new stats on fertility

No need to jump right into momhood—more and more women are waiting.

26

The average age of a first-time mom today (up from 21 in 1970)

40–44

The age group with the biggest increase in birthrate since 1990

60%

Increase in the number of babies born to women 35 and over since 1990

600

Number of babies born in 2012 to women 50 and over

2,000

Approximate number of babies born via frozen eggs worldwide to date

Katniss turns it out when the stakes are high, a telltale sign of a warrior. Find out if she's your stress-type doppelgänger....





Are you a warrior... or a thinker?

How do you handle stress?
Identify your type and learn
to use it to your advantage.

By Molly Triflin

Even if you're not fighting to survive in an evil dystopian society, everyone needs help when life slings arrows our way. To find your best stress strategy, start with figuring out the unique way your brain reacts under duress. Groundbreaking new science suggests that our response is genetically influenced. Understand how you're wired and it could help you thrive when the pressure is on—a key talent in an age when we're juggling a million things at once.

Here's your crash course on the way stress plays out in your brain: An optimal level of the neurotransmitter dopamine helps your brain's prefrontal cortex with tasks like planning and decision making. But some people metabolize dopamine more slowly than others, so they have higher dopamine levels and can become overwhelmed when they face extra stress. Others metabolize this neurotransmitter more quickly, which can make them unmotivated in their day-to-day.

What influences levels of dopamine? A gene known as COMT. COMT controls an enzyme that acts like a vacuum, clearing the extra dopamine hanging around in the prefrontal cortex. You were born with one of three combinations of the COMT gene that plays a role in stress response—you're either a warrior, a thinker or a combination of both. Stress experts helped us formulate this quiz to help you ID your type—and the personalized plan to help you crush it in the pressure cooker of life.

Discover your unique stress type

How would you rate your tolerance for physical pain?

- a** Embarrassingly low. Even a deep-tissue massage makes me cry uncle.
- b** Short of a sprained ankle, not much bothers me.
- c** I wince when I get a shot, but I shake it right off.

Before an important job interview, you always feel...

- a** Super nervous (sweaty palms, heart pounding, shallow breathing).
- b** Energized and focused—it's go time!
- c** A little anxious and jittery, but once I'm in there I'm pretty focused.

Where do you do your best work?

- a** Somewhere quiet where I can hear myself think
- b** In a bustling go-go-go environment. The energy energizes me.
- c** Somewhere in the middle—not too quiet or I'll doze off, but not so busy that I'll get distracted

Mostly As: You're a thinker

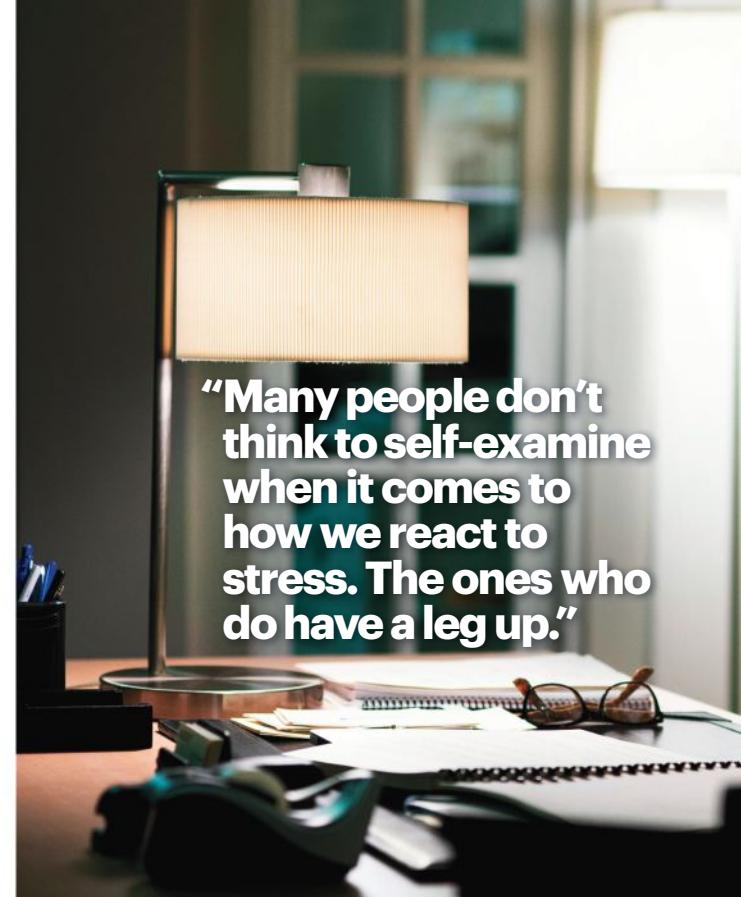
Thinkers are born strategists—you like to plan ahead, steering clear of potential obstacles well in advance. That's partly because your COMT gene helps you maintain the optimal amount of dopamine during everyday activities, keeping you alert and self-motivated. While other people are binge-watching Netflix in their free time, thinkers (dubbed worriers by scientists) are more likely to check off as many things as possible on their to-do list. And the advantages keep coming. "This group tends to be able to switch back and forth between tasks quickly, plus they have a better short-term memory and sharper attention span than most people," says David Goldman, M.D., chief of the Laboratory of Neurogenetics at the National Institutes of Health and author of *Our Genes*,

Think back to the last time you were in a potentially panicky situation—like your car broke down or you got stuck in an elevator. How did you react?

- a** I got really worked up and couldn't think straight.
- b** It's like I clocked into the zone—I felt calm and clearheaded.
- c** I didn't react as rationally as I would have liked, but I could still function.

While you're giving a presentation at work, your boss asks a question you aren't prepared to answer. Your reaction:

- a** Anxiety spike! I do better when I know ahead of time what questions will be asked.
- b** Whip out a sharp, pointed response—I think best when the heat is on.
- c** I can usually come up with something semi-intelligent.

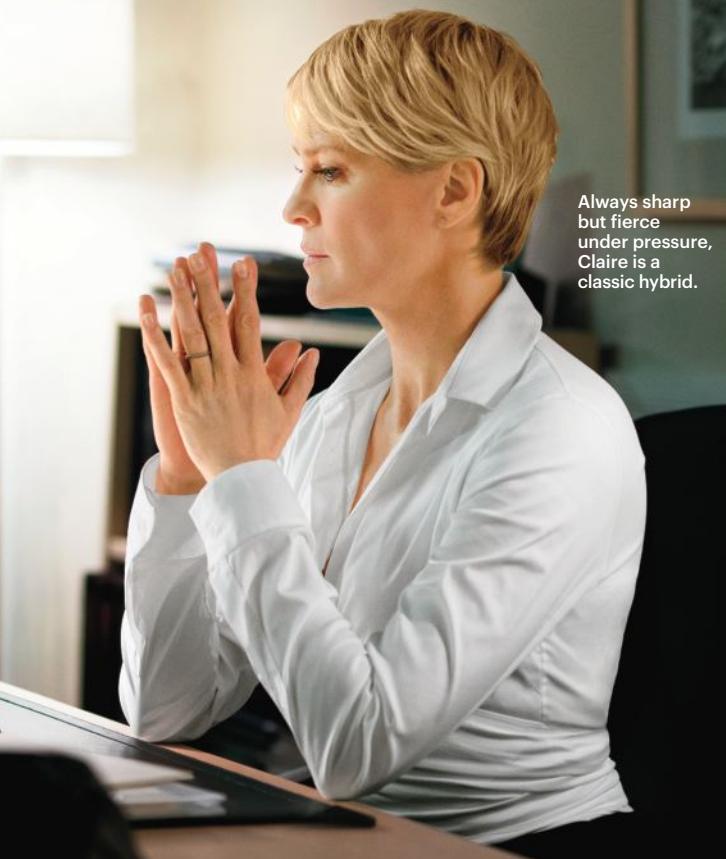


"Many people don't think to self-examine when it comes to how we react to stress. The ones who do have a leg up."

Our Choices. All great. But there's a weak spot. You're probably not great at winging it. The high-stakes situations when you really need to be on the ball—an impromptu meeting with a top client, dinner with your new boyfriend's mom—are also when your prefrontal cortex is flooded with dopamine, which your COMT enzyme can't clear quickly. The effect is kind of like a surge of traffic that crashes a website. "You freeze," says Julian Ford, Ph.D., professor of psychiatry at the University of Connecticut in Farmington and coauthor of *Hijacked by Your Brain: How to Free Yourself When Stress Takes Over*. "You feel paralyzed, and then the physical and emotional exhaustion of this state leaves you working doubly hard to cope with the situation and with your body's stress reaction."

The solution: Operate on autopilot.

Navigating a new situation (a first date or an interview) or being in the spotlight (like making a speech) triggers an increase in your levels of dopamine and other stress hormones, potentially overwhelming your prefrontal cortex. So, your move: "Take away as many unpredictable elements as you can," suggests Joseph Shrand, M.D., instructor of psychiatry at Harvard Medical School and coauthor of *Manage Your Stress: Overcoming Stress in the Modern World*. Propose meeting your date at a place you know well. Minor prep work helps you feel in control of the issue as much as you can be, so ticking off things on your list—something as simple as choosing the outfit you'll wear on your interview the night before—will help you sidestep the uncertainty that can overwhelm thinkers. And before giving a presentation or a wedding speech, practice it extensively. "This helps you circumvent executive functions so you operate on automatic, like driving a car, allowing you to perform more effortlessly and mindlessly," says Adele Diamond, Ph.D., professor of developmental cognitive neuroscience at The University of British Columbia. Any amount of familiarity breeds comfort and confidence.



Always sharp but fierce under pressure, Claire is a classic hybrid.

But sometimes you can't predict when you'll be confronted with a surprising challenge. When anxiety creeps in, turn to mindfulness, Diamond says. Checking in with your reactions can short-circuit the thinker's natural stress response in a crisis situation. Ask yourself two questions: What's my stress level on a scale of 1 (none) to 10 (worst ever)? Then ask what your level of personal control is—meaning your ability to handle the situation—on a scale of 1 (I got nothing) to 10 (I can make this better). While you might be a 9 on the stress scale, it's possible you might have more control over the situation than you first realized. And since thinkers excel when they have control, this awareness could help center you.

Mostly Bs: You're a warrior

About to interview for your dream job? You're juiced for the challenge. Giving a TED talk? Bring it on. Kitchen fire? Under control. Your baseline dopamine levels in your prefrontal cortex are lower than a thinker's, so a little bit of stress can bring them up to the perfect level for peak performance. You're usually ready for battle when things get intense, because you can react quickly. "In the midst of chaos, warriors can rapidly home in on the matter at hand," Ford says. But there is a drawback. Under low-stress circumstances, your system eliminates too much dopamine. Without its energizing effect, you might have trouble getting motivated and can be less productive than others. You actually need some pressure to pull out your best stuff, and that means you might be a procrastinator. "Warriors tend to leave assignments until the last minute and cut corners, which can compromise quality," Dr. Shrand says. When you procrastinate to the point of being faced with a huge task and no time to complete it, you experience stress, too. You've probably spent some time lying wide awake in your bed, worrying about all the projects that have piled up on your

desk—and the blowback you'll get when you hand in work that doesn't reflect your best abilities. And when was the last time you didn't have to hustle to file your taxes?

The solution: Simulate that rush.

Since pressure can fuel you to perform at the top of your game, you have to find ways to stay on edge but still make headway on big assignments. Set mini-deadlines and benchmarks for yourself to intensify urgency and create a sense of progress. Then plan for a big finish. Being under the gun may improve a warrior's performance, so although you don't want to have too much work to do at the last minute, you do want to play to your natural strengths.

"Overplanning to the point where you eliminate spontaneity goes against your natural aptitude," says Po Bronson, coauthor of *Top Dog: The Science of Winning and Losing*. So if you have a major project in the pipeline, reserve the final push for just before D-day, when you'll have naturally elevated levels of dopamine.

Another way to drive your daily to-do list? Harness your emotions. Remember a time you felt angry, vengeful or jealous—say, a senior staffer took credit for your idea, or a coworker scored the assignment you'd been angling for. "You can harness aggressive emotions and use them to motivate you," Bronson says. "Tell yourself, 'He doesn't think I can do it, so I'm going to show him he's wrong.'" That kind of self-talk can help warriors get hyped up and motivated.

Mostly Cs: You're a hybrid

You have a combo COMT gene—half warrior, half thinker. This means you have more baseline dopamine in your prefrontal cortex than warriors but less than thinkers. For you warrior-thinker blends, you can handle a bit of stress (e.g., a tight deadline). You want enough pressure to keep you on your toes but not so much that it shuts down your brain. "The key is to find your sweet spot," Diamond says.

The solution: Track your tendencies.

Make a check mark next to everything on your calendar that you feel psyched for and an X next to deadlines and events you're dreading. After a few weeks, look over your list for patterns—maybe you get excited about a lunch with your top client but freak that you'll flub your bridesmaid toast. That might mean you shine when it comes to important meetings (so try a warrior tip, like preparing while leaving space for spontaneity), but being in the spotlight puts you in a nail-biting thinker mode (so practice mindfulness).

Pay attention whenever people praise you for something that you pulled off in the 11th hour. That's a tip-off that your inner warrior is emerging—you held it together in a circumstance that others found stressful. Likewise, are you more productive when the office is quiet and your coworkers haven't arrived yet? If you're motivated in a lull, that's a very thinker quality, and you could plan to be in the office early a few days a week, when it's deadsville, to supercharge your efficiency. "Many people don't think to self-examine when it comes to how we react to stress. The ones who do have a leg up on everybody else," says Sian Beilock, Ph.D., a psychology professor at The University of Chicago and author of *Choke: What the Secrets of the Brain Reveal About Getting It Right When You Have To*. Stress is always going to plague us, so rather than relinquish control, take charge and get ahead of it. ■



Rhubarb Spritzer

This fizzy drink gets sweet-tart flavor (and plenty of vitamin C) from an easy rhubarb syrup. See recipe, page 99.

DRINKUP

Few things say summer like a cool cocktail. From boozy to smoothie, we've created the ultimate seasonal drinks, packed with fresh fruit—so, yes, they're even healthy.

By Genevieve Ko Photographs by Kate Mathis

When summer's heat hits, go easy on the ultra-sugary margs and mojitos. Instead, raid the farmers' market for ripe fruit and fragrant herbs to craft one of these easy, refreshing drinks. Our recipes keep the sugar and calories in check while still packing in plenty of flavor from a rainbow of fresh produce. Freeze chunks

of fragrant melon to make a luscious slushy. Crush blackberries into a spicy, gingery bourbon cocktail. Simmer tart rhubarb to make a blush-pink syrup for spritzers. Or go for full-on summer nostalgia with a strawberry-soda ice cream float (amazingly, it clocks in under 250 calories). Share a batch with friends, or with your guy, and your day just got even brighter.



Blackberry Summer Smash

Fresh basil adds a refreshingly spicy note to this easy cocktail. See recipe, page 99.

MELON-LIME SLUSHY

This frosty drink is as refreshing as frozen lemonade but has the added lushness of summer melon. Fresh thyme gives the fruit's sweetness some grown-up dimension.

6 cups diced
honeydew, cantaloupe
or watermelon
1/4 cup fresh lime juice,
plus more to taste
1/2 cup sugar, plus more
to taste
1 tsp fresh thyme leaves,
plus sprigs for garnish
1/2 cup silver tequila or
mezcal (optional)

Spread melon pieces on a rimmed baking sheet in a single layer. Freeze until just hard, about 1 hour.

Transfer melon pieces to a food processor and add lime juice, sugar, thyme, 1/2 cup water and tequila, if desired. Pulse until smooth and slushy, scraping the sides of the bowl occasionally. Add water if you prefer a thinner consistency. Add lime juice and sugar to taste.

Divide among serving glasses and garnish with thyme sprigs. Serve immediately with spoons, or let melt slightly to serve as a drink. Serves 4

THE SKINNY 257 calories per serving, 0 g fat,
50 g carbs, 2 g fiber, 1 g protein

The sweet spot

For the sweetest, most intense melon flavor, sniff the stem end: A ripe melon will have a strong fragrance.



RHUBARB SPRITZER

To get the prettiest blush color for this drink, be sure to choose rhubarb without any green streaks, and don't remove the fibrous pink peel.

10 oz rhubarb (about 3 medium stalks), cut into $\frac{1}{2}$ -inch slices
¾ cup sugar
1 tbsp fresh lemon juice
3 cups seltzer or 1 bottle (750 ml) dry sparkling Cava wine, chilled
Lemon and pink grapefruit slices, halved (optional)

In a medium saucepan, stir rhubarb, sugar and lemon juice over medium heat until sugar dissolves. Bring to a boil, then reduce heat to medium-low. Simmer, stirring occasionally, until rhubarb breaks down completely, about 6 minutes. Strain through a fine-mesh sieve, pressing solids to extract as much liquid as possible. Discard solids. Cover and refrigerate until cold, at least 2 hours and up to 1 day.

Divide syrup among 8 glasses. Top with seltzer or Cava. Garnish with lemon and grapefruit slices, if desired. Serve immediately. Serves 8

THE SKINNY 201 calories per serving, 0 g fat, 29 g carbs, 0 g fiber, 0 g protein

BLACKBERRY SUMMER SMASH

Ginger beer (which contains no alcohol) adds a sweet kick to the tart blackberries. It's readily available in supermarkets.

6 fresh basil leaves, plus a sprig for garnish
11 blackberries, divided
1 tbsp fresh lemon juice
Ice cubes
¼ cup ginger beer, chilled
2 tbsp bourbon (optional)

In a rocks glass, muddle basil (see note at top right) and 8 blackberries with lemon juice. Fill glass with large, square ice cubes and top with ginger beer and bourbon, if desired. Garnish with basil sprig and remaining 3 blackberries. Serve immediately. Serves 1

THE SKINNY 125 calories, 0 g fat, 13 g carbs, 4 g fiber, 1 g protein

UPGRADE YOUR SUMMER DRINKS

Make a batch of simple syrup

It will save you the frustration of trying to dissolve sugar in cocktails, lemonade or even iced coffee. Bring equal parts sugar and water to a boil, stirring, and cook until clear, about 1 minute. Cool, then refrigerate up to 1 week.

Master your muddling

To instantly infuse the flavor of fruit or fresh herbs into a drink, you'll want to muddle (aka gently crush) them. Pick up a wooden muddler at a kitchenware store (or just use the handle end of a wooden spoon). Put the ingredients—usually herbs, fruit and/or a sweetener—in the bottom of a cocktail shaker or heavy glass. Gently but firmly press down, twisting your wrist. Repeat until the herbs are fragrant and the fruit smashed.

Freeze bigger ice cubes

It's grade-school science: The bigger the hunk of ice, the slower it melts. Here's the grown-up part: That slow melt means no more watery drinks. Pick up a King Cube silicone ice-cube tray for less than \$10 at a kitchenware or home store.



SELF

Your fave summer drink
Tell us at Self.com/fooddiet.
Then share your recipes!

Drink Up

(continued from page 99)

Drink or dessert?

No need to choose when you make these rum-spiked, berry-infused floats.



STRAWBERRY RUM FLOAT

Quick and easy homemade strawberry syrup melds with creamy vanilla ice cream when fizzled with club soda.

1½ lb strawberries, hulled (4 cups), plus 1 cup wedges for serving
½ cup simple syrup (see page 99), plus more to taste
1 tsp fresh lemon juice
½ cup white rum
4 small scoops vanilla ice cream
16 oz club soda

In a blender, puree hulled strawberries, simple syrup, lemon juice and rum until smooth. Strain through a fine-mesh sieve, pressing seeds to extract as much liquid as possible. Discard seeds. Add simple syrup to taste.

Divide strawberry syrup among 4 tall glasses. Pour 4 oz club soda into each glass and stir gently to combine. Divide strawberry wedges among glasses and top with ice cream. Serve immediately with long straws and spoons. Serves 4

THE SKINNY 231 calories per serving, 4 g fat (2 g saturated), 31 g carbs, 4 g fiber, 2 g protein

SPICED PEACH LASSI

Buttermilk, packed with calcium and probiotics, lends a subtle tanginess to this spice-spiked lassi. Finish with a sprinkle of chopped pistachios for a hit of crunch.

1½ lb ripe peaches (about 5 medium), quartered and pitted (4 cups)
2 cups lowfat buttermilk, chilled
1 cup ice cubes
½ cup sugar, plus more to taste
¼ tsp ground cardamom
⅛ tsp ground cumin
⅛ tsp salt
½ cup peach liqueur (optional)
2 tbsp shelled unsalted pistachios, coarsely chopped

In a blender, puree peaches, buttermilk, ice cubes, sugar, cardamom, cumin, salt and liqueur, if desired, until smooth and frothy. Add sugar to taste. Divide among 4 glasses and top with pistachios. Serve immediately. Serves 4

THE SKINNY 186 calories per serving, 3 g fat (1 g saturated), 36 g carbs, 3 g fiber, 6 g protein

KATE MATHIS

+GET-IT GUIDE

Cover Blazer, DKNY, \$445; Bloomingdale's. Sports bra, T by Alexander Wang, \$130; Saks Fifth Avenue, 212-753-4000. Pants, Love Leather; info@IWantLoveLeather.com for information.

Page 2 Sports bra; DAActive.com for similar styles. Pants, Michi, \$175; MichiNY.com. Sneakers, \$110; Nike.com. **Page 4** Jacket, \$1,890, and dress, \$535, Just Cavalli; 646-741-4434. Sneakers, DKNY, \$115; 800-231-0884.

Page 10 Sports bra, \$42; Onzie.com. Shorts, CA by Vitamin A, \$58; JacksSurfboards.com. Bracelet, UP by Jawbone, \$130; Jawbone.com. Watch, Puma, \$90; Shop.Puma.com. Sneakers, \$180; Adidas.com. Shirt, Marc by Marc Jacobs, \$278; Nordstrom.com. Jeans, Mavi, \$118; 718-522-0836. Necklace, \$195; ChanLuu.com. Belt, \$60; WillLeatherGoods.com.

Page 13 Sneaker, Asics, \$85; AsicsAmerica.com.

Page 28 Tank, \$55; Yogasmoga.com. Shorts, Sundek, \$90; ShopSundek.com. Sneakers, La Sportiva, \$125; Sportiva.com.

Page 45 Sports bra, \$45, shorts, \$50, fitness bracelet, \$149, and sneakers, \$100; Nike.com.

Page 70 Jacket, T by Alexander Wang, \$1,250; Saks Fifth Avenue, 212-753-4000. Shorts, \$265; Tibi.com. Ring, Djula, \$4,185; Fragments, 212-334-9588. Sneakers, \$100; Nike.com. **Page 71** Shirt, \$39; PixieMarket.com. Bra, VPL, \$95; Barneys New York. Shorts, Alice + Olivia by Stacey Bendet, \$495; AliceAndOlivia.com. Necklace, price upon request; LoreeRodkin.com.

Pages 74-75 On Van Oppen: Sports bra, \$62; NeshNYC.com. Shorts, \$30; Gap.com. Sneakers,

\$75; NewBalance.com. On Slayton: Bikini top, \$48; Oakley.com. Pants, \$79; Lucy.com. Sneakers, Puma, \$80; Shop.Puma.com. On Bennett: Sports bra, Elisabetta Rogiani, \$75; Rogiani.com. Pants, \$440; LucasHugh.com. Sneakers, \$110; Nike.com. On Estrada: Sports bra; UpVibe.com for similar styles. Pants, Calvin Klein Performance, \$45; Macys.com. Sneakers, \$150; Nike.com. On Battle: Tank, Phat Buddha, \$44; Bloomingdales.com. Shorts, Elisabetta Rogiani, \$68; Rogiani.com. Sneakers, \$120; Nike.com. **Page 76** Sports bra, Alicia Marie Collection by Rogiani, \$87; Rogiani.com. Pants, Fox, \$45; FoxHead.com/hello. Sneakers, \$100; Nike.com. **Page 77** Sports bra, \$42;

Onzie.com. Pants, \$90; 2XU.com.

Page 78 Jacket, Ralph Lauren Black Label, \$2,995; RalphLauren.com. Dress, Pure DKNY, \$195; Bloomingdale's. Necklace, \$175; ChanLuu.com. **Page 83** Dress, Jill Stuart, \$688; 212-343-2300. Rings, \$980 to \$1,615 each; BeckyKelso.com.

Page 84 Tank, \$178; RebeccaMinkoff.com. Pants, Rebecca Minkoff, \$228; 866-838-6991. Necklace, Ben-Amun by Isaac Manevitz, \$373; Ben-Amun.com. Ring, Freywillie, \$695; 800-801-4094. Sandals, Nanette Lepore, \$348; 212-452-3056.

Page 87 Shirt, \$725, and pants, \$650, Zero + Maria Cornejo; ZeroMariaCornejo.com. Necklace, Ben-Amun by Isaac Manevitz, \$157; Ben-Amun.com.

SELF IS A REGISTERED TRADEMARK OF ADVANCE MAGAZINE PUBLISHERS INC. COPYRIGHT ©2014 CONDÉ NAST ALL RIGHTS RESERVED. PRINTED IN THE U.S.A. VOLUME 36, NO. 7. SELF (ISSN 0149-0699) is published monthly by Condé Nast, which is a division of Advance Magazine Publishers Inc. PRINCIPAL OFFICE: The Condé Nast Building, 4 Times Square, New York, NY 10036. S. I. Newhouse, Jr., Chairman; Charles H. Townsend, Chief Executive Officer; Robert A. Sauerberg, Jr., President; John W. Bellando, Chief Operating Officer/Chief Financial Officer; Jill Bright, Chief Administrative Officer. Periodicals postage paid at New York, NY, and at additional mailing offices. Canada Post Publications Mail Agreement No. 40644503. Canadian Goods and Services Tax Registration No. 123242885-RT0001. Canada Post: Return undeliverable Canadian addresses to P.O. Box 874, Station Main, Markham, ON L3P 8L4.

POSTMASTER: Send all UAA to CFS. (See DMM 7074.12.5.) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to SELF, P.O. Box 37662, Boone, IA 50037-0662. FOR SUBSCRIPTIONS, ADDRESS CHANGES, ADJUSTMENTS OR BACK-ISSUE INQUIRIES: Please write to SELF, P.O. Box 37662, Boone, IA 50037-0662, call 800-274-6111 or email subscriptions@self.com. Please give both new and old addresses as printed on most recent label. Subscribers: If the U.S. Postal Service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year. If during your subscription term or up to one year after the magazine becomes undeliverable, you are ever dissatisfied with your subscription, let us know. You will receive a full refund on all unmailed issues. First copy of new subscription will be mailed within eight weeks after receipt of order. Address all editorial, business and production correspondence to SELF Magazine, 4 Times Square, New York, NY 10036. For reprints, please email reprints@condenast.com or call 717-505-9701, ext. 101. For reuse permissions, please email permissions@condenast.com or call 800-897-8666. Visit us online at Self.com. To subscribe to other Condé Nast magazines on the World Wide Web, visit CondeNet.com. Occasionally, we make our subscriber list available to carefully screened companies that offer products and services that we believe would interest our readers. If you do not want to receive these offers and/or information, please advise us at P.O. Box 37662, Boone, IA 50037-0662 or call 800-274-6111.

SELF IS NOT RESPONSIBLE FOR THE RETURN OR LOSS OF, OR FOR DAMAGE OR ANY OTHER INJURY TO, UNSOLICITED MANUSCRIPTS, UNSOLICITED ARTWORK (INCLUDING, BUT NOT LIMITED TO, DRAWINGS, PHOTOGRAPHS AND TRANSPARENCIES) OR ANY OTHER UNSOLICITED MATERIALS. THOSE SUBMITTING MANUSCRIPTS, PHOTOGRAPHS, ARTWORK OR OTHER MATERIALS FOR CONSIDERATION SHOULD NOT SEND ORIGINALS, UNLESS SPECIFICALLY REQUESTED TO DO SO BY SELF IN WRITING. MANUSCRIPTS, PHOTOGRAPHS AND OTHER MATERIALS SUBMITTED MUST BE ACCOMPANIED BY A SELF-ADDRESSED STAMPED ENVELOPE.

SELFcurated

CHECK OUT COOL PROMOTIONS, HOT EVENTS AND THE BEST DEALS AROUND



Get Bikini Ready!

SELF Healthy Kitchen gets you ready for summer. Each meal is under 350 calories and filled with simple, natural ingredients you can see and taste. **We make it easy to eat healthy!**

Find us in the frozen food aisle or visit selfhealthykitchen.com.



MD Anderson Cancer Center

Eating the right foods and keeping a healthy weight can help reduce your chances of cancer and other diseases. But maintaining a healthy diet is often easier said than done. That's why MD Anderson developed the Healthy Bites guide.

Learn more at MDAnderson.org/FocusedOnHealth

THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center

Making Cancer History®



14 Days to Slim

Swap two meals a day for delicious Slimfast protein meal bars or shakes and lose up to 6 lbs in 2 weeks.*

amazon.com/slimfast

*based on first two weeks of a 1,200 calorie diet, exercising 30 minutes daily, and drinking plenty of water. Results range from 4-6 pounds.

start your slimdown today
slimfast



Introducing New Ban® Total Refresh™ Cooling Body Cloths

A new, easy way to cool down and freshen up anytime, anywhere - instantly! With just one wipe you'll experience instant cooling relief and a smooth, soft finish so you feel fresh and confident going from one activity to the next.

FeelBanFresh.com

ban TOTAL
refresh™
COOLING BODY CLOTHS



Smile Bright with 3DWhite

Whiten your smile in just 1 day with the Crest 3D White Luxe Collection.

3DWhite.com



“What gets you to the next level is truly believing you deserve to be where you are.”

...play soccer

By Alex Morgan, 25, forward for the Portland Thorns and the U.S. Women's National Team

I was drawn to soccer at a young age. The 1999 Women's World Cup really impacted me—everyone knew the names of the players, and that's not common for professional female athletes. I wanted to be in those shoes and be a part of history. A big force behind my success is wanting to prove wrong the people who said I'd never make it at this level.

I love to score goals—there's no better feeling. It's a rush of adrenaline, of excitement. But you need to get over that quickly; one goal doesn't mean you can slack off. It's actually a good trait to be forgetful, too: You shoot, you miss, it's done. And it has to be, or it messes with your confidence. I work hard even if we're playing an opponent that isn't strong because I want to be a better player and teammate.

Of course, there are times when I'm tired, my legs hurt, and I don't want to play. I get it together because I realize millions of little girls want to be in my position. That makes it all worth it.



In 2013, Morgan was elected to the U.S. Soccer All-Time Women's National Team Best XI, alongside legends such as Mia Hamm and Brandi Chastain.

Now a little **chia seed** goes a long way.



NEW Kashi Crunchy Granola and Seed bars have chia seeds, which add to the nutritional goodness in our tasty bar. And that helps you eat positive, no matter where the day takes you.



®, TM, © 2014 Kashi Company



Aveeno[®]
ACTIVE NATURALS[®]

Naturally Beautiful Results[™]



What keeps my skin feeling soft and healthy in the sun? My sunscreen.

Leave skin soft, smooth and feeling healthier than before you went in the sun. Exclusive AVEENO[®] ACTIVE NATURALS[®] Oat Formula is proven to help reverse skin dehydration, while providing UVA/UVB broad spectrum protection that goes beyond FDA standards.

