

# SELF

Make this your

# SUMMER OF FUN!

Dreamy getaways,  
beachy beauty,  
sexy swimsuits  
and more...

## Flat abs fast

The easiest 3 steps to  
working a two-piece

## Take our quiz

How well do you  
know your skin?

Victoria's Secret's  
**Alessandra  
Ambrosio**  
Shares her  
fitness secrets

# 25

ways to  
eat healthy  
A delicious  
bite-by-bite  
guide

# +

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and select physicians and spas.

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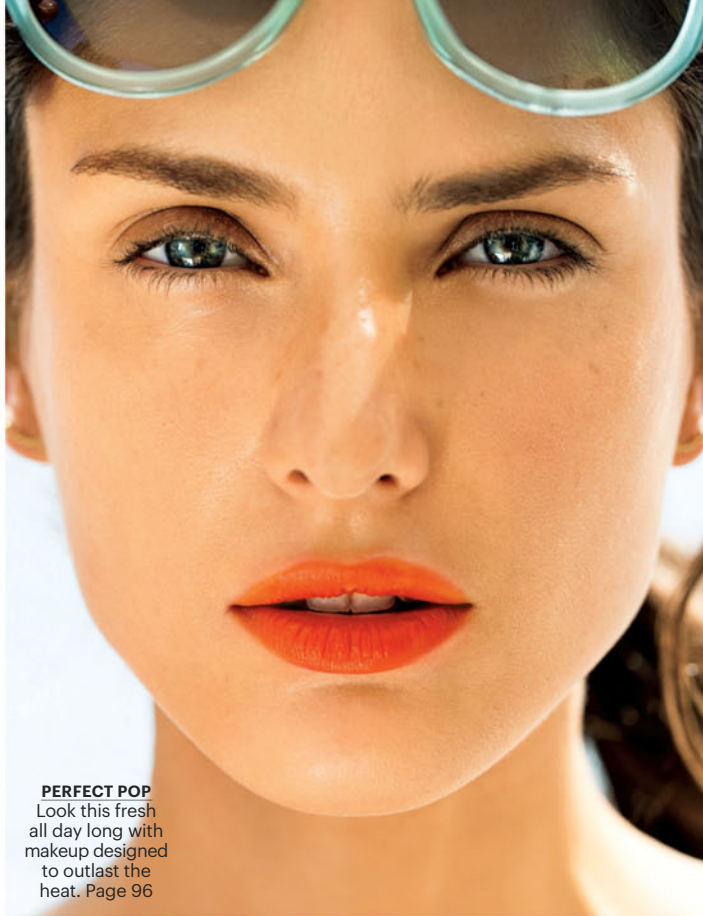


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**Photograph by Stewart Shining** in Malibu, California. Creative director, Cynthia Searight; fashion director, Eryan Metzner; hair, Frankie Foye for Oribe Hair Care; makeup, Ana Marie for Sephora Collection Colorful; manicure, Kimmie Kyees for Nubar Cosmetics.

**CLOTHES** Tunic, Milly Cabana. Bikini, Victoria's Secret. Necklace, Jules Smith. Ring, Vaubel Designs. See Get-It Guide.

**GET THE LOOK** Victoria's Secret Beach Sexy Beach Hair Wave Spray, \$12. Victoria's Secret Beach Sexy Instant Bronzing Shimmer Powder, \$24

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## YOUR JUNE SELF QUIZ

Tweet us your #SelfQuiz  
score @SELFmagazine.



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**2** For the best salad, **wash your lettuce** under the faucet or in a bowl with cold water? TURN TO PAGE 30

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# +CAN I SAY SOMETHING?



**TRAINING YOUR BRAIN**  
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## reach for it!

**B**eing your best self is the result of every choice you make—sometimes that means having margaritas with pals and sleeping in the next morning, other times getting #UpAndOut to hit the gym, hangover and all. You have to weigh what makes you happiest and healthiest in each moment. Most days, challenging myself both physically and with work that I love makes *me* feel balanced. I work out my muscles and my troubles in the pool, in the park or on the bike, and then finish with a clear head, ready to tackle whatever the day brings. Living like an athlete (read more about it on page 84) means pushing yourself, even when it's uncomfortable, to get stronger. Of course it can help you slide on those favorite jeans more easily as well. The bigger payoff: a Zen-like calm and mental fortitude that carry over into the rest of your life.

Training has helped me guide and grow the SELF brand on every platform. Since becoming editor-in-chief I've written three books, hosted a radio show on SiriusXM and launched new products, like SELF Healthy Kitchen, to help women live healthier. I've also watched the SELF family grow: I've seen staffers get married, have babies—today, some of those babies are in middle school!

Now I'm off to start my next chapter, and as I hand over the reins to a new editor, I want to thank you for the conversation we've enjoyed for nearly 13 years. I especially loved it when you gave me new ideas by favoriting things online, like our quick, healthy recipes and poster-worthy Pin-spirational photos. I'm grateful for the critiques, too—for telling me how to be a better person, editor and ambassador for your favorite magazine. SELF belongs to you, the community of active, self-empowered women who want to do better for yourselves and others.

No matter how much things change, one thing remains the same: Every day you get to define what makes you the version of yourself you want to be. My advice: Whatever your scary goal is—writing a book, starting a business, training for a race—reach for it! The only failure is the failure to try. I'm rooting for you!



Lucy S. Danziger  
Editor-in-chief



### GET MORE WITH SELF PLUS!

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## YOUR NEW PLAYLIST

### By Kelia Moniz, surfer

Her tip on page 26 will help you get into bikini shape fast. Here, she shares her favorite summery, beachy tunes.

#### WHAT'S MY NAME?

Rihanna feat. Drake

#### FLAWLESS

Beyoncé  
feat. Chimamanda  
Ngozi Adichie

#### DO MY THANG

Miley Cyrus

#### POUND CAKE

Drake feat. Jay Z

#### THINK GOOD THOUGHTS

Colbie Caillat

#### BEWARE

Big Sean feat. Lil  
Wayne & Jhene Aiko



#### ON THE RUN

Allen, left, with tutu business partner and friend Taramae Baize; below, with Team Mokie supporters

## INSPIRING WOMAN

### Monika Allen

Fans and friends of Monika Allen flooded SELF with messages to make us aware of what an amazing person she is when we ran her picture in a previous issue. Allen is exactly the kind of woman SELF celebrates: She coaches young girls for the nonprofit Girls on the Run (GOTRSD.org), and she ran the L.A. Marathon (her 19th!) while undergoing treatment for a brain tumor. Monika told us that training “helped me handle everything so much better.” Next up: a Half Ironman. She’s a true inspiration to all women, whether they’re healthy or battling their own challenges. We’re awed!



## GOOD THINGS COME TO THOSE WHO WORK OUT.



## PIN THIS

### Up and at 'em

Reader Christine Salto from New York City shared her personal mantra with us, and we loved it so much, we added it to our Pinterest board. “I need serious motivation for my 6 a.m. runs,” she says, “so I made this the background on my phone. It helps!”



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



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



**ATHLETA**

# Flash

WHO KNEW?

**BOOZE, STILL LOSE...**

Just to keep you splurge-savvy, a cosmo runs about 200 calories.

**EAT, DRINK AND BE MINI**

## Weight of living

Enjoy fun pink sips and other splurges this weekend—but eat clean Monday through Friday. People who are disciplined during the week but indulge over the weekend are more likely to maintain or even lose weight over time, a Cornell University study finds. Just don't step on the scale until hump day. Experts say “real” weight is best measured then.

Sources: Weight, Brian Wansink, Ph.D., John S. Dyon professor of consumer behavior at Cornell University; Anna-Leena Orsama, research scientist at VTT Technical Research Centre of Finland. Appetite, *British Journal of Community Nursing*.

# Flash: try it

**ALMOND JOY**  
Eat up to boost  
your intake of  
good, heart-healthy  
monounsaturated fat.



## STUDY DROP

**Count to 35** People who ate 35 roasted, lightly salted almonds (about 13 more than a serving size) daily reported reduced hunger, finds a study in the *European Journal of Clinical Nutrition*. That partly explains why, **despite taking in these 250 calories each day, participants didn't gain weight** after four weeks. One possible reason is that the act of chewing almonds makes you feel full. Can't not say it: Nuts!

**See orange** Our newest crush: Orangetheory Fitness. The studio's heart rate-monitored hour-long workouts jump between cardio on the treadmill/rower and strength drills, pushing you into the "orange zone" (85 to 92 percent of max heart rate) for 12 to 20 minutes per class. Hit that mark and **you could earn a bonus 200–400 calorie "after burn."** Get to one of 100 locations nationwide, stat.

**Color at home** Madison Reed, a new company with famed stylist Sally Hersherberger as an advisor, **will deliver professional-grade haircolor products to your door** for only \$30. Not sure which color suits you best? Text a pic of your hair, and a colorist will text you back your best match. Just livin' the flossy life.

**Dare to share** Tell your dreams (we mean the sleep kind, not the I-wanna-be-a-rock-star kind) to your guy. A study from the journal *Dreaming* found that **couples who regularly describe their dreams reported feeling closer.**

## STUDY DROP

## COOL APP

**Make a pit stop** Say buh-bye to subpar fast food and gas station bathrooms crawling with cooties. The free app **iExit tells you what food, hotels and attractions are approaching** for up to 100 exits ahead, so your road trip is truly epic.

**Gird your loins** In 2010, **women landed in the ER with an estimated 1,765 injuries** from bikini line grooming, up sixfold from 2002, reports *Urology*. To reduce the risk of laceration, NYC dermatologist Julia Tzu, M.D., suggests a razor with multiple closely spaced blades. We like Venus Embrace Sensitive Razor (\$10).



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TINA FEY in #63

# June weekender

**Downtime!** Ideas on how to fill your fun days

**FRI**

**SAT**

**SUN**



## FROSTED MINI-TREATS

Happy National Donut Day! Jennifer Steinhauer has a tasty recipe for doughnut holes in her new cookbook, *Treat Yourself: 70 Classic Snacks You Loved as a Kid (and Still Love Today)*. Be a hero and share with the office.

Athletes brave today's famously treacherous 34th annual Escape From Alcatraz Triathlon in San Francisco. Um, sharks? The race's website says they're there but a nonthreat. Still, scary! So make "No fear" tomorrow's motivation mantra.

**1**



Now it's National Trails Day! Get the AllTrails app and **go on a hike** to burn off those sweets.

**6**



## JAILHOUSE JOCK

Season two of *Orange Is the New Black* is on Netflix this weekend. We plan to binge-watch, while possibly binge-eating, so we went to celeb trainer Paul Katami for a few toners that are solitary confinement-friendly. Go to [Self.com/fitness](http://Self.com/fitness).

**8**



**13**

## SAVE SPACE, SAVE FACE

Camping at Bonnaroo? Pack a lighter bag with Clearasil Daily Clear Superfruit Toner. It cleanses, removes oil, fights acne and brightens skin, all in one bottle (\$7).

**14**

## PAGE-BURNER

The struggle to get to the gym on Saturday is real. Motivate with Maria Menounos's new book, *The EveryGirl's Guide to Diet and Fitness*, out now. She shares how she shrank from a size 14 to a size 2—and what it takes to maintain the loss.

**15**

Show Dad what you're made of and sign up for a **Father's Day run** on Active.com.

**20**

## TAKE YOUR ME-TIME

A whopping 41 percent of people who have summer Fridays often don't use them. Executive coach Karen Elizaga says get outta there! The break will boost productivity on Monday.

**21**

## GET A GRIP

Swing club with hands touching for a more precise shot, like the pros in this weekend's U.S. Women's Open Championship, says golf instructor Tom Stickney.

**22**

## SKIP THE GYM

Katy Perry's Prismatic World Tour kicks off its U.S. leg today. Steal this routine she does on the road: Jump rope 25 times; fold rope in half and hold in front of you, arms straight. Do reverse lunge with left leg; twist torso to right. Repeat on right for 1 rep. Do 10 reps. Repeat sequence 4 times.



## STAY ON YOUR TOES

What separates Wimbledon wannabes from tennis elites like Wozniacki? Footwork. Adidas coach Darren Cahill says: The moment your opponent strikes, be on the balls of your feet.



CAROLINE WOZNIACKI

**28**

## OIL YOUR MACHINE

Science says you deserve a massage. Just a 10-minute rub post-workout may reduce the production of cytokines—compounds that promote tightness.



**29**

## ALL ALE

Brazil hosts the World Cup until July 13. The country happens to be one of the top three in worldwide beer production. Watching a game at a bar? Order Xingu, a Brazilian draft.

Sources: Summer Fridays, Harris Interactive survey for Ultimat Vodka; jump rope, Armando Alarcon; massage, Mark Tarnopolsky, M.D., McMaster University Medical Centre, Ontario; beer stat, The Barth Report 2012/2013.

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WALLPAPER FLORAL PULL-ON SHORTS,  
ARTISAN-MADE GUATEMALAN BAG AND METAL BANGLE.



LIFE IS IN THE DETAILS

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# It's a thing

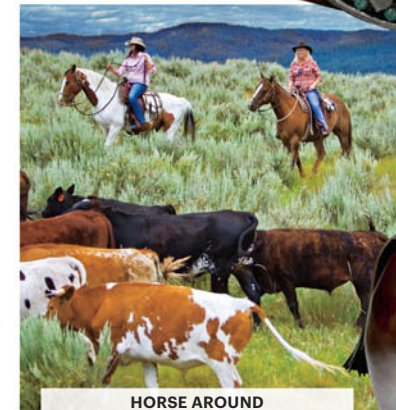


## SPUR OF THE MOMENT

Chanel's runway look was inspired by silent Westerns of the early 20th century. Real way: Do a prairie skirt with espadrilles this season.

## MADE FOR WALKIN'

They have a sole-cushioning padded wedge, so we actually mean that. Ash, \$265; 646-422-7098



## HORSE AROUND

The luxury Paws Up resort (PawsUp.com) in Greenough, Montana, has a premier equestrian center—sculpt your arms while driving cattle.

**DALLAS BRONZERS CLUB**  
Get a glow like you've spent the weekend at a sprawling ranch without damaging your beautiful skin! \$28; BenefitCosmetics.com



# western

Rustic chic is back.

We love a revival, but it got us thinking—why does rodeo style resurface every few years? What's the zeitgeist's fascination with the Wild West? Sure, the boots are cute, and fringe makes us want to hit up Bonnaroo, but maybe it's the stake-your-claim philosophy that the trend embodies that we really crave. There's this cultural desire, humming beneath our structured lives, to break out of the box, to pioneer new territory. So whatever your Wild West is—training for a 10K, penning a novel, asking for a raise—let these pieces remind you to take the reins and go for it.

## IN THE LOOP

Belts with chunky hardware are the new statement necklaces. Wear with a tee and jeans. \$125; Leatherrock.com



## BY THE HORNS

Kick back and put your feet up on this whimsical leather footstool. \$895; JonathanAdler.com



## GET THE BOOT

Dip a toe into the trend with a gold charm necklace. \$1,086; AlexWoo.com



## COOL RANCH

Bright and rustic home decor is cropping up everywhere. We're especially drawn to this gorgeous Cordoba pillow. \$1,695; RalphLauren.com



## CHEW ON THIS

Gas station jerky goes high-class with artisanal flavors like Korean BBQ and Sichuan Ginger. And it's still high-protein, low-carb. \$9 each; KingsCountyJerky.com



## Y'ALL READY FOR THIS?

Her debut single, "Wasting All These Tears," went platinum, and now Cassadee Pope's on tour with Tim McGraw.



## SUEDE IN HEAVEN

Fringe is a cowgirl must, but the ubiquitous long, swangy vest is a little played. Loving the dress update. BCBGMaxAzria, \$300; BCBG.com



CLOCKWISE FROM TOP RIGHT: COURTESY OF REPUBLIC NASHVILLE; DEVON JARVIS; COURTESY OF RALPH LAUREN HOME; ROBERT STOUT; OMERSA; THE RESORT AT PAWS UP; DEVON JARVIS; FIRSTVIEW.COM; DEVON JARVIS (3).

FEATURING THE COATED LINEN DRAWSTRING ANORAK  
AND SAILOR RIVIERA SHORTS.



LIFE IS IN THE DETAILS

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# Fun with celebs

In Malibu, California, in September '13



## Our body crush

### Yvonne Strahovski

**ACTION STAR** The actress chalks up her toned physique to "manual living": swapping cars, elevators and electric mixers for walks, stairs and a whisk. "It cuts out workout time," says the Aussie, 31, who, P.S., is an avid surfer. (We'll bet time in the waves shapes her body more than hand mixing!) On land, practicing pop-ups keeps her strong. For an at-home version, we went to Roxy pro surfer Kelia Moniz: Lie facedown, place hands shoulder-width apart under chest, and press up to a plank. With hands planted, step right foot forward into a lunge. Lift hands and stand, keeping knees slightly bent, shifting weight onto both feet equally. Reverse move to start for 1 rep. Switch forward foot with each rep. Do 20 reps.



As Kate Morgan on Fox's *24: Live Another Day*

## 5 healthy eats with Meghan Markle of *Suits*



"Some girls love shopping for shoes. Me? I love the farmers' market," says the actress-foodie, 32. Take a cue from her easy, flavor-packed essentials that keep her pencil skirt-ready.

**1 Morning fuel** I whip up a nutritional shake, adding avocado to make it creamy and frozen kale so I get greens.

**2 Lunch wraps** Nori seaweed stuffed with veg, protein, carrot-ginger dressing and Sriracha is oh-my-God so good! There's something about that chewy-crunchy texture.

**3 Fridge staple** Homemade hummus! It's the simplest thing: Blend chickpeas with a bit of tahini, garlic cloves, and tons of lemon juice and salt. Incredible.

**4 Flavor booster** Dressings can change your entire meal. I make a few at the start of the week with my Vitamix (obsessed!). One of them is an easy chimichurri made with kale instead of parsley, garlic, fresh herbs and olive oil.

**5 Fry fix** My most craved thing is french fries, so I'll roast sweet potatoes or carrots and parsnips till they get crunchy, add salt, red chile flakes and cumin. Just as satisfying!



Nori is "a great alternative to a tortilla," Markle says.

## fit buds

Girls who sweat together, stick together, right? Well, not literally—we hope. They also burn more calories.



Isla Fisher & Kirsten Dunst



Julianne Hough & Nikki Reed



Reese Witherspoon & Naomi Watts



Dull, damaged hair?  
Don't do anything drastic.  
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Our Triple Repair Complex, packed with fortifying proteins, mends split ends, strengthens brittle hair and protects from daily damage.

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# Shedding Light on SKIN PROTECTION

We clear up common misconceptions about skin protection and shed light on the latest products that let your best beautiful shine through.



## Is Makeup with SPF Enough?

Makeup companies don't have to identify the UVA protection level of their products; and UVAs cause wrinkles. So, even though your foundation has an SPF 30, you're not getting any UVA protection.

There are also several benefits to using a moisturizer as a primer to lock-in your makeup and to create an even surface for your foundation. Try the **NEW Olay Total Effects Daily Moisturizer with SPF 30** or **Total Effects Daily Moisturizer with SPF 15**.

Formulated with SolaSheer Technology, which combines broad spectrum SPF protection with proven moisturizing agents, this technology protects skin from harmful UVA/UVB rays while nourishing skin with a vitamin complex.

## I work out indoors and avoid the sun, do I still need SPF?

Even if you don't actively go outside for your workouts or live on a beach, you're still susceptible to sun damage when you walk outside. The fact is that you can still get sunburned through cloud coverage, and minimal sun exposure can lead to sun damage and wrinkles.



## Does having darker skin exempt me from sun damage?

No one is immune to the damage caused by the sun. The burn may not be as obvious on dark skin, but this does not mean it is harmless since it can cause discoloration.

For 48 hours of hydration plus Broad Spectrum SPF 15, try **Olay All Day Moisturizer with SPF 15** for Normal and Combination/Oily Skin. It protects against UVA/UVB rays, prevents premature skin damage, and keeps skin healthy and beautiful for all shades of women.



YOUR BEST BEAUTIFUL



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Olay Complete with SPF 15  
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yours, at [Olaystories.com](http://Olaystories.com)



To help drive awareness, Olay is donating to The Skin Cancer Foundation.



Olay  
complete

YOUR BEST BEAUTIFUL™

A photograph of two women with long brown hair. The woman on the left is smiling broadly at the camera, wearing a blue denim shirt. The woman on the right is leaning in and kissing her on the cheek, her eyes closed. The background is a solid light blue.

Let's defeat breast cancer.  
**WE'RE  
STRONGER  
TOGETHER.**

A small pink ribbon logo, the symbol for breast cancer awareness, located to the left of the text.

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CANCER  
AWARENESS  
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# YOU+

# LOOKS

## SKIN SECRET

Glide body gel over décolletage, shoulders and arms, too, for a hint of slenderizing sheen.

## Defined legs

Create the illusion of strong, sexy legs for days with a simple visual trick. Draw a straight line down each shin using one of the new lightweight body gels. The eye is instantly drawn to the highlighted area, **making legs look longer and leaner**, says New York City makeup artist Jackie Gomez (she works with Beyoncé!). We love L'Occitane Frisson de Verveine Ice Gel for Legs and Feet, \$22, with an easy rollerball applicator and refreshing lemon verbena extract.

# +IN THE TIME IT TAKES...

to stash the  
mess in your  
room



30  
seconds

## Hide stray brows.

Wonky hairs sprouted overnight, but you're too rushed to pluck. Swipe a finger in a light, neutral shimmer eyeshadow and run under arches—its light-reflecting minerals conceal growth, explains Malynda Vigliotti, owner of Boom Boom Brow Bar in New York City.



Essence 3D Eyeshadow in Irresistible Vanilla Latte, \$3

to smell  
the roses



45  
seconds

## Stop perfume fade.

If your signature scent tends to go MIA by midday, rub a dab of face or body oil (cooking oil works, too!) on pulse points before spritzing, recommends Jane Hendler, founder of Ajne Perfume in Carmel, California. Fragrance particles adhere to the oil, which soaks into skin, helping the scent last longer.



Balenciaga Rosabotanica Eau de Parfum, \$100

to have a  
glass of fizz

10  
minutes



Twist your tee into a turban.

## Prevent frizz.

Your fluffy bath towel could be to blame for a bad-hair day. Friction from its nubby surface roughs up hair cuticles, promoting frizz. Pull a cotton T-shirt over your head and wrap it around wet strands instead, suggests Mario Russo, owner of the eponymous Boston salons. The smoother, thinner material absorbs moisture without damaging hair. Unwrap when you're ready to blow-dry for sleek styling. —April Franzino



# What you wear to bed is your business.



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ask your eye doctor about  
**AIR OPTIX® NIGHT & DAY® AQUA**  
contact lenses. They're FDA approved  
for up to **30 DAYS AND NIGHTS**  
of continuous wear\*\* and are the most  
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Because bedtime is your time.

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\*High oxygen transmissible lens: Dk/t=175@-3.00D. \*\*Extended wear for up to 30 continuous nights, as prescribed by an eye care practitioner. †One month refers to a recommended replacement schedule of up to 4 weeks as determined by the eye care practitioner. ††Eye exam may be required. Professional fees may apply at participating offices.

Important information for AIR OPTIX® NIGHT & DAY® AQUA (lotrafilcon A) contact lenses: AIR OPTIX® NIGHT & DAY® AQUA contact lenses are indicated for vision correction for daily wear (worn only while awake) or extended wear (worn while awake and asleep) for up to 30 nights. **Relevant Warnings:** A corneal ulcer may develop rapidly and cause eye pain, redness, or blurry vision as it progresses. If left untreated, a scar, and in rare cases loss of vision, may result. The risk of serious problems is greater for extended wear vs daily wear and smoking increases this risk. A one-year post-market study found 0.18% (18 out of 10,000) of wearers developed a severe corneal infection, with 0.04% (4 out of 10,000) of wearers experiencing a permanent reduction in vision by two or more rows of letters on an eye chart. **Relevant Precautions:** Not everyone can wear lenses for 30 nights. Approximately 80% of wearers can wear the lenses for extended wear. About two-thirds of wearers achieve the full 30 nights continuous wear. **Side Effects:** In clinical trials, approximately 3-5% of wearers experience at least one episode of infiltrative keratitis, a localized inflammation of the cornea which may be accompanied by mild to severe pain and may require the use of antibiotic eye drops for up to one week. Other less serious side effects were conjunctivitis, lid irritation or lens discomfort including dryness, mild burning, or stinging. **Contraindications:** Contact lenses should not be worn if you have: eye infection or inflammation (redness and/or swelling); eye disease, injury, or dryness that interferes with contact lens wear; systemic disease that may be affected by or impact lens wear; certain allergic conditions or using certain medications (e.g. some eye medications). **Additional Information:** Lenses should be replaced every month. If removed before then, lenses should be cleaned and disinfected before wearing again. Always follow the eye care practitioner's recommended lens wear, care, and replacement schedule.

If you have questions, ask your eye care professional or contact Alcon at (800) 875-3001 or [airoptix.com](http://airoptix.com).

Ask your eye care practitioner for complete wear, care and safety information.



# +LET US BE YOUR HAIRSTYLIST



Stacey, 27,  
Manhattan  
Beach,  
California

"How can I make my go-to pony more upscale?"

**Add a thick headband. Tommy Buckett, Garnier hair pro, breaks down the sporty-chic look.**

By Krista Bennett DeMaio

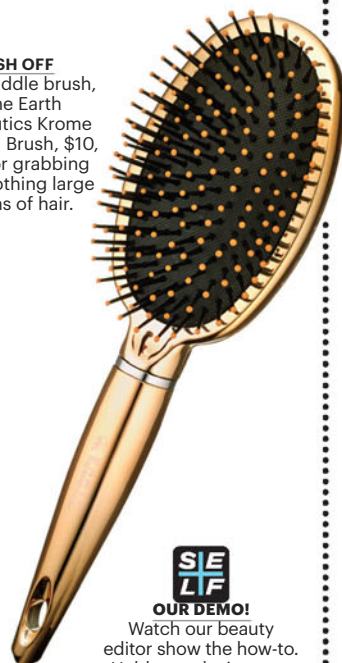


**1 Key first step** A sleek, slicked-back crown keeps this style from looking too I-just-worked-out. Glide a blob of anti-frizz cream or serum through damp strands, then blow-dry hair smooth with a paddle brush, moving straight back.

**2 Pony up** Flip head over and tightly secure strands in a midlevel ponytail about an inch above nape. Pull out a 1-inch piece of hair, wrap around the elastic, and tuck under to conceal. Mist all over with shine spray.

**3 Now the headband** Size matters. "Wide is bolder and more modern," says Buckett, who recs 1½ to 2 inches thick. Black is the easiest way to go; colors and patterns are harder to pull off. Our pick: Scünci Effortless Beauty Headbands, \$6 for five. Slip over head, positioning an inch from hairline. So fancy.

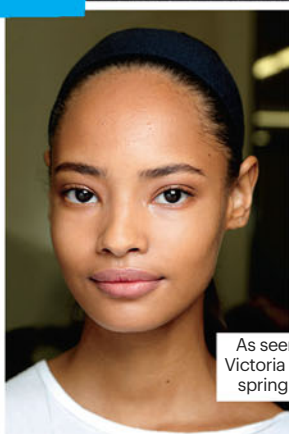
**BRUSH OFF** A wide paddle brush, like the Earth Therapeutics Krome Grooming Brush, \$10, is best for grabbing and smoothing large sections of hair.



**OUR DEMO!**

Watch our beauty editor show the how-to. Hold your device over this page. Get the app—details, page 14.

the inspiration



As seen on the Victoria Beckham spring runway



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## how well do you know your skin?

One in five Americans reading this story will get skin cancer at some point in her life. It's time to get real. Take this quiz to lower your risk. By Erin Bried

The best sun protection you can get in a no-mess stick.  
How very neat.

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Sunscreen**

No more messy hands.  
This perfectly portable stick glides  
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With proven Helioplex® Technology,  
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you'll find in a stick.

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## test your skin smarts

Because the more you know about your skin (and skin in general), the safer you'll be.

### 1. Skin check: Where should you look most closely for weird moles and other abnormalities?

- a On your nails, between your toes and on the bottom of your feet
- b Behind your knees and ears
- c Your groin
- d Your belly button
- e Your scalp

**ANSWER** All of the above. Once a month, strip in front of a mirror and scan every last inch of your body for growths that have changed in shape, color or size, and/or bleed or itch. Melanoma, the deadliest form of skin cancer, can show up in strange places. "A blistering sunburn in one spot could trigger cancer growth in

another seemingly unrelated area decades later," says New York City dermatologist Neal Schultz, M.D. "Once a skin cell is severely sun-damaged, that damage can be picked up by blood cells and transmitted anywhere else on skin." Leave no toe unparted.

### 2. True or false: Swearing off Starbucks could reduce your skin cancer risk.

**ANSWER** Keep sipping your Venti whatever-ccino. This one's false. Women who drink three or more cups of coffee a day (or consume 411 milligrams or more of caffeine) are 21 percent less likely to get basal cell carcinoma than those who drink

less than a cup a month, a study in *Cancer Research* finds. It seems caffeine helps kill damaged cells before they turn into cancer. In fact, anything caffeinated—tea, soda, even chocolate, may help, too.

### 3. Which dish might do your skin the biggest favor?

- a Wood-grilled salmon
- b Bacon-wrapped scallops
- c Shrimp scampi
- d Calamari

**ANSWER** A. Salmon is loaded with omega-3 fatty acids, and when scientists dosed both malignant and premalignant squamous cell carcinomas with them, they watched the diseased cells die while the healthy cells survived. "The fatty acid increased the cancer cell's growth signal so much that it caused cells to self-destruct," says study author Ken Parkinson, Ph.D. Aim for a 3-ounce serving of salmon twice a week. Not a fish person? Then eat a handful of walnuts a few times a week.

### 4. In the past few decades, melanoma rates have...

- a Dropped by 79 percent.
- b Stayed about the same.
- c Increased by you don't even want to know how much.

**ANSWER** C. From 1970 to 2009, melanoma rates shot up 706 percent among young women ages 18 to 39, and 2,333 percent among women 40 to 60. "It's an epidemiclike increase," says study author Jerry D. Brewer, M.D. "Tanning beds play a major role. The increase for someone in her 40s may also correlate with burns from 10 to 20 years ago, when people were more likely to use tanning oil than sunscreen," he says. Besides SPF, Dr. Schultz suggests glycolic acid peels to help repair your UV damage. Our pick: Kate Somerville Retasphere Micro Peel, \$90.

### 5. True or false: Young women who get their glow from self-tanners are less likely to get sunburned.

**ANSWER** False. According to a 2013 study, fake tanners get the same number of sunburns as sun worshippers. They're unrealistically optimistic about their chances of getting melanoma, says study author Ashley Day. And they tend to have fair skin, which burns easily.

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## safety check

Where are you 100 percent safe from UV rays? Tick your picks.

### In your car

☐ YOU'RE SAFE ☐ YOU'RE NOT

**ANSWER** New road trip essentials—water, gum...sunscreen. Most car windshields provide UV protection, but that won't shield you from the rays that travel through the side or rear windows. Go to [EPGAA.com](http://EPGAA.com) to see if your car has UV-blocking windows; otherwise, slather on the SPF.

### In an airplane

☐ YOU'RE SAFE ☐ YOU'RE NOT

**ANSWER** Those windows may be tiny, but they're not UV-proof. UV levels increase by up to 4 percent for every 1,000 feet your plane climbs, so on a typical flight, the rays could be up to 156 percent stronger than on the ground. Easy fix: Pull down the shade.

### Under a cloud

☐ YOU'RE SAFE ☐ YOU'RE NOT

**ANSWER** Up to 80 percent of UV rays can penetrate light clouds and fog, so you're hardly better off on gray days than you are on gorgeous ones.

### Under an umbrella

☐ YOU'RE SAFE ☐ YOU'RE NOT

**ANSWER** Camping under an umbrella is worth it since it can block more than three quarters of the sun's ultraviolet rays, according to a 2013 study in *JAMA Dermatology*. But UV rays can still bounce up from below. Dry sand and concrete reflect up to 12 percent of the sun's rays, and water reflects up to 100 percent.

### In the office

☐ YOU'RE SAFE ☐ YOU'RE NOT

**ANSWER** If you have an office with a window, lucky you, boss. But UVA rays can partially penetrate glass. Your lights may also cause UVA damage. Research shows that if the coating on a CFL bulb isn't intact (it often isn't), the light can affect skin cells at close range. Do you sit within a foot of your light? If so, opt for an LED bulb, says study author Tatsiana Mironava, Ph.D.



## SPF speed round

Quick: Circle the right answer, then memorize it.

### How much sunscreen should you use?

- a A thimbleful
- b A shot
- c A martini glass's worth

**ANSWER B**

### When should you put it on?

- a Two hours before you go out
- b 30 minutes before you go out
- c When you get hot

**ANSWER B**

### How often should you reapply?

- a Every hour
- b Every two hours, or more often if you're sweating or swimming
- c If it's SPF 15, every 15 hours

**ANSWER B**

### What SPF should you wear every single day?

- a 15
- b 30
- c 50

**ANSWER B**

### Which handy tool can help you catch skin cancer earlier?

- a Paper clip
- b Toothbrush
- c Smartphone

**ANSWER C**, if it has a camera. Take close-up selfies of your moles during your monthly self-exam, then compare changes in them using those baseline photos rather than your memory. Research in the *Archives of Dermatology* shows that photos can boost your self-diagnosis accuracy by 12 percent.

# +OBSESSED

## comfy sandals

Yes, flats! So foot-friendly and on trend in white with a statement sole

By Jacqueline Risser

**SOLE CYCLE**  
The heavy-duty lug treads from your winter boots, now hot for summer. See by Chloé, \$285; Amazon.com

**RIVETED**  
Silver studs make earthy more urban chic. \$250; RebeccaMinkoff.com

**LOUB UP**  
Worth the splurge: tassels with gold-chain trim. Christian Louboutin, \$1,195; Saks Fifth Avenue

**BITE MARKS**  
Grippy toothlike bottoms leave memorable tracks. AGL, \$395; AttilioGiusti Leombruni.com

**PRETTY PHAT**  
A chunky heel with a disco glitter stripe. Robert Clergerie, \$550; Barneys New York

**SELF**  
**SHOE SHOPPING**  
Our editors picked 10 more pairs. Go to [Self.com/fashion](http://Self.com/fashion).

# +WHAT SHOULD I BUY?



**Evyan Metzner**

Have a shopping Q?  
Tweet our fashion  
director @EvyanMetzner  
#WhatShouldIBuy?

## a pleated mini

**Behold the folds: Every skirt will have some this season. Perfect for showing off strong, sexy legs!**

### SILK

Fluttery fabric ups the flirt potential. Just Cavalli, \$670; 646-741-4434. **TANK** Paul by Paul Smith, \$300; PaulSmithUSA.com. **BANGLES** \$125 each; ToryBurch.com. **BAG** Diane von Furstenberg, \$395; DVF.com. **SHOES** Andrew Kayla, \$325; MyExclusiveShoe.com



### CHEAP FRILL

The trend for \$38. Buy two. Lulus.com

### NEUTRAL

A subdued shade lets you have fun with length and details like inside-out pockets. **SKIRT** \$295, and **BLAZER** \$495, DKNY; 800-231-0884. **HOODIE** GapFit, \$60; Gap.com. **BAG** \$188; French Connection.com



### DREAMY

Fulfill your princess fantasy in twirl-mandatory pink. Moschino Cheap and Chic, \$795; Saks Fifth Avenue



### LEATHER

Knife pleats help stiff leather move. \$690; TimoWeiland.com. **BLAZER** BCBGMax Azria, \$298; BCBG.com. **SWEATER** \$195; ToryBurch.com. **NECKLACE** \$11; Forever21.com



### SCHOOLGIRL COOL

Patent oxfords and a leather top give uniform gray an edge.



### GOOD BUDS

Pick bold, graphic flowers; a small all-over floral print is too precious.



### SIDE NOTES

A flat front panel creates a trumpet flare that thins thighs. \$325; RebeccaTaylor.com



### DOUBLE TAKE

Move your hips to reveal two-tone gray and black. Tommy Hilfiger, \$129; 212-223-1824



TIM REGAS; STYLING, LIDA MOORE MUSSO; HAIR, TANYA ABRIOL FOR BUMBLE AND BUMBLE; MAKEUP, SARAH USLAN AT JED ROOT. STREET STYLE, FROM TOP: JASON LLOYD-EVANS, VANESSA JACKMAN. INSET: DAVID GUBERT. STILL LIVES: DEVON JARVIS; PROP STYLING, DEIDRE RODRIGUEZ. SEE GET-IT GUIDE.



[burtsbees.com/brightening](http://burtsbees.com/brightening)



**BURT'S BEES**

*Retouched by*  
**NATURE**  
*not a*  
**COMPUTER.**

*NEW*

**Brightening Dark Spot Corrector  
with Daisy Extract.**

Introducing a remarkable way  
to diminish the appearance of dark  
spots. The results are clearly visible  
on our model, Annalaina, who was able  
to forego makeup and retouching.

**80%**

OF WOMEN  
SHOWED  
DIMINISHED  
DARK SPOTS\*



\*After 8 weeks use of dark spot corrector

# +WANT IT? WORK IT!

Caitlin Rakytka,  
25, New York City



"Can I wear a  
**slipdress** if  
I have curves?"

**Not just for beanpoles! Our posture  
trick and beauty tip will help  
you own the style.** By Alyssa Longobucco



## the look

On *Sex and the City*, Carrie Bradshaw called the slinky number from her first date with Big the "naked dress." And that sums up this style. Because these pieces are **essentially silky lingerie**, it's key to embrace the sexy. If it makes you more comfortable, go for a less-clingy cotton pick with a denim jacket over top.

SPORTMAX

DKNY

NARCISO  
RODRIGUEZ



## the product

That silky fabric we mentioned: It doesn't play well with sweat. Swipe deodorant between your cleavage and across your low back to **prevent wet marks and the ensuing cling**. We like Degree Motion Sense Anti-Perspirant & Deodorant, \$6.

## the move

Stand straighter and **look instantly slimmer** with this posture-perfecting TRX row. Stand facing straps, handles in hands, palms in, arms extended, body on a diagonal. Squeeze shoulder blades together as you draw hands to chest (as shown). Return to start for 1 rep. Do 3 sets of 12 on alternate days.



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# +THE GOAL: FLAT ABS

**FREE WORKOUT VIDEO!**

Just hold your device over this page. Get the app—details, page 14.

**TANK** Phat Buddha.

**SHORTS** Elisabetta Rogiani.

**ACTIVITY TRACKER** Basis

## your tight-belly plan

We tapped Dr. Abs for proven moves (yours, on the tear-out cards) and a fat-melting cardio Rx. The routine, plus a few food tricks, will leave you flatter in four weeks!

# +THE GOAL: FLAT ABS

## Workout I

### 1 It's a cinch

Stand with feet hip-width apart, hands behind head, elbows out. Raise right knee and lower right elbow to touch (as shown). Return to start. Continue for 30 seconds. Switch sides; repeat.

**Works external obliques, back**



### 2 Dead bug

Lie faceup with arms and legs extended toward ceiling. Slowly lower right arm and left leg until they hover above floor (as shown). Return to start. Switch sides; repeat. Continue, alternating sides, for 1 minute.

**Works transverse abdominis**



### 3 One-arm squat thrust

Crouch, place left hand on floor, and jump back into a plank with right arm extended out to side (as shown). Jump feet forward. Keep right arm extended as you continue jumping feet back and forth for 30 seconds. Switch sides; repeat.

**Works rectus abdominis, external obliques, internal obliques, transverse abdominis, shoulders, arms, chest, butt**



### 4 Genie abs

Stand with feet wider than hip-width apart, toes out, elbows bent and arms stacked at chest level. Squat, slowly shift torso to right (as shown), then left. Hold squat throughout as you continue shifting torso for 1 minute.

**Works butt, thighs, external obliques**



### 5 Down for the count

Lie on left side with legs stacked, left arm extended, head resting on arm and right palm on floor in front of you for balance. Keep legs pressed together as you raise them toward ceiling (as shown). Hold for 1 count; lower. Continue for 30 seconds. Switch sides; repeat.

**Works internal and external obliques, transverse abdominis, back**

**SELF**

**WATCH HOW IT'S DONE!**  
See the video  
at [Self.com/fitness](http://Self.com/fitness).



### 6 Liftoff

Lie faceup with legs together and extended toward ceiling, arms at sides, palms flat. Slowly lift legs to raise butt and low back off floor (as shown); hold for 1 count; lower to start. Continue for 1 minute.

**Works rectus abdominis, transverse abdominis**



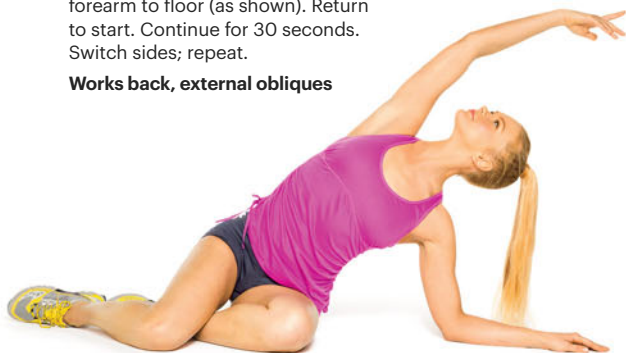
# +THE GOAL: FLAT ABS

## Workout II

### 1 The mermaid

Sit on left hip, knees bent, feet staggered to right, left palm on floor, right arm at side. Reach right arm overhead to left as you lower left forearm to floor (as shown). Return to start. Continue for 30 seconds. Switch sides; repeat.

**Works back, external obliques**



### 2 Chaturanga

Start in Downward Dog, hands and feet on floor, butt raised. Keeping back straight, bend elbows and scoop forward until torso hovers just above floor (as shown). Return to start. Continue for 1 minute.

**Works rectus abdominis, external and internal obliques, transverse abdominis, biceps, triceps, chest, back**



### 3 Gone swimming

Lie facedown with chest raised, arms and legs extended, hovering above floor. Lift left arm and right leg higher (as shown). Switch sides; repeat. Continue, alternating sides, for 1 minute.

**Works transverse abdominis, back, butt**



### 4 Power punch

Stand with feet hip-width apart, knees soft, elbows bent, hands in fists at chin level. Rotate torso to left, punching right arm forward and to left (as shown). Switch sides; repeat. Continue, alternating sides, for 1 minute.

**Works shoulders, arms, back, internal and external obliques**



### 5 Spider plank

Start in a plank with hands under shoulders. Bring right knee to right elbow (as shown). Return to plank. Switch sides; repeat. Continue, alternating sides, for 1 minute.

**Works transverse abdominis, shoulders, chest, internal and external obliques, back**



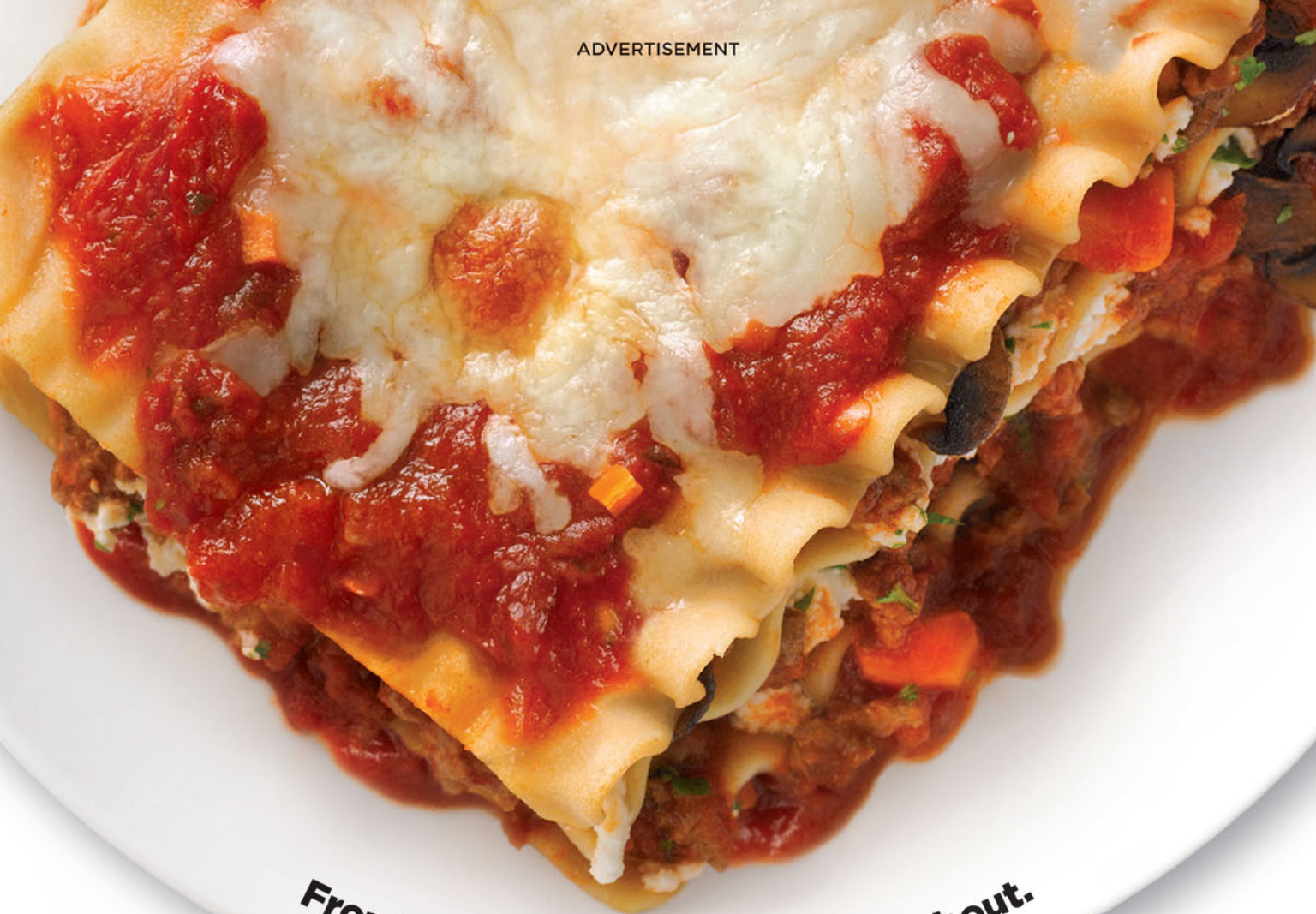
### 6 Stiff as a board

Lie faceup with legs together and extended toward ceiling, hands behind head, elbows out, shoulder blades hovering above floor. Keeping low back pressed against floor, slowly lower legs to hover above floor (as shown). Return to start. Continue for 1 minute.

**Works transverse abdominis**



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**BREATH TRICK**

To most effectively engage your ab muscles, breathe deeply, sending air out into your sides on each inhalation, as if growing wings, Olson says.

**SPORTS BRA** Adidas.

**SHORTS** Onzie.

**SUNGLASSES** Rudy

Project. **WATCH**

RumbaTime

## belly fat 101

There are three kinds of fat making your middle not so little: (1) Visceral fat hides around your organs, deep behind the ab muscles, and can't be grabbed. (2) Superficial subcutaneous fat bulges over your waistline and can be grabbed. (3) Deep subcutaneous fat is a combo of the two.

### ...but you can melt it

Dr. Abs, exercise physiologist Michele Olson, Ph.D., has the scientifically backed cardio how-to. Do this workout six times per week for the month to reveal a tight tummy.

#### First, log 10 minutes of cardio.

Run, hop on a machine, whatever. Just keep your pace consistent. On a scale from 1 to 10, you're at a 7.

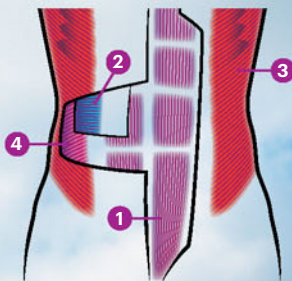
**Next, Tabata intervals.** Do 20 seconds of squat jumps; rest 10 seconds. Do 20 seconds of speed skaters; rest 10 seconds. Go 4 times.

#### Then, repeat all of the above.

Your total sweat time is 28 minutes.

## your ab-natomy

You'll also have to train your entire core, made up of these four muscles: (1) rectus abdominis, which runs from your bra line to your pubic bone; (2) transverse abdominis, the deepest layer that wraps around your waist; (3) external obliques, close to the surface along your sides; and (4) internal obliques, underneath the external ones.



## how to tone the muscles

The routines on the cards were created by Dr. Abs to hit every inch of your core—all four ab muscles. Six days per week, choose either Workout I or Workout II, and do it before or after your cardio. Each takes 6 minutes, and you don't need equipment.

## how you eat matters, too

Flat abs aren't just built in the gym—they're cooked up in the kitchen. For starters, you need to eat a sensible 1,600-calorie diet. But be strategic about where those calories come from. Certain foods can actually help regulate the hormones that tell our bodies where and how to store fat.

**Think fiber and protein.** Aim for at least 25 and 70 grams, respectively, each day. And timing matters. Eat every four to five hours so you're not ravenous. Staying satisfied can help keep stress levels in check, minimizing the production of cortisol, as too much of this hormone is linked to belly-fat storage. A high-protein, fiber-rich lunch suggestion: chicken salad with avocado on whole wheat with carrot sticks.

**Carb up.** In fact, get half of your calories from carbs. Unrefined "good" carbs provide a steady stream of energy that stabilizes insulin—a major factor in burning fat.

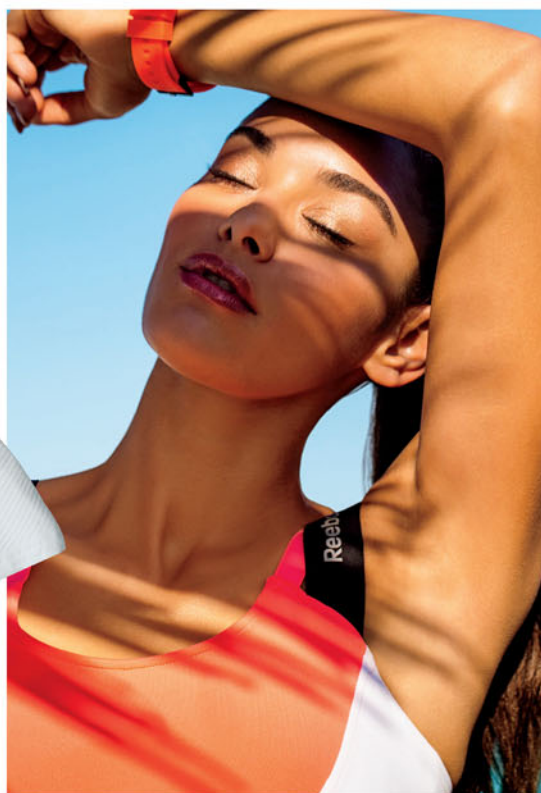
**Tomatoes!** Along with foods like yogurt and bananas, tomatoes are rich in potassium, known to combat bloat-inducing sodium. ■

Source: SELF contributing experts Willow Jarosh, R.D., and Stephanie Clarke, R.D.

# +MOST WANTED



**BRA-VO**  
Tiny blue cooling circles on the Mighty Power Cooler activate when wet. \$45; MountainHardware.com



**WHITE COLD**  
Cutting-edge Polypro fabric pulls sweat away from skin. Katalyst, 110%, \$75; 110Play Harder.com



**MAGIC TOWEL**  
Soak the Enduracool towel in water, wring it out, then snap it locker room-style. It instantly cools to 30 degrees below average body temp. \$15; Dick's Sporting Goods



**BARELY THERE**  
Vents on the Adidas Outdoor Climacool Boat Sleeks: like a screened-in porch for walking. \$60; Adidas.com



**RECOVERY RX**  
When it comes to sore spots, Dr. Cool ice and compression wraps put frozen bags of peas to shame. \$25-\$35; DrCoolRecovery.com



**DRINKING BUDDIES**  
Fill the double-insulated Brazos bottle (\$20; AvexSport.com) with water. Your drink stays two times colder. Drop in a Nuun hydration tablet (\$7). The sodium and electrolytes help you retain fluids.



**COOL HEADS PREVAIL**  
A sweatband inside the Trail Dryer Cap reacts with moisture to lower the fabric's temp. \$34; Columbia.com



**ARM YOURSELF**  
You'd think sleeves would make you hotter, but Zoot's Icefil reduces skin temperature by more than 5 degrees. \$30; ZootSports.com

## "cool" gear

**It's hot out, but you won't be with this high-tech workout stuff.**

By Jaclyn Emerick

Your 5-mile run feels harder in the summer because it is. "For every degree your internal temperature rises on a scorching day, your heart rate increases by about 10 beats per minute," says Cedric X. Bryant, Ph.D., chief science officer for the American Council on Exercise. A jog now feels more like a sprint as your body desperately produces more sweat in an attempt to cool you off. Thankfully, these products are basically air-conditioning.

Find it in the  
Meat Case.



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No gimmicks. Just meat, cheese, and nuts.

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[ProteinProteinProtein.com](http://ProteinProteinProtein.com)

# +WHICH IS WORSE...

## WIN AT WEDDINGS

Nix any guilt over wedding-weekend calories by rallying the troops for a morning-after jog.



a slice of wedding cake

**OR** an extra cocktail?

**Take the cake.** Odds are, you'll already be a few drinks deep thanks to the cocktail hour, so it's best to choose dessert. That way, your stomach will absorb the alcohol at a slower rate and you won't get as sloshed. (And let's be real: A slim slice isn't going to throw your diet out of whack.) You'll also be less likely to crave another Pinot. "A cocktail for dessert tends to lead to another and then another, which could set you back 400 calories or more, depending on what you're downing," says Stephanie Middleberg, R.D., founder of Middleberg Nutrition in New York City. The one exception: If a cute groomsman asks if he can get you a drink, top the night off with one glass of Champagne. (A 4-ounce pour is only about 90 calories.)

a lame excuse to leave a party

**OR** the silent slink-out?

**Say so long.** Ditching a party without saying good-bye leaves the host wondering where you ran off to—she might assume you hightailed it to an event you thought was way more fun, says Diane Gottsman, a modern manners and etiquette expert based in San Antonio. So get in front of her and make it short and sweet. Offer a gracious "Thanks for inviting me; this was a lot of fun! I wanted to find you to say good-bye before I had to take off," and end it there, before you start tossing out excuses. You're doing nothing wrong by leaving (everyone has to at some point!), so don't put ideas into her head. Volunteering explanations like "a friend needs me" could backfire and make her wonder if you actually *are* headed to a bigger, better party.

body sunscreen on your face

**OR** foundation with SPF?

**Don't rely on foundation.** It's great for blemish coverage, but it's no match for a long day under the rays. "The level of SPF in makeup is generally lower than what you can get in straight sunscreens," says Joshua Zeichner, M.D., a dermatologist at Mount Sinai Medical Center in New York City. You're also less likely to reapply an SPF foundation every two hours as recommended, since no one wants a cakey face. Worried about breaking out from heavy body sunscreen? While most are made with petrolatum (unlike skin-friendly, oil-free face formulations), you should stay zit-free if you wash your face before you apply the sunscreen and as soon as you get home, Dr. Zeichner says.



# Make an I'm-coming- for-you,- summer run.



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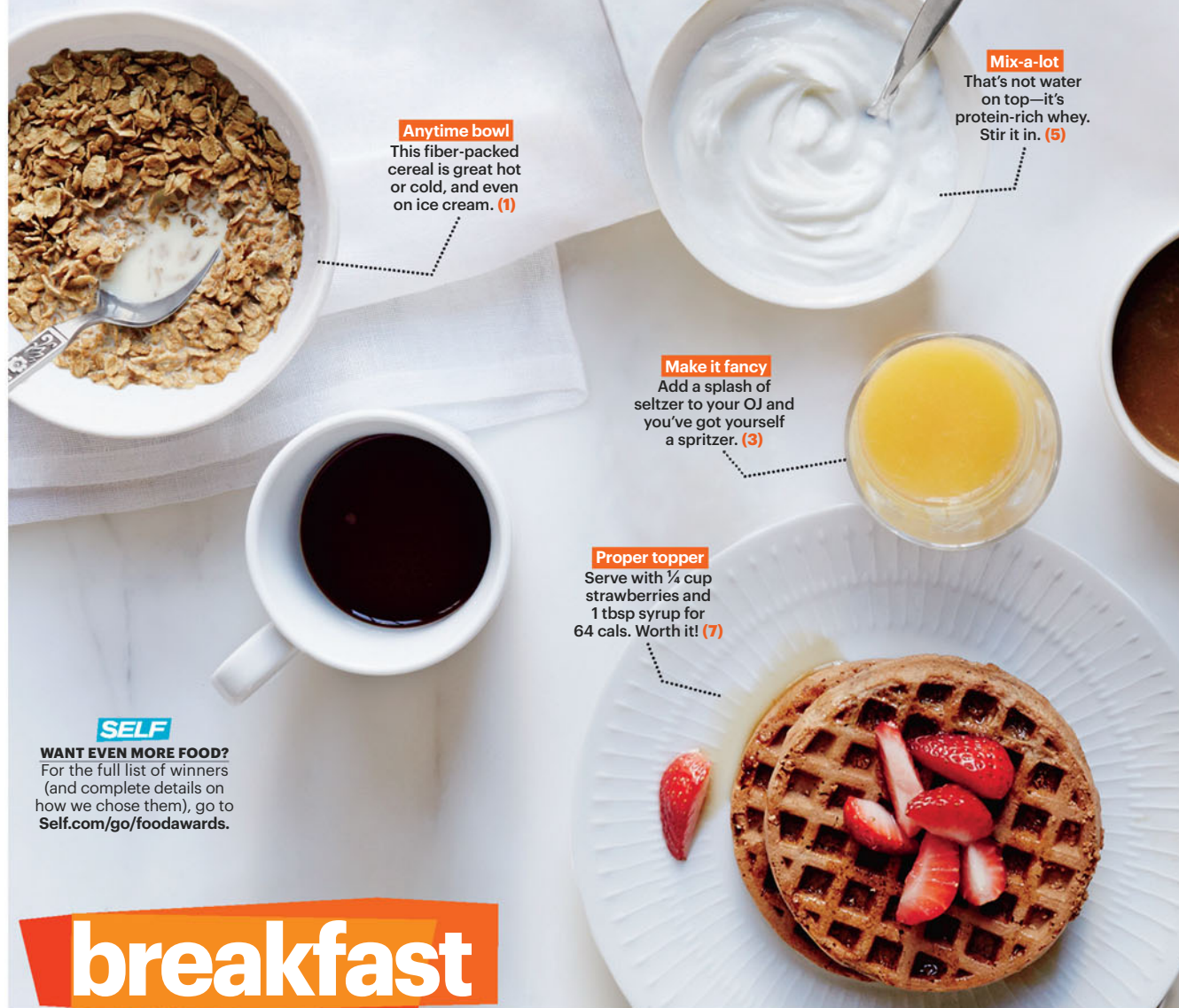
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# +HEALTHY FOOD AWARDS

## the tastiest bites to buy

Our 2014 winners were flavor-tested by readers like you and got full approval from SELF R.D.s. They're packed with nutrients, low in the bad stuff and delicious, of course!

By Marjorie Korn Photographs by Christina Holmes



### Anytime bowl

This fiber-packed cereal is great hot or cold, and even on ice cream. (1)

### Mix-a-lot

That's not water on top—it's protein-rich whey. Stir it in. (5)

### Make it fancy

Add a splash of seltzer to your OJ and you've got yourself a spritzer. (3)

### Proper topper

Serve with ¼ cup strawberries and 1 tbsp syrup for 64 cal. Worth it! (7)

### SELF

#### WANT EVEN MORE FOOD?

For the full list of winners (and complete details on how we chose them), go to [Self.com/go/foodawards](http://Self.com/go/foodawards).

## breakfast

### 1 UNSWEETENED CEREAL

**Uncle Sam Original** It has a hit of flaxseed for extra crunch, plus heart-healthy omega-3 fatty acids.

### 2 CREAM CHEESE

**Weight Watchers Whipped Reduced Fat Cream Cheese Spread** "It's a fluffy cloud of softness," one reader literally cooed. Spread some on #4.

### 3 ORANGE JUICE

**Uncle Matt's Pure Organic Pulp Free** One ingredient: high-quality organic fruit. No surprise readers said it tastes "freshly squeezed."

### 4 FLAT BAGEL

**Toufayan Bakeries Smart Bagel Whole Wheat** A hefty 6 grams of fiber, with 260 calories fewer than average.

### 5 GREEK YOGURT

**Fage Total 0% Big** yogurt fan? Be earth-friendly. Buy the 35.3-ounce tub and portion into to-go containers.

### 6 GLUTEN-FREE CEREAL

**Nature's Path Organic Sunrise Crunchy Vanilla** High praise for this not-too-sweet bowl of goodness: "Can't tell it's gluten-free!"

### 7 FROZEN WAFFLES

**Van's 8 Whole Grains Waffles Multigrain** Two of these provide a whopping 7 g of slimming fiber.

### 8 FLAVORED OATMEAL

**Kashi Go Lean Creamy All Natural Instant Hot Cereal Truly Vanilla Love** that hearty, stick-to-your-ribs breakfast? This one's for you.



#### Matter of taste

Try this in grilled cheese. It's bolder than American, so you don't need as much. (9)

#### Bread blitz

DIY breadcrumbs: Dry slices in a 200° oven and pulse in the blender. (10)

#### A better club

Sub in mashed avocado for mayo. It has more fiber and healthy fat. (11)

“This bread is soft, with just a little bit of sweetness—definitely the best.”

## lunch

### 9 SWISS CHEESE

Finlandia Imported Light Cheese can be a sodium bomb, but this one has only 110 milligrams per slice.

### 10 SANDWICH BREAD

Milton's Craft Bakers Healthy Whole Grain  
Pro tip: Freeze half a loaf if you're worried you won't use it up fast enough.

### 11 DELI TURKEY BREAST

Boar's Head All Natural Roasted No creepy nitrate or nitrite preservatives, just freshly sliced taste, so pile on the lean protein.

### 12 GLUTEN-FREE BREAD

Canyon Bakehouse 7-Grain Readers went for its “subtle sweet flavor.” We love that it has 2 g of fiber per slice.

### 13 PEANUT BUTTER

Trader Joe's Creamy Salted The flavor was “clear and vibrant,” perfect for “both apple slices and PB&J.”

### 14 READY-TO-EAT TUNA

Bumble Bee Sensations Spicy Thai Chili “I'm really feeling the spice on this one,” a tester said; the to-go package makes it an easy way to up your fish intake.

### 15 MACARONI AND CHEESE

Annie's Organic Whole Wheat Shells & White Cheddar Feel more satisfied with less pasta by folding in cooked cauliflower florets.

### 16 WHOLE-WHEAT WRAP

365 Everyday Value Organic Whole Wheat Tortilla Use it for a French quesadilla: sliced apple, Brie and a sprinkle of sugar, baked until melted.

### 17 FROZEN BURRITO

Evol Veggie Fajita Burrito Testers loved the side of guac and the vegetable bounty inside: “It tastes homemade.”

### 18 CHEDDAR

Cabot Sharp Light Cheddar Cheese “I could picture eating this cheese with a nice glass of wine.” (This taster read our minds.)

### 19 STRING CHEESE

Horizon Organic Mozzarella Sticks It passed the all-important “stringability” test.

### 20 CANNED VEGETABLE SOUP

Amy's Organic Light in Sodium Minestrone Testers loved this soup's “good spicy kick.” Top it off with 1½ tablespoons grated Parmesan to double the protein.

## Popeye your pie

Sprinkle fresh baby spinach on your pizza for an instant dose of vitamins A and K. (25)

Finally, a pizza that makes you feel like you made a healthy decision. //

## Beyond greens

This dressing makes a great overnight marinade! (30)

## dinner

### 21 PASTA SAUCE

**365 Everyday Value Classic Marinara with Parmesan** Make it your own by stirring in sautéed mushrooms, bell peppers and garlic.

**22 GLUTEN-FREE PASTA**  
**Lundberg Family Farms Organic Brown Rice Rotini** "Mixed with sauce, you wouldn't know that it was GF." We're sold.

### 23 PASTA

**365 Everyday Value Organic Whole Wheat Penne Rigate** Get the water saltiness right: 1 tsp per quart of H<sub>2</sub>O.

### 24 CHICKEN SAUSAGE

**Trader Joe's Spicy Jalapeño Chicken Sausage** The spicy kick makes even a small portion truly satisfying.

### 25 FROZEN PIZZA

**Kashi Mediterranean** Readers loved the tasty blend of six kinds of cheese.

### 26 GLUTEN-FREE PIZZA

**Amy's Rice Crust Cheese** For a crispy crust, use a preheated pizza stone to bake this GF pizza.

### 27 VEGGIE BURGER

**365 Everyday Value Meatless Burger** It's on the spicy side, so try topping it with lowfat sour cream.

### 28 SWEET POTATO FRIES

**Ore-Ida Sweet Potato Fries** "They taste like the fries you'd get at a great burger place." We liked them sprinkled with ground cinnamon.

### 29 TURKEY BURGER

**Trader Joe's Turkey Burgers** Try it gyro-style with green-leaf lettuce, diced cucumber, tomato and onion, plus yogurt-dill sauce, in a whole-wheat pita.

### 30 SALAD DRESSING

**Marzetti Simply Dressed Light Balsamic Vinaigrette** Readers liked the "balance of flavors" and "creaminess."

# LONG LIVE THE ULTRA LIFE



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©2014 Anheuser-Busch, Michelob Ultra® Light Beer, St. Louis, MO 95 calories, 2.6g carbs, 0.6g protein and 0.0g fat, per 12 oz.

## snacks

“It has the perfect texture, and the flavor pops. Pretty much the best sorbet I’ve ever tasted.”

**Skip the jimmies**  
Sprinkles are just sugar, while dark chocolate offers antioxidants. (40)

**Build a sundae**  
¾ cup sorbet +  
¼ cup berries +  
½ oz chocolate =  
250-cal treat (41)



**NOW HIT THE SHELVES!**  
Look for this seal at the supermarket to find our body-boosting favorites.

### 31 POPPED POPCORN

Smartfood Delight Sea Salt

A “hint of butter” makes this movie night-worthy.

### 32 GUACAMOLE

Wholly Guacamole Classic

Try their new single-serving packs as an easy afternoon snack (with #36).

### 33 FITNESS BARS

Kind Dark Chocolate Nuts

& Sea Salt With 7 g of fiber and 6 g of protein, it’s a perfect postworkout refuel.

### 34 SALSA

Cedar’s Mild Salsa It tastes

“homemade” with “a touch of cilantro and the right dash of heat.”

### 35 POTATO CHIPS

Terra Exotic Harvest

Sweet Onion Chips Testers flipped for the crinkled carrots and “hearty flavor.”

### 36 SNACK CHIPS

Snikiddy Eat Your Vegetables Sea Salt

Because the first ingredient is beans, not corn, these are a higher-fiber option.

### 37 CRUNCHY GRANOLA BAR

Clif Crunch Peanut Butter

They come in two-packs: Crumble one onto your A.M. oatmeal, then snack on the other one in the afternoon.

### 38 GLUTEN-FREE CRACKER

Van’s The Perfect 10 The

taste is “herby,” and “they don’t turn to sawdust when you bite into them.”

### 39 LIGHT BEER

Yuengling Light This

landslide winner is brewed longer to reduce sugar without sacrificing taste.

## desserts

### 40 DARK CHOCOLATE

Theo Congo Vanilla Nib

65% Bar Real ground vanilla beans lend a satisfying crunch, and sales from bars help farmers in Africa.

### 41 SORBET

Sharon’s Sorbet Raspberry

Pop a spoonful into a glass of sparkling wine for an easy champagne cocktail.

### 42 FROZEN YOGURT

Edy’s Slow Churned Yogurt

Blends Chocolate Vanilla Swirl Spread 2 tbsp between two cookies (like #47) for an ice cream sandwich.

### 43 FROZEN GREEK YOGURT

Yoplait Greek Frozen Yogurt Honey Caramel

“If I didn’t know better, I would have assumed it was regular ice cream!”

### 44 FRUIT POP

365 Everyday Value

Strawberry Frozen Fruit Bars Chosen for their big chunks of strawberry and “authentic fruity taste”

### 45 ICE CREAM

Breyers ½ the Fat Cookies

& Cream One reader said, “This one doesn’t taste healthy at all—I love it!”

### 46 ICE CREAM SANDWICH

Good Humor Vanilla

Sandwich A childhood classic won out, owing to its “creamy texture and the soft cookies.”

### 47 CHOCOLATE CHIP COOKIE

Trader Joe’s Charmingly

Chewy Pop two of these cookies into the microwave for just 20 seconds to give them a fresh-from-the-oven texture and flavor. ■

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# YOU+ LIFE

## How to rev up your love life

Don't hesitate to jump in to a relationship soon after a breakup—that's what experts now say, scrubbing the bad rap that rebounds once had. Post-split, people who spent a shorter amount of time single recovered faster than those who took a pause from dating, research in the *Journal of Social and Personal Relationships* finds. **"Dating makes us feel desirable, boosting self-esteem,"** says study coauthor Claudia C. Brumbaugh, Ph.D. Put down the cold pizza and locate your teeny-weeny bikini!

### FULL SPEED AHEAD

A rebound can also help you resolve feelings about your ex-boyfriend, Brumbaugh says.



## stay sane at work this summer

**This plan will help you be extra productive and fast-track your day so you can get out in the sun before it sets.** By Zahra Barnes

**H**ere's the thing about being a grown-up in the summer: Most of us are locked inside, perhaps in a fluorescent-lit office, not relaxing on break. And those long days can make anyone stir-crazy. We would all rather escape work in time to actually *enjoy* summer—complete with warm breezes and free-flowing rosé. So we have just the plan to help you power through your workday and bust out that door in record time.

### Get some A.M. QT

Kick-start your morning with an early run or a quick stop at the farmers' market to pick up fresh produce for a healthy lunch. You'll begin the day in a can-do mood (regularly spending just a half hour outdoors can help boost happiness, according to a 2013 David Suzuki Foundation and Trent University survey) and feel better when you sit down at your computer.

### Now, make yourself a progress map

Fill a monthly paper calendar with your biggest projects, and then write key actions that will help you tackle those beasts on the same calendar in different colors. Hang it up near your computer screen so that nothing sneaks up on you, suggests Julie Morgenstern, a New York City-based time-management expert and author of *Organizing From*



**SUMMER BLUES?**  
Almost 70 percent of respondents to a Monster.com survey say they're more likely to job-hunt post-vacation.

*the Inside Out.* And, no, your Google Calendar isn't the same. "Your computer is filled with potential distraction minefields, while a paper calendar keeps your deadlines in view at all times," Morgenstern says.

### Go big so you can go home

Before you even log in to that delightful inbox of yours, start your workday with the most important priority on your to-do list, recommends Stever Robbins, career coach and host of the podcast *Get-It-Done Guy's Quick and Dirty Tips*

*to Work Less and Do More.* Then you won't fall behind or hold things up when a curveball gets lobbed at you later on.

### Adopt the two-minute rule

Now, back to your inbox. If you can address an email in two minutes or less, do it right away, says Cathy Sexton, owner of The Productivity Experts company in St. Louis. It's about looking at an email once and addressing it right away, rather than wasting time circling back to it later. "If you put them off, it takes longer to do them

in the long run. And the more items that end up on your to-do list, the more overwhelming it becomes,” Sexton says.

## Know when to give yourself a breather

Yes, it's counterintuitive, but a quick break is necessary to continue working strong. “Your mental concentration is like a muscle—you have to let it rest when it gets overloaded,” says Natalie M. Houston, a certified personal-productivity coach based in Houston. That's not to say you should scroll through BuzzFeed listicles for an hour. A stroll through the park can calm your brain, according to new research in the *British Journal of Sports Medicine*, so take a quick seven-minute lap outside to refresh your mind.

## Build a task-crushing rhythm

When the afternoon arrives and you're hitting the time you tend to procrastinate, close all unnecessary webpages, set a timer for 20 minutes and work on the project at hand until time's up, advises Dan Schawbel, a New York City-based career expert and author of *Promote Yourself*. The promise of a limit on the period of struggle will make you more willing to push through.

## Learn to love rough drafts

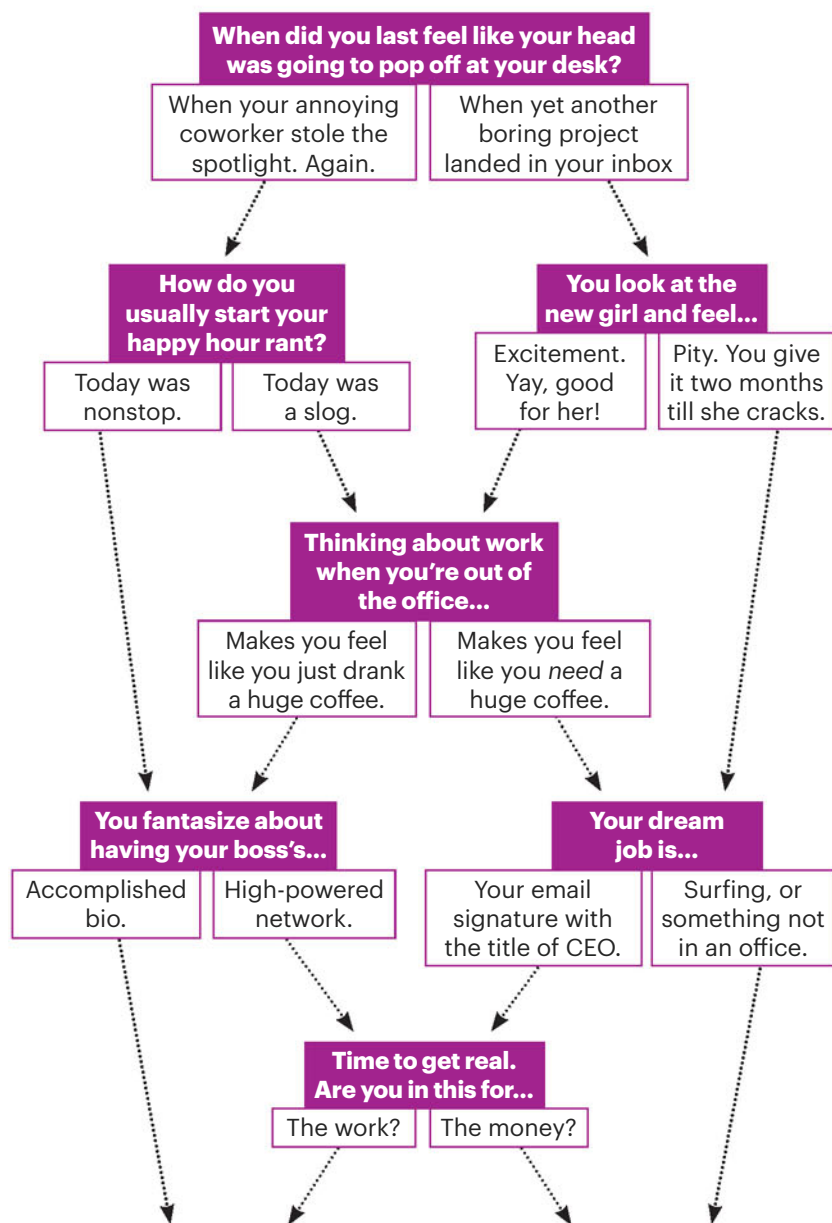
Then there are the major projects where you know your reputation is on the line. Tell yourself you're just going to do a preliminary draft, suggests Jan Bruce, CEO and cofounder of the digital stress-management system meQuilibrium in Newton, Massachusetts. “Otherwise, the pressure of being perfect on your first try can make you delay the work,” she says. But with that expectation off your shoulders, it will be easier to get into the zone and reach the final polishing stage faster.

## Give yourself a hard out

Whether it's early drinks with friends, a barre class or a doctor's appointment, knowing you have to leave the office at a certain time is a helpful way to get yourself on task, according to Tara Rodden Robinson, a Corvallis, Oregon-based productivity expert and certified professional coach. See? Those postwork drinks could even help supercharge your job performance.

# Need a (permanent) vacay?

A laid-back summer trip can lead to thoughts of ditching your tough workdays for something better. But should you?



## Regain your mojo

You probably don't need a new gig—you might just be feeling the back-to-work blues. Dig back in to how you felt on vacay. “Use the sense of energy you felt as motivation for change,” says Valorie Burton, executive coach in Atlanta and author of *Happy Women Live Better*. Make a list of what you like least about your position, then reframe each item as an opportunity. If you're not feeling challenged, outline your accomplishments to your boss and ask for higher-level projects.

## Consider your options

You're going through the motions for a paycheck, which means you're probably in the wrong job. Odds are, you've already thought about quitting—it's the question of what's next that's scary. So start small, says Alexandra Levit, a career expert in Chicago and author of *New Job, New You*. “Think of people whose career you'd love to emulate,” she says. Research their background, then write short notes explaining why you admire their work and ask to meet for 15 to 20 minutes to discuss their field.

## find your fit paradise

**Instead of getting in killer shape for your vacation, why not do it on vacation? A new breed of getaways is designed to make you healthier as well as happier.**

By Devin Tomb

**W**e love to stretch out by the pool and luxuriate with a few margaritas as much as anyone, but we don't love the way our pants fit when we get back to reality. And we aren't alone. According to a survey by TripAdvisor, roughly a third of Americans report that they *always* gain weight on holiday. But we can defy our fate! Right now, activity-based vacations are huge, increasing in popularity by 65 percent yearly since 2009, a recent Adventure Tourism Market report says. We went in search of the perfect fit-cation—pack all the Lulu; you're going to need it.

### The surf escape

You know surfing does the body good (we will never not covet Kate Bosworth's physique in *Blue Crush*), and even beginners can see results in a short time. "It doesn't matter if you can't stay up on the board, because paddling into the ocean over and over is a killer upper-body workout," says Aimee Nicotera, fitness expert and former fitness director at Canyon Ranch and group-fitness manager at Equinox gyms. Beyond the physical gains you'll make, there is also a burgeoning body of research that proves proximity to water can reduce stress and improve mood. "We found that even just the sound of water can make us feel more optimistic and positive about our lives," says marine biologist Wallace J. Nichols, Ph.D., author of *Blue Mind*. Where to go: Find surf serenity with daily lessons (beginner to advanced), friendly waves and dazzling beach at Mexico's Cabo Surf Hotel and Spa.

#### BOOK IT

Cabo Surf Hotel and Spa, San José del Cabo, Mexico

**Reservations** 858-964-5117; CaboSurfHotel.com

**Price point** \$265 to \$625 per night

### The yoga retreat

Feel centered after an hour of Bikram? Imagine devoting an entire trip to quieting your mind and working out your kinks. "The relaxation benefits of yoga are reduced when we only squeeze the practice into our hectic lives," says Nicotera. When you don't have to rush to an early morning class or fight for a mat after work, it's easier to let go of distractions and be present. Extend the oms with a postyoga massage at your resort's spa, says Nicotera—it may improve flexibility and recovery. If you're focusing on gentle, restorative yoga, ask the massage therapist to use a light touch. Couple more intense practice with deep-tissue massage, she says. Where to go: The Standard Spa in Miami Beach, which offers a wide variety of sessions, from Sunset Bayside Yoga to a Floating and Flying master class, plus muscle-melting treatments.

#### BOOK IT

The Standard Spa, Miami Beach

**Reservations** 305-673-1717; StandardHotels.com/spa-miami-beach

**Price point** From \$295 per night





**NOT BEYONCÉ'S  
INSTAGRAM**  
It could be yours if  
you book a trip  
to Cabo San Lucas.

## The food lover's trip

Haylie Duff, host of *Real Girl's Kitchen* on Cooking Channel and Ora.tv, shares her three favorite healthy-food getaway spots:

### Scottsdale, Arizona

"Whenever I'm in town, I love to visit North restaurant—it has a great modern atmosphere, and I love the outdoor seating. Their grilled artichokes are to die for—topped with sea salt, Grana Padano cheese and lemon aioli."

**Maui** "The Four Seasons in Maui has this incredible blend of American and Japanese breakfasts. My go-to is the veggie omelet with a side of miso soup."

### Turks & Caicos

"I love the Turks & Caicos Gansevoort. I snack on crudité's by the beach, and their tuna tartare over truffle asparagus with a poached egg on top is my standard dinner order."

## The outdoorsy oasis

Your treadmill has nothing on nature's own version—the trail. "A hike is rarely just an hour, and you're on very varied terrain—climbing up rocks, or pushing against gravity as you descend a steep hill," Nicotera says. Same goes for biking and kayaking: You're on unpredictable ground or water, so your muscles are challenged more. You'll also access vacation Zen with ease: You're more mindful of your movements in nature, so the workout becomes as much about the mental engagement as the physical. Where to go: For prime trails and stunning views, check out Rockwater Secret Cove Resort in British Columbia, near Smuggler's Cove Provincial Park. They even offer couples packages, so you and your guy can rack up those hiking and biking miles together.

### BOOK IT

Rockwater Secret Cove Resort

### Reservations

877-296-4593;  
RockwaterSecretCoveResort.com

**Price point** From \$139 per night; couples packages start at \$399

## Toss this in your toiletries kit!

The secret to packing light is a product that works double—nay, triple—duty. This beauty balm is a moisturizer, hair tamer *and* skin cleanser. The plant oils, mango butter and oat extract break down dirt and cleanse skin while preserving moisture. Skin Savior, \$68; OneLove Organics.com



# +OFF THE COUCH



Catherine Birndorf, M.D.

**SELF's shrink gives it to you straight. Bring her all your life and relationship problems.**

## Waking up in the A.M. is brutal. What's my problem?

Bernadette, 24, San Francisco

**Dr. Catherine** I bet you stay up too late because you have it in your mind you're not a morning person. Maybe you spend the late-night hours getting stuff done or relaxing to make up for torture in the A.M. But it's a vicious cycle: The later you stay up, the more painful waking is. Instead, think about what you could do in the morning that would fulfill you enough to make you want to ditch that late-night habit—a quiet cup of coffee and a walk outside, or an hour of writing, or even a few minutes of meditation. If you can create a morning routine that you actually enjoy, you'll start to feel excited about getting up to do it.

## I get distracted during convos. How do I tune in?

Kelly, 26, Cincinnati

**Dr. Catherine** When something like a new OkCupid message hijacks your attention, you're not just shortchanging yourself—your pal can sense you're miles away (rude!). And since these temptations so often come from our phones, I'm a fan of everyone putting theirs down in the middle of the table during hangouts, and agreeing to take a "phone break" halfway through. In a more formal environment? Simply say, "Do you mind if I check my phone quickly?" She'll understand, and you won't come off as disrespectful.



### EYE OPENING

You've heard of a bedtime ritual. It's time to start a wake-up one, too.

## I'm tempted to go through my guy's phone. Am I paranoid?

Elizabeth, 26, Pittsburgh

**Dr. Catherine** I'm telling you right now, *forget* there's the option to snoop through his phone. You're not paranoid just because the idea popped into your head (after all, he probably keeps his phone chained to him like most people, so how can you not wonder?). But if you're seriously jonesing to take a peek, watch out. Here's how the reality would play out: Either you find nothing and then you've just compromised your relationship and his trust by going behind his back (and if he finds out, trust me: You *will* look crazy). Or you do find something semiquestionable (because you're getting snippets of information without

any explanation), and then you've just given yourself unnecessary stress over what-ifs. Nine times out of 10, wanting to look through a guy's phone is really a symptom of an underlying issue. What you really need to do is ask yourself what's happening with your guy to make you feel so nervous. Are there clues that he's been lying to you about something important—or even, worst-case scenario, cheating? You'll feel much better—and get to the truth of the matter faster—if you address your concerns with actual words, as in: "Listen, I'm really happy with you, but lately I've been getting the feeling that there's something you're not telling me." Add that you can handle whatever he has to say—it gives him the opportunity to be honest. Then, even if it's bad news, at least it's out in the open. There's no need for him (or you) to sneak around. ■

**SELF**

GOT A Q FOR DR. CATHERINE?

Write to her at [happiness@self.com](mailto:happiness@self.com).

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## what gets you in the mood?

**Relationships are all about compromise, but what about sex? One woman must define her boundaries when the love of her life reveals a fantasy weirder than a Lars von Trier film.** By Anonymous

**Y**ou want me to do *what* to you?" I asked my boyfriend, Julian\*, trying to sound understanding. It was a month into our relationship, and we were lying in bed, sharing our most private sexual fantasies.

"It's just...I've had this fantasy for a while, and I feel like you might be into it, but I don't want to freak you out."

"You can't freak me out. I'm open to pretty much anything!" I tried to convince him.

Julian looked down at his hands, and his eyebrows huddled together like they were having a secret meeting. Apparently, the eyebrows decided it was safe to confide in me. "It's kinda messed up."

"Psssh, I'm sure it's fine."

He sighed, and then... "I like to wear women's lingerie."

All the moisture left my vagina. I was not expecting that at all. I tried to picture my tan, hairy Colombian boyfriend in a lace thong. Nope! *No me gusta*. "OK," I said, completely turned off but trying to sound supportive. "Is that it?"

"No."

There was more. Fantastic.

"I think it would be hot to dress up in women's lingerie and then have you order me around..."

### CONNECTED AT THE HIP

Sexual chemistry—either you got it or you don't. (These two got it.)

"Okaaay," I said, desperately hoping that was the end of it.

"And then spank me."

Nooo! I put my hands on my face, *Home Alone*-style. You know that feeling when the man you love tells you he wants you to bend him over your knee and smack his bare bottom? Well, that's *exactly* how I felt. I couldn't believe that Julian wanted to be treated like a Craigslist prostitute. If anyone was going to be the Craigslist prostitute in this relationship, it should be *me*. *I'm the girl!* (P.S.: I am aware of how oppressively gender-normative this sounds.)

After I let his confession sink in for a moment, I started to think about my own reaction. Why was I so freaked out? Why was I so convinced I wouldn't like it? Maybe it would make me feel powerful, like Oprah on a Jet Ski.

I always thought of myself as open-minded and adventurous in bed. I would never judge what people like to do behind closed doors! So why was this tripping me out? On the one hand, I obviously support experimentation in the bedroom. How else do you discover what you like and keep things fresh? You have to try things! On the other hand, a little voice inside

me just said, “Hell freakin’ no.” I was deeply conflicted.

Julian went on to tell me he had actually visited a professional dominatrix before and loved it. She yelled at him while he scrubbed her floors in nothing but a bra and panties. Although I found the scenario totally unsexy, I was intrigued by the cleaning part. Your hottest fantasy is having me insult you while you clean? We should just get married!

**After Julian said** everything he needed to say, it was my turn to talk. For once in my life, I couldn’t find the words. I was so confused. What did this mean? Was my boyfriend gay? Could I possibly find his bizarre fantasy exciting at some point?

“Maybe we could try it once,” I conceded, with all the enthusiasm of a teenager on a family vacation.

Julian tried, unsuccessfully, to get me excited about it. “I thought you’d be really into this. You’d be such a great dominatrix! You’re so bossy.”

“I’m just bossy. It doesn’t mean I want to spank you.”

For the rest of the day, I could feel his disappointment. Julian thought he had finally found his BDSM mistress. I was sexually open, I had a strong personality, I did adventurous things. I’m down to get weird, and Julian must have thought I was his kinky soul mate!

Julian wasn’t the only one who was disappointed. I was totally in love, and I was desperate to make our relationship work. Julian was funny, smart and stylish. Everything was there except one really, really important thing: sexual compatibility. That’s what makes sex so strange and cosmic. You can never predict who you’re gonna spark with. That hilarious doctor your friend set you up with you were so sure you’d marry? Premature ejaculator. That psycho bartender who dropped out of college and has zero direction in life? Best sex of your life. You can be on the same page as someone in every single way, but if they don’t toast your genital pecans, it’s never gonna work.

Julian and I fell in love long before we started dating, so when I say I would have done almost anything to have made this relationship work, I mean it. I met him when I was just starting out in my career and looking to make connections in my industry. He happened to be in the same line

of work, and my friend suggested I meet him. I emailed Julian and asked if I could take him out for dinner in exchange for some job advice.

The night we met, I sat in the booth at a popular Mexican restaurant and waited for him to show. I was sipping a Corona when in walked a tall, olive-skinned J.Crew model. “Are you Jennifer?”

Oh, snap! This man was cuter than a cat in a costume.

Over sloppy quesadillas and beer, we talked about everything—our dreams, our families, our artistic pursuits. The conversation was fast-paced and passionate; we kept interrupting each other, yelling, “That’s exactly how I feel!” I looked at Julian’s face and saw someone who finally got me. The night twinkled on, and I felt like the ingenue in a black-and-white French film.

**// If you want to connect with someone in bed, you have to be naked, in all ways. That’s true intimacy. //**

Later that evening, I went on Facebook, as you do, to learn everything I could about this fascinating creature. And that’s when I saw his status: in a relationship. He had a girlfriend! I was crushed.

I tried to forget about him, but it was hard because I kept bumping into him at parties. Over time, Julian and I became “friends with tension.” We started hanging out alone, going on long bike rides, having picnics in the park. I lied to myself that it was all totally kosher. We were just two platonic friends who sometimes got lost in each other’s eyes for hours on end. No big deal.

One night we met up at a bar and both started drinking like it was the end of days. After three margaritas, I scrawled a note on a bar napkin and passed it to him: “I ‘like’ like you.” He looked at it and then started writing something back. My heart was racing. He passed it to me: “I’ve liked you since the moment I met you.” I felt electrified and then really sad. I wrote another note: “You have a girlfriend, we can’t

do this. Call me when you’re single.” I passed it to him silently and walked out of the bar.

Months later, I got a text. “It’s over. I’m single.” I was euphoric. It was like Christmas, Hanukkah and Kwanzaa all rolled into one. We instantly became a couple. Julian was mine! Those first weeks of our relationship were like some delirious dream. We would just lie in bed for an entire day, staring into each other’s eyes. We were so happy, we’d just start laughing randomly.

As we became closer and started to trust each other more, we both opened up. And that’s when Julian dropped the fetish bomb on me. Our honeymoon phase was officially over. I realized what we had wasn’t perfect, and that like every couple in the world, we had issues. After Julian’s kinky confession, I decided I needed some space to process.

As much as I loved Julian, and as much as it pained me to admit it, I couldn’t get behind his desires. And I had to be honest about it. Julian was courageous enough to be real with me, so I had to be real with him, too. I didn’t want to humiliate, spank or yell at him. I didn’t want what he wanted. And so with a lot of sadness, we broke up. At the end of the day, I realized I’m a feminist in the streets and a housewife in the sheets. Unfortunately, my boyfriend was also a housewife in the sheets.

**The greatest gift** of any relationship is that you get to learn and grow. Sexually, I had never thought of myself in terms of top or bottom, sub or dom, kinky or vanilla. And I still don’t like the idea of giving yourself a label. But I definitely learned that I’m more traditional than I thought. I’m not saying I want to hold hands for six months until we’re married and then have silent intercourse in the dark. Discovering your sexuality is a process, and you learn as you go. When it comes to sex, you can’t fake it. I mean, obviously you can—and some women do—but it’s definitely not the road to pleasure. If you want to connect with someone in bed, you have to be naked, in all ways. You have to be yourself, the real person. And that’s true intimacy.

The biggest lesson I took from my time with Julian can be summed up with a quote from one of my favorite American philosophers: “I would do anything for love, but I won’t do that.” Amen. ■



Go ahead, sprint for that break. The drawstrings are genius for when you need to keep your suit snug or want to stay loose.

**SWIM SHIRT** Milly, \$125.

**BIKINI BOTTOM** Roxy, \$44.

**HEADBAND** Under Armour,

\$12 for six. **SUNGLASSES**

Spy, \$130. **BACKPACK**

TYR Sport, \$20. **WATCH**

Caravelle New York,

\$110. **CUFF** Tiffany & Co.,

\$450. **WATER SKI** Courtesy

of Miami Ski Nautique.

**OPPOSITE BIKINI TOP**

\$56, and **BOTTOM** \$44,

Adidas. **HEADBAND** Under

Armour, \$12 for six.

**ANKLE CORD** Dakine, \$22

Fashion director,  
Evan Metzner

# action

ready for

photographs by simon lekias

Don't just lie  
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sporty suits  
stay on (and  
look hot)  
while you hit  
the waves.



Competition-level swimwear won't just shave seconds off your time. Flattering vertical trim and color-block panels shave inches off your hips and waist, too.

**SWIMSUIT** Aqua Sphere, \$55. **VISOR** DKNY x I Still Love You NYC, \$210. **WATCH** Nixon, \$125. **OPPOSITE SWIMSUIT** Sweaty Betty, \$120. **SWIM CAP** Body Glove, \$13





find your  
balance  
you can  
with full-cut  
suits that  
won't shift.

# look killer

*with fin-shaped mesh inserts  
and rad shark-gill detailing*



Never sacrifice your shades to the sea again with these sunglass goggles, which wrap around your head so they won't fall off.

SWIMSUIT DKNY, \$96. GOGGLES TYR Sport, \$20. JACKET Adidas by Stella McCartney, \$225. WATCH Bulova, \$475. BRACELET IceLink, \$70

You're set to jet in this two-piece made of wet suit material. Like a sports bra, it holds you in place as you bump over waves.

**CROPPED VEST** \$82, and **BIKINI BOTTOM** \$52, Body Glove.  
**HEADBAND** Under Armour, \$15.  
**SUNGLASSES** Puma. **WATCH** Bulova, \$300





Coollest life jacket we've seen. By far. It's low-cut and thin, giving you plenty of mobility. Zip it over your bikini and start paddling.

**VEST** Radar, \$140. **BIKINI TOP** \$50, and **BOTTOM** \$40, Roxy. **HEADBANDS** Under Armour, \$12 for six. **SUNGLASSES** Dragon Alliance, \$150. **NECKLACE** Gucci, \$315. **WATCH** Rip Curl, \$80. **DRY SACK** Sea To Summit, from \$12

Hair, Eric Gabriel for Wella Professionals; makeup, Jodie Boland at See Management; manicure, Donna D for Chanel Le Vernis; set design, Abraham Latham; models, Aida and Leva at New York Models. See Get-It Guide.

Text by Kate Sandoval

**bored with your board style?**  
*try flashing some skin  
in a backless rash guard.*


Boy briefs get too granny if they ride high. Keep 'em low on the hips; the ties on the sides help you adjust.

**RASH GUARD** \$120, and **BIKINI BOTTOM** \$120, Mi Ola. **SUNGLASSES** Just Cavalli, \$195. **HAIR BAND** Hair Glove, \$10. **WATCH** Tommy Bahama, \$150. **BRACELET** IceLink, \$90



**UNSTOPPABLE**  
"Being an athlete  
is all about focus,  
consistency  
and dedication,"  
Wiedemann says.  
**HOODIE** Elisabetta  
Rogiani. **TANK** H&M.  
**OPPOSITE TANK**  
Nux. **PANTS**  
Onzie. **WATCH** Rip  
Curl. **SNEAKERS** Adidas

live like an

A woman with short, spiky brown hair is captured mid-air, jumping over a large wooden box. She is wearing a black tank top, black leggings with white splatter patterns, and grey sneakers with yellow accents. Her arms are extended forward, and her hair is flying up. The box is made of light-colored wood and has the word "IRONCAGE" printed vertically on its sides. The background is a large, rustic warehouse with high ceilings, exposed wooden beams, and several large windows that let in bright light. The floor is made of dark wood.

**SKY-HIGH DRIVE**  
"Looking good is motivating, but being fit makes me feel like I can do anything," Wiedemann says. (That's a 24-inch box jump. Clearly, she's onto something.)

**Model Elettra Wiedemann leads a glamorous life. But beneath the fancy clothes is a strong, committed Fit Girl. Her story will inspire you to reach your own goals.**

Photographs by Guzman

# athlete

**A necessary evil.** That's what our Fit Girl columnist, Wiedemann, 30, thought exercise was two and a half years ago. Then, after watching her dad compete in a triathlon, she signed up for one. At the time, she couldn't do five push-ups in a row. Once she started to train like an athlete rather than a model, her body changed. So did her state of mind. Now fitter, stronger and happier, Wiedemann (she's done five triathlons so far!) shares the best lessons she's learned along the way.

#### SELF

##### YOUR TURN

Show us how you work out and the gear you love. Tag @SELFmagazine in your Twitter and Instagram pics with #LiveLikeAnAthlete.

TANK Alala. SHORTS and SHOES Specialized Bicycle provided by Bicycle Habitat



**Go bigger.** I knew training for my first race, an Olympic-distance triathlon in Miami, wasn't going to be easy, but once I decided to do it, I gave it 100 percent. I woke up earlier, cut back on social events and joined a tri team. Someone told me it takes three months to make a habit stick, so I said to myself, "No quitting for 90 days, even if you desperately want to." But I never wanted to. In fact, I set a loftier goal of training and competing in a Half Ironman triathlon.

**Be the early bird.** When you train first thing, nothing can get in the way. Twice a week, I set a 5 A.M. alarm for swim practice. It's always brutal getting up then, but I find it's easier when I don't drag it out. (I have a strict "no SNOOZE" policy.) I drink coffee and read the paper to rev up, and I'm in the pool by 6:30. By 8, I'm done with a 2.5-mile swim. Lots of people are still just getting going. But my energy and mood are sky-high. I'm like, This day is my bitch!

**Always make your workout win out.** As a model, I work long, irregular hours, and I travel. A lot. Thinking about my long-term goals (versus short-term gains) keeps me focused. So when I'm busy or tired, my workouts aren't the first thing to go. That's because I exercise for two reasons: my physical well-being and my mental well-being. Without those two things, nothing else can happen in my life. No modeling. No triathlons. No parties. No anything. So even when I'm crunched, exercise is the priority.

CLOCKWISE FROM TOP LEFT: BILL KING/VANITY FAIR; SANDRA SEMBURG/TRUNK ARCHIVE; CONTOUR BY GETTY IMAGES; JEROME ASHTON; GETTY IMAGES; COURTESY OF GRAZIA; JOHNS PKI/PLASH NEWS/CORBIS; AARON P/BAUER-GRIFFIN.COM (2); COURTESY OF SUBJECT.



**BABY, IT'S COLD OUTSIDE**

**BORN READY**  
My first photo shoot! With Mom (supermodel Isabella Rossellini)

**THE FOGIES ARE COMING**  
Marie Brenner on the Stuffed Right

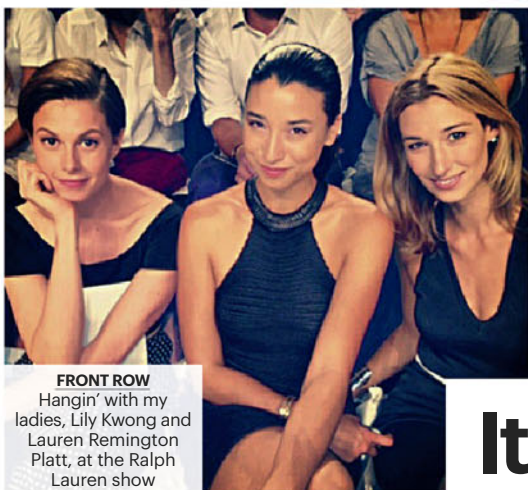
**COOL BEATS**  
On the Road Again

**PLUS:**  
Milan Kundera, WRITER IN EXILE, & Molly Ringwald, HOT YOUNG STAR

**STREET STYLE**  
I'm not always in a dress! Casually chic, headed to the Chloé fashion show in Paris



**FOODIE**  
I love eating out and grabbing drinks with friends. My motto: "Everything in moderation."



**FRONT ROW**  
Hangin' with my ladies, Lily Kwong and Lauren Remington Platt, at the Ralph Lauren show



**I DID**  
Married the love of my life, James Marshall, in 2012. This was our wedding day.

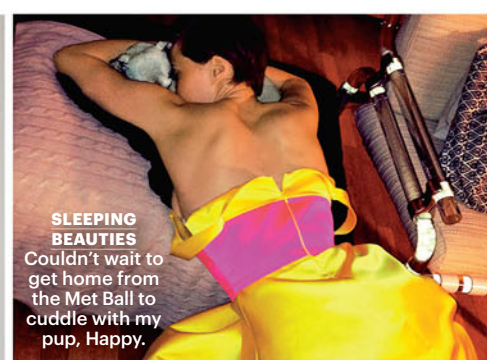


**COAT TALES**  
Rocking Valentino on my way to his Paris show. How I love that cape!

## It Girl to Fit Girl



**DO-GOOD DRESS**  
This red vintage number by Céline, which I wore to the amfAR gala, is one of my all-time faves.



**SLEEPING BEAUTIES**  
Couldn't wait to get home from the Met Ball to cuddle with my pup, Happy.



**GRAZIA**  
Elettra Rossellini  
VI FARÒ DIMENTICARE MIA MADRE ISABELLA  
MARGARET MAZZANTINI L'ORGOGGIO DI DIRE SONO GAY  
INCHIESTA  
MAJOR MILESTONE  
It's been a dream to land a cover of Italian fashion mag Grazia. This year, I did!

**GRAZIA**  
23 EDIZIONI NEL MONDO  
SONDAGGIO  
TRADIRESTI UN'AMICA PER FARE CARRIERA?  
CARLO CRACCO  
ERO UN BAMBINO GRASSO E STO SEMPRE A DIETA  
NEWS  
DOVE CI PORTERÀ MATTEO RENZI  
CLAUDIO AMENDOLA  
SENZA FRANCESCA NERI NON RIESCO A VIVERE

**95 PAGINE DI STILI DA PROVARE SUBITO**



**HEAVY DUTY**  
I wore this 7-foot-wide, 20-pound Charles James gown for the announcement of his Met exhibition.



**Hear your body.** When I feel like skipping a workout, I ask myself, “How mad will I be at myself later?” If the answer is “very,” then I don’t skip. If it’s “not at all,” I know those are the times my body is telling me it needs rest. Know that a couple of days off here or there won’t kill your dreams. If you take care of yourself, your body will get leaner and fitter in no time. My goal isn’t just to have one great workout or even a great week of workouts. It’s to have many, many years of feeling *this* strong.

**Accept your greatness.**

Before I became an athlete, I saw my body as something I had to mold and control. But now? Yes, I still wish my abs were tighter, though I don’t obsess about them. Instead, I focus on how capable my body is. I’ve placed in three triathlons. I’ve ridden my bike 108 miles in one day. I’ve gone farther and faster, and I’m stronger than I ever thought possible. Think about what your body can do rather than how it looks, and you’ll feel empowered in and out of the gym.

**BE THANKFUL**

To push past a wall (heavy weights, long runs), Wiedemann reminds herself that not everyone is able to move this way. “It helps me quickly shift my frame of mind from negative to positive,” she says.

**TANK** Phat Buddha.

**PANTS** Lululemon Athletica.

OPPOSITE, TOP LEFT

**TANK** Elisabetta Rogiani.

**PANTS** Alala. BOTTOM

RIGHT **TANK** Nux. **PANTS**

C9 by Champion

Styling, Lida Moore Musso;  
hair, Dallin James;  
makeup, Jessica Ortiz;  
set design, Jared Lawton.  
See Get-It Guide.

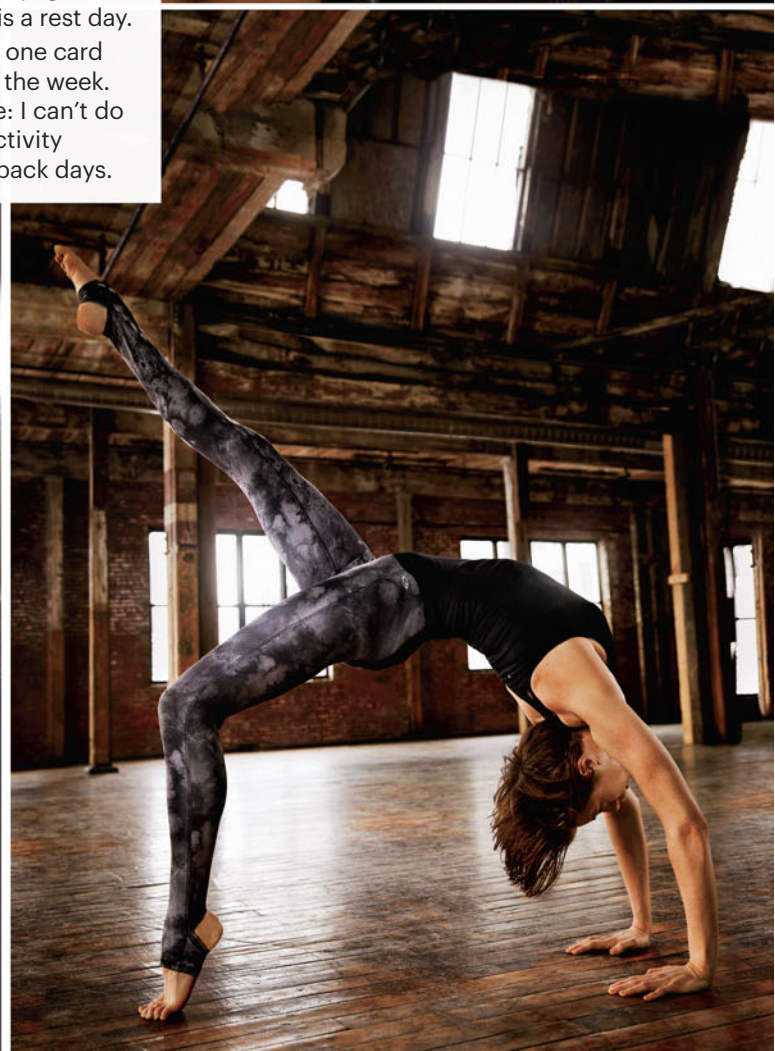
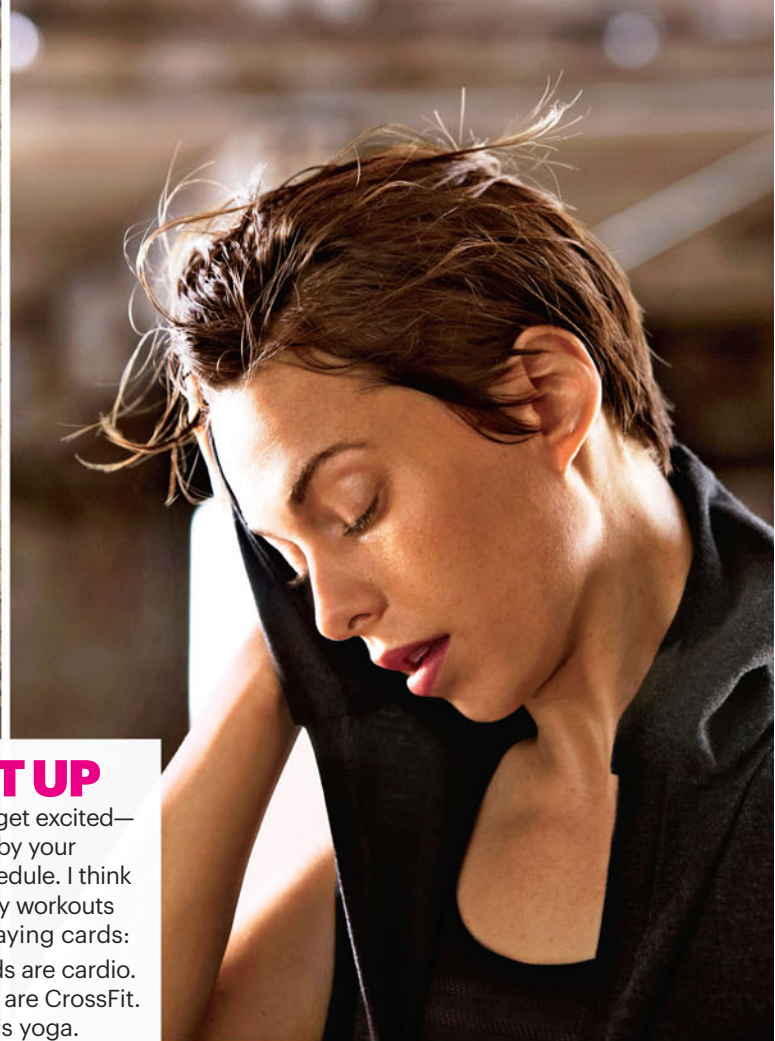


## MIX IT UP

So you can get excited—not bored—by your training schedule. I think of my weekly workouts as seven playing cards:

- Three cards are cardio.
- Two cards are CrossFit.
- One card is yoga.
- One card is a rest day.

I get to play one card each day of the week. My only rule: I can't do the same activity on back-to-back days.





# SALAD RULES

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They're way more than body-boosting apps or light lunches—they can be real feasts of colors, textures and flavors. We've got your guide to raising the (salad) bar this summer.

By Stacy Adimando  
Photographs by Christina Holmes

## rule one

# GO CRAZY WITH VEGETABLES



**SALAD SCIENCE**  
Aim for a rainbow of produce in your salads—it's a sure sign you're getting a wide range of nutrients.

## The raw and the cooked

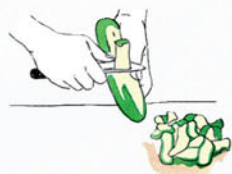
**YOU'LL WANT BOTH** "Some nutrients are 'enhanced' by heat, and some are damaged by it," says Kristy Del Coro, senior culinary nutritionist at NYC's Rouge Tomato. Take carrots: Raw ones have more vitamin C, but cooked ones have more beta-carotene.

### THE SMART STRATEGY

Roasting (see left), steaming or sautéing half the vegetables in your salad maximizes the benefits and introduces a whole new variety of flavors and textures to your plate, says Del Coro.

## SWITCH UP YOUR PREP

Change how you handle your vegetables and you'll never find yourself bored by a routine salad again.



### Swap your slicing.

Instead of chopping vegetables like beets, zucchini, carrots and radishes, shave them with a vegetable peeler.



### Roast for the most.

Make a batch of roasted veg: It's an easy way to up the sweetness of carrots, tomatoes and cauliflower. Just cut in chunks, toss with olive oil and salt, and roast at 350° until tender.



**Pick a pickle.** Fermented foods like sauerkraut, kimchi and pickled vegetables deliver a tangy hit of flavor to salads—and boost healthy gut bacteria.



## Summer Vegetable Salad

“I like to toss a mesclun mix with roasted cherry tomatoes, ripe avocado, thin-sliced radishes and quick-pickled red onions, plus a farmer's cheese on top.” —Amanda Cohen, chef at Dirt Candy in NYC

Try it with Citrus-Shallot Dressing (page 95).



#### SALAD SCIENCE

Skip fat-free dressing. "The healthy fats help you absorb fat-soluble vitamins in the salad," Del Coro says.

## Build a better dressing

### STOCK UP ON ASIAN

**INGREDIENTS** "A little yuzu juice, sesame oil, sweet chili sauce or miso paste injects tons of deep flavor into any dressing," says chef Yotam Ottolenghi, of Ottolenghi in London.

### ADD SOME SWEETNESS

Vinaigrette too tart? Ottolenghi likes to balance it out with a bit of maple syrup. Bonus: It's less refined than sugar and contains trace minerals that sugar doesn't, Del Coro says.

### DON'T STOP AT ONE!

Salads with roasted veg can take two dressings, Ottolenghi says: "Blend olive oil with fresh herbs for the lettuce, then mix a bit of Sriracha with Greek yogurt for the roasted vegetables."

## MIX IT UP



**Shake** your dressing ingredients together in a tightly sealed jar when making a big batch. Your dressing will come together in a flash, plus you've got easy storage for leftovers.



**Blitz** dressings with thick and creamy ingredients like avocado, yogurt and soft cheeses in the blender. It's also great for quickly incorporating a handful of fresh herbs.



**Whisk** vinegar and seasonings rapidly in a large bowl, then slowly mix in oil until smooth. Add the rest of your salad ingredients and toss. Voilà: salad in a single bowl!

# rule two DITCH THE BOTTLED DRESSING

## Spinach Salad With Harissa-Spiced Chicken

“Marinating chicken in harissa brings color and kick to a spinach and thin-sliced fennel salad. Add crunch with toasted pumpkin seeds and toss with a creamy, herby dressing, too.”

—Yotam Ottolenghi, author of *Ottolenghi: The Cookbook*

Try our recipe for Summer Herb and Yogurt Dressing (page 95).



rule **three**

# POWER UP ON PROTEIN

## Make salad more satisfying

Your salad deserves more than store-bought chicken strips. Eggs are a great swap, plus these other easy protein ideas.

- **Sear** peeled shrimp in olive oil and finish with lemon.
- **Crisp** a couple diced slices of pancetta or bacon.
- **Pull** roasted chicken off the bone and toss with hot sauce.
- **Mix** a dollop of premade pesto into canned white beans.
- **Sauté** ground chicken with a dash of soy sauce.
- **Toss** oil-packed canned tuna with capers and chopped onion.

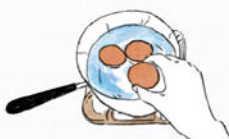


### SALAD SCIENCE

Go for cage-free eggs. A Penn State study found they contained twice as much vitamin E and more than double the omega-3 fatty acids than conventional eggs.



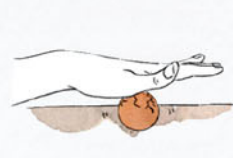
## PERFECT EGGS



**Bring a pot of water** to boil (use at least enough water to cover the eggs). Gently drop the eggs in. Add a few extra in case some break on you.



**Cover and simmer** for exactly 6 minutes. Using a slotted spoon, transfer the eggs to a bowl of ice water to stop the cooking.



**Remove the eggs** from the water when cool enough to touch. Roll each one gently under your palm until cracks form, then gently peel.

## Bistro Salad With Eggs, Peas and Bacon

“I pair frisée with crispy bacon, a soft-boiled egg, homemade rye croutons, raw red onions, blanched peas and a little grated cheddar.”

—Gabriel Rucker, executive chef and co-owner of Le Pigeon and Little Bird Bistro, Portland, Oregon  
Great with our Cider-Mustard Vinaigrette (page 95).

rule **four**

# PLAY WITH YOUR GREENS

## 3 fresh leaves to try

**WATERCRESS** This crisp, peppery green is a great partner for chicken and beef. Plus, it's loaded with vitamin C, an antioxidant that boosts collagen production, Del Coro says.

**DANDELION** Think of this robust green as new-school kale: It's nutrient-dense (tons of vitamin A), with a tangy taste that balances out rich ingredients like fried eggs, bacon or Caesar dressing.

**BELGIAN ENDIVE** The tart, lemony flavor and crunchy texture of endive work especially well with cheese, nuts and citrus. Plus, it's packed with folate for brain health.

## LETTUCE LESSONS

A few easy tips can banish wilted, watery greens forever.



**Skip the faucet.** Swirl greens in a bowl of cold water instead of rinsing them under running water. Softer lettuces are less likely to get smushed, and the bath is better for loosening any grit.



**Dry every time.** Any moisture will prevent dressings from coating the leaves. Whirl off the water in a salad spinner or use the hands-off approach: Let washed greens chill in a clean kitchen towel in the fridge for an hour.



**Ditch the tongs.** They can bruise leaves. Instead, first place salad dressing in the bottom of a big bowl, then top with the greens and gently toss them over and around using the fingertips of both hands.

## Seared Steak and Peach Salad

“I love to make a summer steak salad and cut the richness with the sweet, bitter and spicy combination of sautéed peaches, watercress and Thai chiles.”

—Dan Kluger, executive chef at ABC Kitchen in New York City

Pairs well with Citrus-Shallot Dressing (page 95).



**SALAD SCIENCE**  
Bitter greens are worth learning to love: The intense peppery taste comes from their high levels of belly-flattening calcium.

# YOUR SALAD HANDBOOK

These building-block recipes will upgrade any salad

## FAST DRESSINGS

**Citrus-Shallot Dressing** Makes 4 (¼-cup) servings

Combine 6 tbsp lemon juice, 5 tbsp extra-virgin olive oil, 3 tbsp lime juice, 1 tbsp chopped oregano leaves, 2 tsp minced shallot and a pinch of kosher salt in a jar. Shake well. **THE SKINNY** 160 calories, 18 g fat (3 g saturated), 3 g carbs, 0 g fiber, 0 g protein

**Herb and Yogurt Dressing** Makes 8 (¼-cup) servings

In a blender, combine ¼ cup each parsley, basil, tarragon and mint leaves, ¼ cup lemon juice, ¼ cup extra-virgin olive oil, ¼ cup 2-percent-fat plain Greek yogurt, 1 medium garlic clove, ½ tsp kosher salt, 1 oil-packed anchovy (optional) and 2 tbsp water; puree until smooth. **THE SKINNY** 71 calories, 8 g fat (1 g saturated), 2 g carbs, 0 g fiber, 1 g protein

**Cider-Mustard Vinaigrette** Makes 4 (¼-cup) servings.

In a bowl, combine ½ cup plus 1 tbsp cider vinegar, 1 tbsp Dijon mustard, 1 tsp minced shallot and ½ tsp honey. Gradually whisk in 6 tbsp extra-virgin olive oil. Season with salt and freshly ground pepper. **THE SKINNY** 198 calories, 21 g fat (3 g saturated), 5 g carbs, 0 g fiber, 0 g protein

## SIMPLE PROTEINS

**Harissa-Marinated Chicken** Makes 2 servings

**1** In a medium bowl, whisk 1 tbsp lemon juice with 2 tsp harissa (find it in the international-foods aisle). Season two 4-oz boneless, skinless chicken breasts with kosher salt and add to the bowl, turning to coat both sides. Cover and let stand 15 minutes.

**2** Heat oven to 350°. In a large ovenproof skillet, heat 1 tbsp canola oil over medium-high until hot but not smoking. Pat chicken dry, add to skillet and cook until lightly browned, 3 minutes per side.

**3** Transfer pan to oven and bake until chicken is just cooked through, about 10 minutes. Remove and let rest 5 minutes before slicing.

**THE SKINNY** 228 calories, 12 g fat (1 g saturated), 3 g carbs, 0 g fiber, 25 g protein

**Seared Hanger Steak** Makes 2 servings

**1** Rub a 14-oz hanger or skirt steak with a cut garlic clove; discard garlic. Season steak with kosher salt and freshly ground black pepper to taste. Let stand for 30 minutes.

**2** Heat a film of canola oil in a large, heavy ovenproof skillet over high heat. Add steak and cook, without turning, until well browned, about 3 minutes. Flip steak and cook to desired doneness, about 3 to 5 minutes for medium-rare.

**3** Transfer steak to a cutting board and let rest 5 minutes before slicing.

**THE SKINNY** 368 calories, 22 g fat (6 g saturated), 1 g carbs, 0 g fiber, 43 g protein

SIE  
LIF

### TOP THIS

Get a bonus salad-dressing recipe by holding your device over this page. Get the app—details, page 14.



## popsicle lips

Yes, you want your lips to look as if you just enjoyed a Popsicle. And the color of the season is this juicy orange. Achieve the effect with a lip stain. “Cream lipsticks have heavy waxes that melt in the heat, and glosses get sticky,” says Jim Hammer, a cosmetic chemist in Boston. But a stain literally stains lips. The color soaks into the top layer of skin, leaving a lasting tint, Hammer says. Because the liquid formula is so concentrated, use less. Dab a bit onto lips with a finger or a flat-headed lip brush. Revlon ColorStay Moisture Stain, \$10, has hydrating properties to keep lips soft, too.

# pretty cool



Your wardrobe made the transition—tees in, sweaters out—but what about your beauty products? Trade heavy powders, balms and foundations for lightweight, water-based formulas that won't suffocate skin or melt in the heat. Here, your lighter, brighter summer look

#### WEIGHTLESS WATERCOLORS

From top: Shu Uemura  
Tint in Gelato in  
Fantasy Orange, \$28;  
By Terry Aqua-Print  
Eyeshadow in Green  
Fizz, \$38; Perricone MD  
No Blush Blush, \$35.

OPPOSITE SUNGLASSES  
Charlotte Ronson  
for Vogue Eyewear



## no-smudge lids

Powder shadows tend to cake up, while cream shadows run. Your best bet for summer is a crayon. "Because they contain waxes, they glide on easily, and the dense pigment makes them more long-wearing," says Hammer. Swipe directly onto lids, then use a finger to blend until smooth to prevent creasing, says Jenna Menard, Clinique global colour artist, who suggests a wash of lilac or a green like Clinique Chubby Stick Shadow Tint for Eyes in Mighty Moss, \$17. Think of this shimmery green as a neutral—it goes with anything, Menard says.

**SELF** MARATHON MAKEUP See a slideshow of more of our favorite no-melt products at [Self.com/looks](http://Self.com/looks).



**FEELS LIKE NADA**

Put one drop of Giorgio Armani Maestro Fusion Blush, \$52, on each cheek, then blend. Its ultrafine oils evaporate, leaving gorgeous pigment behind.

**TANK** Sportmax.

**BANGLE** Ben-Amun by Isaac Manevitz

## flawless skin

You need coverage, but not from your go-to BB cream. “One of the primary functions of a multitasking beauty balm is to moisturize, and the added emollients that provide that moisture tend to make the formulas heavy,” says Hammer. Exactly what you don’t want in the summer, when skin is more likely to be oily. And precisely why you’ll love a serum foundation. The new category of makeup is as lightweight as a serum yet provides the skin-tone correction, SPF and smoothing effects of a BB—basically BBs without hydrators. They’re sheer, so start with a small amount, blending well with fingers; then layer as needed, advises Menard. We like BareMinerals BareSkin Pure Brightening Serum Foundation SPF 20, \$29.

Styling, Lida Moore Musso; hair, Miok for Wella Professionals; makeup, Robert Greene for Chanel; manicure, Donna D for Chanel Le Vernis; model, Nathalia Novaes. Still lifes: Devon Jarvis. See Get-It Guide.



**TOSS IN TEA**

Give whole grains an extra kick of antioxidants by cooking them in green tea.



# EASY (DELICIOUS!) WAYS TO EAT HEALTHY

Packing more nutrition into your meals *doesn't* require a diet overhaul—just some small swaps and add-ins that can pay off big over time. Ready to look and feel better? Then start right here.

By Karen Ansel, R.D.N. Photographs by Claire Benoist

## BUILD A LEANER BODY

- 1 Simmer oatmeal in milk,** not water. Boiling ½ cup oats in 1 cup milk adds 6 to 8 grams of satiating protein to keep hunger at bay all morning. That more than makes up for the small increase in calories, says Cheryl Forberg, R.D., chef and nutritionist for *The Biggest Loser*.
- 2 Cook pasta so it's truly al dente.** Pasta that's drained while it still has a real bite has a lower glycemic index than fully cooked noodles. That means the carbs are released into your bloodstream more slowly, so you stay satisfied longer, says Jennie Brand-Miller, Ph.D., coauthor of *The Low GI Handbook: The New Glucose Revolution Guide to the Long-Term Health Benefits of Low GI Eating*.

- 3 Make popcorn nice and spicy.** Instead of using butter, top your air-popped popcorn with Sriracha or cayenne powder, suggest SELF contributing experts Stephanie Clarke, R.D., and Willow Jarosh, R.D. These fiery seasonings contain capsaicin, a compound that can kill cravings, an *Appetite* study says.
- 4 Spread part-skim ricotta** on your bagel in place of cream cheese. It racks up double the whey protein, which helps build muscle and burn fat, according to a University of Tennessee study.
- 5 Eat slightly green bananas.** “Before they ripen, bananas contain resistant starch, a type of fiber that isn't fully broken down during digestion. This helps make you feel full, so you're less likely to overeat,” says Jill Weisenberger, R.D.N.

## GET MORE GORGEOUS

- 6 Order tacos with beans.** Each cup of black or pinto beans delivers a hefty amount of potassium, a mineral that depuffs your eyes and reduces water retention, Clarke and Jarosh say.
- 7 Stir a teaspoon of unsweetened cocoa powder** into your coffee for a shot of flavonoids—antioxidants that increase blood flow to your skin and can help you score a rosier complexion.
- 8 Trade in your dippers.** Swap pita chips for red pepper strips to dip into hummus or baba ghanoush. Just one red bell pepper packs plenty of vitamin C, which is crucial for your body to produce skin-firming, sag-fighting collagen, Clarke and Jarosh say.
- 9 Blend a tablespoon of chia seeds** or ground flaxseed into your smoothie, and you'll get close to a day's supply of alpha-linolenic acid, an omega-3 fat that gives you glowy skin, the Institute of Medicine reports.
- 10 Eat cheese for dessert.** Because of aged cheese's ability to raise the pH level in your mouth, a cube or two of cheddar, Swiss or Parmesan can brighten your smile, Clarke and Jarosh say. Cheese can reduce the risk for cavities and the erosion of tooth enamel—and you might notice a little whitening action, too.

## STAY HEALTHY

- 11 Mince or crush fresh garlic** and let it sit for 10 minutes before cooking with it. A study in *Nutrition and Cancer* reports that allicin, a cancer-fighting compound in garlic, becomes more potent after garlic's cell walls are broken apart; it takes about 10 minutes for that potency to fully develop, Weisenberger says.
- 12 Switch from tuna to salmon** when you order sushi. That small swap delivers 11 times more cardio-enhancing omega-3 fats per serving, Clarke and Jarosh say.
- 13 Sprinkle sesame seeds onto your salad** for a crunchy upgrade of bone-building calcium. Kick up the nutty flavor by toasting them in a skillet for a few minutes.
- 14 Whip lowfat plain kefir** with fruit for an easy nutrient-packed breakfast. This tangy dairy drink has loads of protein, plus health-promoting probiotic strains, Clarke and Jarosh say.
- 15 Cook grains in tea.** To add an antioxidant boost, swap half the water needed to make whole grains for unsweetened green tea, says Jackie Newgent, R.D.N., author of *The With or Without Meat Cookbook*. Or toss a tea bag in boiling water, steep for two minutes, remove, then add grains.
- 16 Make your omelet with whole eggs.** The yolks contain most of the nutrients, such as choline, a B vitamin that sharpens your memory, Clarke and Jarosh say.

## FIRE UP ENERGY

- 17 Replace croutons with roasted chickpeas.** Croutons are packed with simple carbs, while chickpeas supply high-fiber complex carbs and protein for energy and alertness, Clarke and Jarosh say. Buy them roasted or DIY: Pat rinsed canned chickpeas dry, toss with olive oil, salt and pepper, then bake on a cookie sheet at 400° for 30 to 40 minutes.
- 18 Throw half a cup of whole grains,** like barley, quinoa or farro, into your stir-fry. These fiber-rich grains encourage the production of serotonin, a neurotransmitter linked to a sunnier mood, explain Clarke and Jarosh. They also offer sustained energy to keep you fueled.
- 19 Add orange slices to spinach or kale salad,** and you'll soak up more of the energy-cranking iron already present in those leafy greens. The high vitamin C content in oranges helps convert plant iron to a form that's easier for your body to absorb, research from Oregon State University suggests.
- 20 Top your pancakes with peanut butter** and ½ cup strawberries instead of traditional butter and syrup. Two tablespoons of peanut butter add B vitamins that help you turn food into energy, Clarke and Jarosh say; the protein and fat combo keeps your energy up for hours.

## BOOST IMMUNITY

- 21 Toss a couple of chopped Brazil nuts** into your granola. They're superhero sources of selenium, a mineral that helps your body make infection-fighting cells known as cytokines. Just two regular-sized nuts deliver your recommended daily dose, Clarke and Jarosh say.
- 22 Instead of mayo in your sandwich,** spread on a mixture of lowfat yogurt and fresh chopped herbs, such as basil or rosemary, Newgent suggests. These herbs contain anti-inflammatory, infection-fighting compounds, and yogurt offers probiotics that can give your immune system a boost. Both regular and Greek yogurt offer the same probiotics count, but the Greek kind spreads better.
- 23 Season a dish with citrus zest,** Newgent says. Not only does the zest boast antimicrobial properties that help kill or prevent bacterial growth on food, but it also adds a nutritional punch of vitamin C and antioxidant flavonoids that have anti-inflammatory abilities.
- 24 Roast, grill or sauté your tomatoes** instead of eating them raw. A study from the *Journal of Agricultural and Food Chemistry* shows that cooking them jacks up levels of disease-fighting phytochemicals, such as lycopene, that your body can absorb.
- 25 Add avocado to your smoothie.** Avocado has disease-fighting antioxidants and healthy monounsaturated fats, which help your body absorb immune-boosting vitamins, Clarke and Jarosh say.



**GET ZESTY**  
Season greens  
with citrus zest,  
which fights  
bacteria and  
inflammation.

# STEAL *alessandra's* BODY SECRETS

Victoria's Secret model **Alessandra Ambrosio**, 33, shares how she gets this toned, fights cellulite (yes, she has it, too), fakes looking slimmer and glows with confidence.

**Commit to be fit.** When I started with Victoria's Secret at 21, I never worked out. Then when I got pregnant with my daughter [Anja, 5], I gained about 60 pounds and had to walk the Victoria's Secret show three months later. That was the first time I had to really fight to get my body back into shape. Now I Spin on Monday, go to pilates on Wednesday and yoga on Sunday. You have all these other things to put in front of [workouts] that you say are more important, but they're not. Your health is most important.

**Find what drives you.** I'm into movement. If I don't feel like going to the gym but my friends are playing volleyball at the beach, that's what I do. Or I take my bike around for a little bit, or jump into the pool to play with the kids [son Noah is 2] and kick my legs for a workout.

(continued on page 106)



**WANT MORE  
ALESSANDRA?**

Go behind the scenes  
at her cover shoot.  
Hold your device over  
this page. Get the  
app—details, page 14.

**SPORTS BRA** and  
**SHORTS** Victoria's  
Secret. **NECKLACE**  
Van Cleef & Arpels.  
**BRACELET** Tiffany  
& Co. **WIDE RING**  
Roberto Coin. **WATCH**  
TAG Heuer

Fashion director,  
Evyann Metzner



## Steal Alessandra's Body Secrets

(continued from page 104)

**Eat like a Brazilian.** I grew up [in Erechim, Brazil] eating lots of fresh fruits and vegetables and drinking coconut water. Now, I try to eat as healthy as I can. Every morning, I cook scrambled eggs, whole-wheat toast and some bacon. Once a week, I'll make it regular bacon, but the rest of the time, I'll do turkey bacon. For lunch, I like kale salad with chicken. And for dinner, I love Japanese, Italian, Mexican. On Saturdays, if the weather is nice, we'll throw backyard barbecues. I go to the Brazilian market to buy meat—they cut it so it's really tender—and then I'll make a big salad, a potato salad and raspberry-lemon margaritas.

**Target your toning.** When you're in a bikini, your abs are the most important. I like doing bridges, and I'll also finish a workout with 100 bicycle crunches. My back is also a priority—for that, I'll do three sets of 25 Supermans. I don't really do much for my arms; throwing my kids in the air helps already. Plus, as a Brazilian, I know the last thing a man is going to look at—even after your feet—is your arms!

**Step it up sometimes.** If I look in the mirror and see cellulite—and I have some, every woman does!—I run the Santa Monica Stairs. They're really hard. I'll go up and down the [170] steps four to six times, usually once a week. It definitely helps the butt and legs while you're getting a little sun and fresh air at the same time.

**Flaunt your asset(s).** Accept what you have and make the most of it. In Brazil, it's all about the butt. Some girls naturally have the big round one, and they aren't shy about it—that makes them sexier. Others work out to have it. For mine, I put 5-pound ankle weights on each leg, get on all fours and kick each heel up toward the ceiling. I do three sets of 20. Then I also do three sets of 20 fire hydrants, where you lift each bent leg up and out to the side.

### Avoid the sun—with style.

In my beach bag, I always pack sunblock, sunglasses—I have a huge collection, so I bring what goes with my mood or my bikini; colored lenses are fun—a big-brimmed hat; lip balm with SPF; and leave-in conditioner. When you go in the water, your hair gets hard, so I'll put a little conditioner in mine after I get out of the water and let it dry naturally. It's like a little treatment.

### Know how to fake looking slim.

Good posture helps. Always make sure your shoulders are pulled back and your belly is pulled in. And find a great self-tanning spray, too. Getting a little color on your body can make you look more toned, so when you go to the beach, you'll feel a little better.

Victoria's Secret has a great shimmer spray that's really easy to apply and gives you color over time.

**Lighten up.** I stay away from mascara and powder makeup in the summer because it looks like you're wearing makeup. Cream blush or bronzer makes you look fresh. On my nails, I love a Rockstar gelcure—which is just a bunch of glitter—or bright aquas, neons and corals.

**Focus on you.** Every woman has a different metabolism and different genetics, so rather than compete with one another, concentrate on yourself and be the best you can be. Everyone

has days when they don't want to show anything. That's what the good ol' jeans and a T-shirt are for. So many times, I haven't felt ready for shoots. I'm like, why didn't I work out more? But it's life.

### Keep your priorities straight.

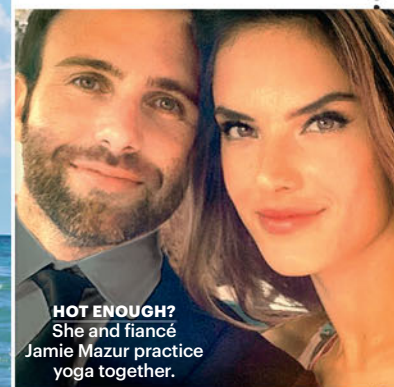
Having a perfect body isn't everything. I want my daughter to be nice, have a good education and be disciplined. That's what makes people like her. A perfect butt doesn't make an amazing person. It's about feeling confident.

### Live like you're on holiday.

"Forever on vacation" is my motto. It's just the way I take life. Nothing makes me feel that pissed off or out of control. Whatever I do, whether I'm modeling or doing my clothing line, *âle* by Alessandra, I just want to feel like it's fun. If you're doing something you don't like, you're wasting time. Life is short. There is so much to see and do and feel. We should enjoy every moment. ■

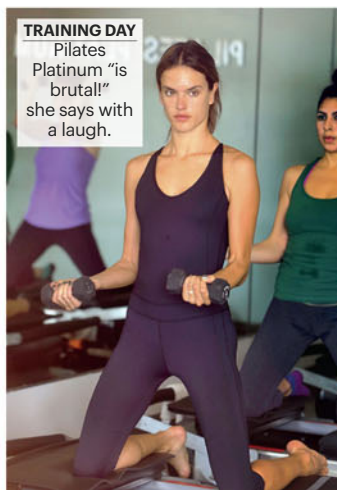


**JOYRIDE**  
"I don't surf for an adrenaline rush. I'd rather it be smooth!"



**HOT ENOUGH?**  
She and fiancé Jamie Mazur practice yoga together.

I feel like I could easily have been a personal trainer. I'm always like—"OK, let's go!"



**TRAINING DAY**  
Pilates Platinum "is brutal!" she says with a laugh.



**EARTH ANGEL**  
Her VS Fashion Show prep: "more pilates, more cardio."

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# +GET-IT GUIDE

**Cover** Tunic, Milly Cabana, \$270; MillyNY.com. Bikini top, \$45, and bottom, \$35; VictoriasSecret.com. Necklace, Jules Smith, \$98; Shopbop.com. Ring, Vaubel Designs, \$650; Bergdorf Goodman.com.

**Page 4** Rash guard, \$148, and bottoms, \$110, Mara Hoffman; EverythingButWater.com. Watch, \$125; Nixon.com. Cuff, Tiffany & Co., \$450; Tiffany.com.

**Page 8** Top, \$104; MadeByDawn.com. Shorts, \$50, and fitness bracelet, \$149; Nike.com. Sunglasses, Rudy Project, \$160; E-Rudy.com.

**Page 34** Tank, Moschino Cheap and Chic, \$450; Moschino.com.

**Page 36** Sunglasses, Saint Laurent by Hedi Slimane, \$310; YSL.com for stores.

**Page 38** Swimsuit, \$370; MaliaMills.com. **Page 40** Hat, Eugenia Kim, \$390; Anthropologie.com.

**Page 44** Handbag (on model, center); Botkier.com for similar styles.

**Page 46** Sports bra; Adidas.com for similar styles. Pants, Nux, \$75; NuxUSA.com. Earrings, CZ by Kenneth Jay Lane, \$40; 646-770-5302. Sneakers, Asics, \$80; AsicsAmerica.com.

**Page 48** Tank, Phat Buddha, \$48; PhatBuddhaWear.com. Shorts, Elisabetta Rogiani, \$68; Rogiani.com. Activity tracker band, Basis, \$124; MyBasis.com. **Page 49** Tank; NewBalance.com for other styles. Shorts, Lululemon Athletica, \$48; Lululemon.com. Sneakers, La Sportiva, \$125; Sportiva.com. **Page 52** Sports bra, \$25; Adidas.com. Shorts, \$44; Onzie.com.

Sunglasses, Rudy Project, \$160; E-Rudy.com. Watch, \$50; RumbaTime.com.

**Page 76** Swim shirt, Milly Cabana, \$125; Soleil Toile, 203-454-8688. Bikini bottoms, \$44; Roxy.com. Headband, Under Armour, \$12 for six; UA.com. Sunglasses, Spy, \$130; SpyOptic.com. Backpack, TYR Sport, \$20; TYR.com. Watch, Caravelle New York, \$110; Macys.com. Cuff, Tiffany & Co., \$450; Tiffany.com. Water ski, courtesy of Miami Ski Nautique. **Page 77** Bikini top, \$56, and bottom, \$44, Adidas; HouseOfSwim.com. Headband, Under Armour, \$12 for six; UA.com. Ankle cord, \$22; Dakine.com.

**Page 78** Swimsuit, Aqua Sphere, \$55; AquaSphere Swim.com. Visor, DKNY x I Still Love You NYC, \$210; 800-231-0884. Watch, \$125; Nixon.com. **Page 79** Swimsuit, \$120; SweatyBetty.com. Swim cap, \$13; BodyGlove.com. **Page 80** Jacket, Adidas by Stella McCartney, \$225; Adidas.com. Swimsuit, DKNY, \$96; 800-231-0884. Sunglasses, TYR Sport, \$20; TYR.com. Watch, Bulova, \$475; Macys.com. Bracelet, IceLink, \$69; Macys.com.

**Page 81** Cropped vest, \$82, and bikini bottom, \$52; BodyGlove.com. Headband, Under Armour, \$15; UA.com. Sunglasses, Puma; Amazon.com for similar styles. Watch, Bulova, \$299; Macys.com.

**Page 82** Vest, Radar, \$140; Perfski.com. Bikini top, \$50, and bottom, \$40; Roxy.com. Headbands, Under Armour, \$12 for six; UA.com. Sunglasses, \$150; Dragon Alliance.com. Necklace,

\$315; Gucci.com. Watch, Rip Curl, \$80; Shop.RipCurl.com. Dry sack, \$12; SeaToSummit.com. **Page 83** Rash guard, \$120, and bikini bottom, \$120; Mi-Ola.com. Sunglasses, Just Cavalli, \$195; 646-741-4434. Hair band, \$10; HairGlove.com. Watch, \$150; Tommy Bahama.com. Bracelet, IceLink, \$89; Macys.com.

**Page 84** Hoodie, Elisabetta Rogiani, \$85; Rogiani.com. Tank, \$15; HM.com. **Page 85** Tank, Nux, \$52; NuxUSA.com. Pants, \$65; Onzie.com. Watch, Rip Curl, \$90; Shop.RipCurl.com. Sneakers, \$85; Adidas.com. **Page 86** Tank, Alala, \$65; AlalaStyle.com. Shorts, \$98, shoes, \$275, and bicycle, \$2,600; Specialized.com.

**Page 88** Tank, Phat Buddha, \$48; Bloomingdales.com. Pants, Lululemon Athletica; Lululemon.com for similar styles. **Page 89** Top left: Tank, Elisabetta Rogiani, \$62; Rogiani.com. Pants, Alala, \$95; AlalaStyle.com. Watch, Rip Curl, \$90; Shop.RipCurl.com. Bottom right: Tank, Nux, \$49; NuxUSA.com. Pants, C9 by Champion, \$28; Target.com.

**Page 96** Sunglasses, Charlotte Ronson for Vogue Eyewear, \$130; SunglassHut.com for stores. **Page 99** Tank, Sportmax, \$725; 212-674-1817. Bangle, Ben-Amun by Isaac Manevitz, \$65; Ben-Amun.com.

**Page 105** Sports bra, \$50, and shorts, \$43, Victorias Secret.com. Necklace, Van Cleef & Arpels, \$3,050; VanCleeFarpels.com. Bracelet, Tiffany & Co., \$800; Tiffany.com. Ring, Roberto Coin, \$980; Saks Fifth Avenue. Watch, TAG Heuer, \$2,600; Shop.TAGHeuer.com.



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## Ride the tide

Most of the time you're moving a million miles an hour and not really going anywhere. This summer, try something new: Relax, allow yourself to drift a bit, and see where the current takes you. Sometimes, when you stop chasing whatever you're looking for, it comes right to you.

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