

SELF

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FITNESS
MOVES**

WEAR IT

**FASHION
TO SHOW
OFF YOUR
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(OCTOBER)

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“When I started practicing yoga, I had to build so much strength—a different kind of strength.”

—Caley Alyssa Yavorsky



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New. Clinique Smart
Custom-Repair Serum

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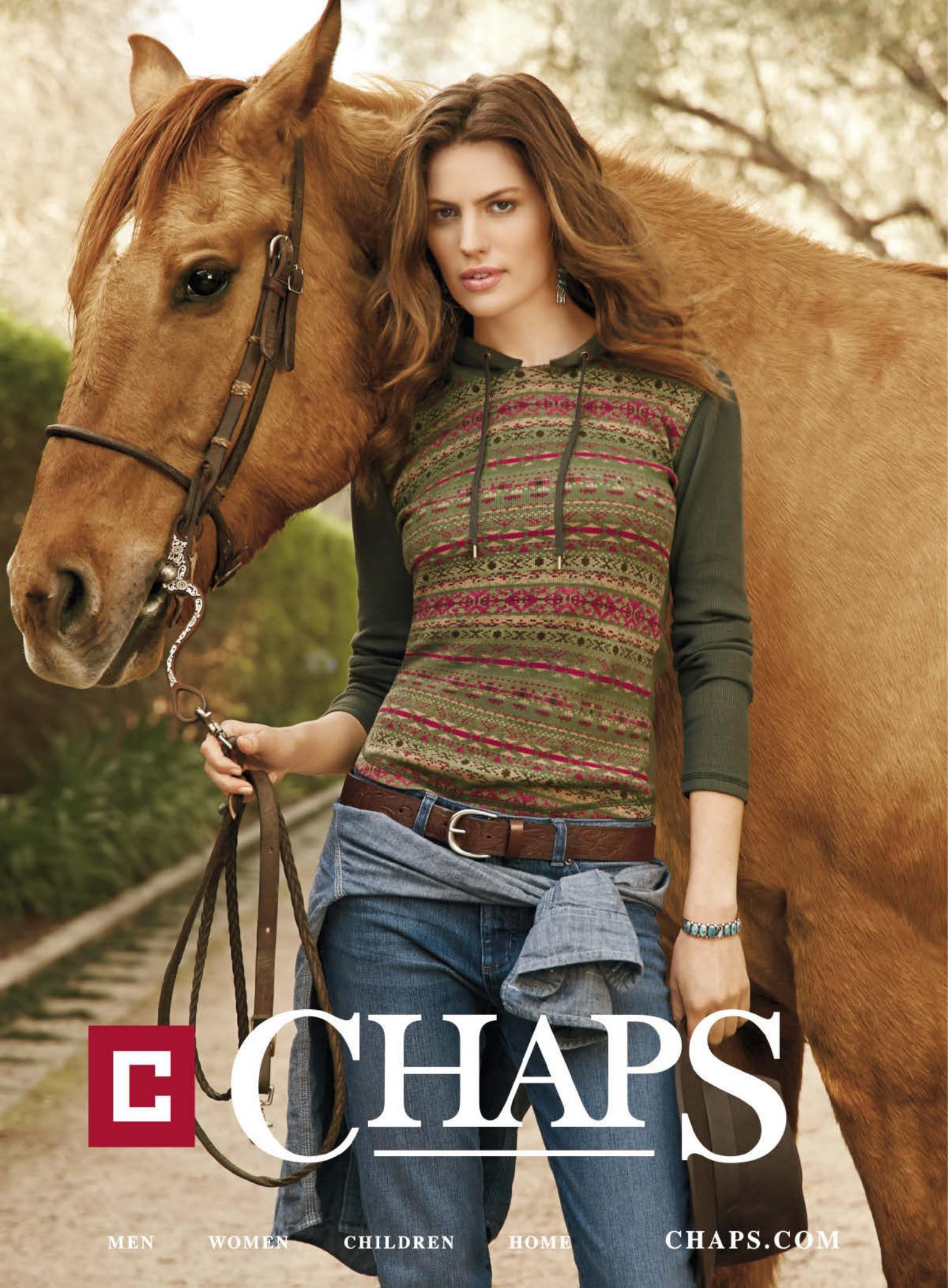
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Photographed by Patrick Demarchelier in New York City. Styling, Melissa Ventosa Martin; hair, Jennifer Yezpez for Rene Furterer; makeup, Sir John at Streeters; manicure, Rieko Okusa for Chanel le Vernis.

CLOTHES Bikini, Lisa Marie Fernandez. See Get-It Guide.

GET THE LOOK Estée Lauder Perfectionist Youth-Infusing Makeup Broad Spectrum SPF 25 in 4N2 Spiced Sand, \$45. Bumble and Bumble Bb. Hairdresser's Invisible Oil Heat/UV Protective Primer, \$26

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renews the scalp.



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thickens hair
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hair you have longer.*



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Joan on
our cover
shoot...



Hilary Rhoda
posing on
a rooftop...



Behind the scenes:
Me at the office...



...In the
SELF closet



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EDITOR'S LETTER

THE NEW SELF



Before I joined SELF, I made a list of models and celebrities who I thought would be perfect for our cover. At the top was Joan Smalls, one of the most sought-after models in the business. I admired the leap of faith she took, leaving her family farm in Puerto Rico to pursue her dreams—and her drive to be the best. And here she is, on the cover of our Best Bodies in the World issue!

This is the first issue of SELF that my team and I have put together, soup to nuts. I wanted to create a guide that would address the most important aspects in a healthy, motivated woman's life—*your life*. To that end, we created all-new sections using "self"-referential words: SELF Starter, our opening warm-up; SELF Image, where you can shop for fashion and beauty that reflect the trends and how you want to present yourself to the world; SELF Motivate, which encompasses everything you need to know to work out and eat better; SELF Worth, which addresses the mental and emotional parts of your life—happiness, career and relationships; and last, but certainly not least, SELF Indulge, where we bring you easy ideas to relax, recharge and treat yourself.

We all have formulas for success—check out SELF Made on page 72 for best-selling author Gillian Flynn's. I'm a believer in setting your sights high (everything starts with your imagination), writing thoughts down (words have power) and working hard (it's the only way to make things happen). With our new sections, point of view and design, I hope we've given you a road map to whatever you want to accomplish, this month and beyond. Let me know what you think. Welcome to the new SELF, and happy October!

→ MAKING THIS ISSUE

SELF by the numbers

614
SALADS EATEN

56
SNEAKERS CALLED
IN TO SHOOT

198,400
calories burned
reading copy

ONE
EPIC FRIED-
CHICKEN DINNER
ORDERED IN FOR
THE OFFICE

*(We were eating it
while designing this!)*



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What strong means

In Women Versus Cancer (page 75), we spotlight the life-saving achievements and stay-healthy advice of doctors, scientists and survivors in honor of Breast Cancer Awareness Month. When I faced my own breast cancer scare, I was lucky to have my mother as my guide. As the director of the Revlon/UCLA Breast Center, she has dedicated her life to treatment and research. Thankfully mine was a benign cyst, but the experience has never left me. I wanted women like my mother to tell their stories of how they fight the fight every day.



The ultimate SELF Made woman: my mom. In her medical research lab in the '70s (above); at my sister's wedding with me last year (left)





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(SELF)

STARTER

POWER UP!

→ *Want to get more out of your next workout? What you wear could be the key.* BY SARA ANGLE

BIKINI TOP Calavera PANTS
Nike SNEAKERS Adidas by Stella McCartney

Your gym wardrobe may matter more than you think. A study by researchers at Northwestern University found that clothing influences us mentally as well as physically—a phenomenon they've termed "enclothed cognition." It turns out that your attention to an activity like exercise increases when you are wearing clothing designed for that task. And dressing in clothes you love gives you subconscious motivation that can boost performance, says Adam Galinsky, Ph.D., study coauthor. Consider this permission to think of shopping as part of your training. FOR MORE CUTE CLOTHES, TURN THE PAGE.

SITES TO
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NET-A-PORTER.COM
(CLICK ON SPORT)
STYLEOFSPORT.COM

(SELF) STARTER

POWER UP, CONT'D...

Get in gear

Give yourself a competitive (and stylish!) edge with these new pieces.

TANK
\$44; Athleta.com

HEADBANDS \$15
for six: Nike.com

SPORTS BRA
\$50; Moving
Comfort.com

TIGHTS
\$110; Nike.com

ACTIVE TO-DO LIST

Whether you're in the mood to do more or less, this month's training tips, gear and events give you options.

BECOME
A BETTER RUNNER *OR*

**WATCH
THE PROS RACE**

On a run, you'll use less energy at a given pace if your quads and hamstrings are equally strong, a study in the *Journal of Strength and Conditioning Research* shows. Women tend to have stronger quads. To balance them, try downhill running and resistance moves like deadlifts.



Lunges and squats can tone hamstrings for faster runs.

WIN A WORKOUT VACATION

You could score a week of fun workouts and R&R for two in Tulum, Mexico, with fitness pros Brett Hoebel and Dashama. Enter for a chance to win at Self.com/prizes. (Or, don't chance it: Book at TotalTransformationVacation.com.)



OR

ADD A PIC TO YOUR SNEAKERS

Upload a photo from your library—a sunset, an artsy latte, even a selfie—onto Adidas Originals ZX Flux shoes using the new iPhone and Android app miZX FLUX (free on iTunes). The high-res tool scales each image for a shoe that will make your workout #OOTD.





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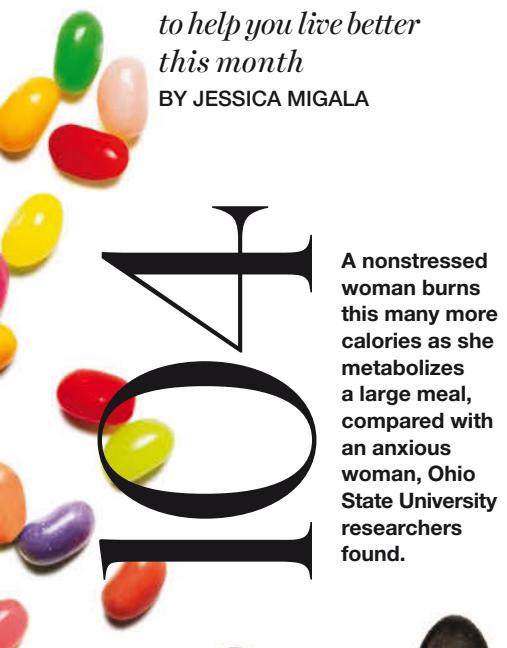
HEALTH NEWS

→ *The latest research, trends and more to help you live better this month*

BY JESSICA MIGALA

104

A nonstressed woman burns this many more calories as she metabolizes a large meal, compared with an anxious woman, Ohio State University researchers found.



GIVE YOUR MEMORY A WORKOUT

Doing biceps curls might help you remember the cute new guy's name at work. Researchers from the University of British Columbia found that strength training boosts associative memory (putting faces to names), while cardio improves episodic memory (remembering items on a shopping list). Working out increases blood flow to the brain—notably the hippocampus, where memories are stored—and increases growth factors, which are like brain vitamins that promote cell health.

The new Pap smear

Cervical cancer screening is getting an update: The FDA-approved Cobas HPV test may replace the decades-old Pap smear as the first-line screening for human papillomavirus. It works by detecting certain strands of DNA associated with developing cervical cancer (versus a Pap, which IDs already atypical cells). Medical guidelines haven't been updated yet, but given the buzz, Cobas could be the go-to test in the next few months, says Lynn Westphal, M.D., associate professor at the Stanford School of Medicine.

Sleep tight with your pup

You've probably heard the warnings that sleeping with your dog can wreck your rest, but do you really have to kick your furry friend out of bed? Perhaps not. Findings from the Mayo Clinic in Phoenix suggest that only about 10 percent of pet owners are disrupted by their pet's snoring, whimpering and wandering. The other 90 percent of us can continue to snuggle away.

Condoms for a cause
Sustain-brand condoms do more than protect you: Ten percent of profits go to U.S. women in need of reproductive care and family-planning services. \$6 for three

Tuck in. Breathe in. Drift off.



Indulge in the relaxing scents of the Downy and Febreze Sleep Collections to enjoy the soothing scents of lavender, over, under and all around you.



Q A

I got my flu shot, but how else can I prepare for flu season?

Ellen, 28, Chicago

A / First, boost your gut health—that's where about 70 percent of your immune system lives. Consider popping a probiotic during flu season. It's also smart to eat more probiotic-rich foods such as yogurt with live, active cultures, coconut milk kefir, kimchi and sauerkraut. And managing stress is key, since the stress hormone cortisol suppresses the virus-battling part of your immune system.

—Susan Blum, M.D., author of *The Immune System Recovery Plan*

I heard that ibuprofen can prevent recurrent UTIs. True?

Kaitlin, 27, Brooklyn, New York

A / Maybe, but the research isn't conclusive yet. For now, if you're dealing with recurrent UTIs, see your doctor. You can also reduce your risk by avoiding douches and always emptying your bladder after sex.

—Kate Stampler, D.O., gynecologist at Lankenau Medical Center in Philadelphia



When I'm stressed, I bite my nails. How can I stop?

Jessica, 29, Marietta, Georgia

A / It can be a tough habit to break. Start by figuring out your stress triggers, such as when you have a tough deadline or when your in-laws call. During those times, try giving yourself other things to do with your hands, like playing with a hair elastic around your wrist or squeezing a stress ball. Another option: Put a bandage around one or two nails each day for a week. When you take them off, you'll see stronger, healthier nails underneath, which will serve as positive reinforcement.

—Amy Weschler, M.D., author of *The Mind-Beauty Connection*

Is there such a thing as too much juicing?

Liza, 27, New York City

A / If it's at the expense of a healthy, balanced diet, then yes. Replacing meals with juices may mean you're not getting enough calories, protein, fiber and other nutrients that help your body function at its best. My advice: Make juice in a blender using whole fruit and vegetables, keeping as much of the pulp as possible for a source of fiber. Drink it as a snack or as part of your lunch.

—Joan Salge Blake, R.D., spokeswoman for the American Academy of Nutrition and Dietetics



EMAIL US! Got a question for our experts? Write to health@self.com.



DADS DON'T TAKE SICK DAYS OR NIGHTS. DADS TAKE DAYQUIL OR NYQUIL.

The non-drowsy, coughing, aching, fever, sore throat, stuffy head, power through your day... medicine.



The nighttime, sniffing, sneezing, coughing, aching, fever, best sleep with a cold... medicine.

(SELF) STARTER



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Palette, \$34; Sephora.com
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GRAPHIC TEE Rag & Bone,
\$35; Saks Fifth Avenue
**100% to Women's Cancer
Research charities**



CHAIN-STRAP BAG Lauren Cecchi
New York, \$690; LaurenCecchi.com
20% to Pretty in Pink Foundation



**PASTEL
SKINNIES**
\$105; DSTLD
Jeans.com
**25% to
Bright Pink**

SELF APPROVED SHOP FOR A CAUSE

→ This month, support breast cancer awareness with fashion and beauty goodies that do some good.



RUNNING SHOES 890v4 Komen
Edition, \$110; NewBalance.com
**Minimum \$500,000 to
Susan G. Komen for the Cure**



CHARM NECKLACE
\$103; Nashelle.com
**50% net sales to
Stand Up to Cancer**

More great ways to get involved:

1

READ Penguin's Read Pink campaign features 12 books by notable female authors, like Jojo Moyes. The publisher will donate \$25,000 to BCRF. Penguin.com/ReadPink

2

GIFT Bloomingdale's Little Pink gift card donates 10% of the card value, plus 10% of purchases made with it, to three charities. Bloomingdales.com

3

INDULGE The Mandarin Oriental Hotel spas will donate a minimum of 10% on selected treatments to cancer charities across the country. MandarinOriental.com



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WHICH IS BETTER...

Stretching *pre-* or *post-*workout?

GET LIMBER AFTERWARD. We used to think that stretching before exercise could lessen soreness and prevent injury, but "research shows this kind of stretching does neither," says Matt Mosman, a strength and conditioning specialist in Denver. In fact, static stretching, in which you grab and hold, can actually decrease performance and make your legs feel sluggish, he adds. Instead, spend the first five minutes of your workout doing a warm-up (a light jog or slow pedal). Repeat as a cooldown, then spend 10 minutes doing static stretches, holding each for 30 seconds.

Drinking GREEN or WHITE TEA?



GO FOR THE GREEN. Either of these choices is a good one, but more research has been done on the benefits of green tea, such as keeping your teeth healthy and revving your metabolism. "Green tea is made from mature leaves, which can affect the types and amounts of antioxidant compounds it contains," says Diane McKay, Ph.D., a scientist with the Nutrition Center on Aging at Tufts University. Prefer white? Sip away. It's packed with many of the same antioxidants as the green kind.

 Tweet @SELFmagazine with your #WhichIsBetter question.

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“EIGHT OF 10 DRUGS TAKEN OFF THE MARKET HAD GREATER ADVERSE EFFECTS IN WOMEN THAN IN MEN. OUR BODIES REACT DIFFERENTLY.”

REPORT

EQUAL TREATMENT

→ *A fundamental flaw in medical research is finally being addressed. Why it matters for you* BY CAITLIN MOSCATELLO

Historically, women have been underserved by preclinical research (when drugs and medical devices, among other things, are tested on cells and animals). That may partially explain why one government report found that 8 of the 10 drugs taken off the market had greater adverse effects in women than in men. This fall, the National Institutes of Health—the government agency that funds medical research across the country—will begin to roll out new policies requiring that scientists take sex into account when planning preclinical studies. We spoke to Janine Austin Clayton, M.D., NIH associate director for research on women's health, to find out what's changing under her watch.

SELF What are the new policies?

DR. CLAYTON We are calling on scientists to take sex into account in their plans for preclinical research, and for them to display balance in addressing male and female differences in cells and animals. Right now, we're treating a unisex person.

SELF Why have researchers favored male animals and cells?

DR. CLAYTON Scientists are concerned about hormonal cycling and that it might affect the outcome of their experiments, but the preponderance of evidence in terms of this cycling issue shows that females are not inherently more variable than males for many biological traits.

SELF How will these policies help women?

DR. CLAYTON One example: Anxiety and depression are twice as common in women as men. But fewer than 50 percent of the animal studies for these conditions include females. Women also react to medication differently for many reasons. We have more fat in our bodies than men do, and certain medications might bind to those fat cells. Now these differences will be accounted for.

SELF Why is this your personal mission?

DR. CLAYTON Before I came to NIH, I was an ophthalmologist, and I noticed many sex differences in eye disease. If a female patient is seeing a clinician, I want that clinician to be basing the treatment decisions on female data. Right now, there just isn't that sex-specific evidence. And in 2014, that's something that needs to happen.

30.1

billion dollars is spent by the NIH every year on medical research.

12.5

percent of the NIH annual budget in 2012 was allocated to research specifically related to women's health.

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(SELF)

IMAGE

HELLO, COLOR!

→ *Bold shades in graphic shapes are spot-on this season.* BY SARA GAYNES LEVY

For fall, we're seeing red—and orange and blue and yellow. Colorful dots, stripes and geometric shapes are hot. The trend takes last year's color blocking in a sleek new direction that's still plenty playful. On the runways, Miu Miu and Altuzarra used slices of color on everything from pantsuits to puffer jackets. Stick to a single showstopping piece, or go bright-on-bright for maximum impact.

DRESS Issa, \$1,195; IssaLondon.com **BAG** Narciso Rodriguez, \$1,395; Saks.com **WIDE WHITE BRACELET** (top), \$48; VinceCamuto.com **BLACK AND WHITE BRACELETS** (beneath), Pluma, \$220 each; Forzieri.com **BELT** \$435, and **BOOTS** \$925, Sportmax; 212-674-1817



GEOMETRIC CLUTCH

In contrasting hues, a small bag stands out. **Stella McCartney, \$930; 212-255-1556**



MORE BRIGHT IDEAS

Opt for bags or booties, sneakers or sweaters—all effortlessly modern.



COLORFUL SNEAKERS

A punch of orange makes this gym staple street-worthy. **\$65; New Balance.com**



PANELED DRESS

Hot pink gets a cool-girl twist with architectural pleating in bright green. **\$1,600; Christian Siriano.com**



QUILTED MINI

Add a tee and tights for a cozy weekend look. **\$790; MiuMiu.com**



NEON CUFF

It pops against a neutral outfit. **\$290; Reed Krakoff.com**



SPORTY SWEATER

Dress it up with a pencil skirt or down with slouchy jeans. **Marc by Marc Jacobs, \$398; Bloomingdale's**



LUXE BOOTIES

Show off their rich texture and color with ankle pants or a midi dress. **\$995; Narciso Rodriguez.com**



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“See brilliant, luminous color,
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Shade 6.43

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UP & OUT

→ The new face of Lisa Marie Fernandez activewear, **Elisa Sednaoui Dellal**, tells us what gets her moving in the morning.

"Once I'm awake, I'm awake," says model-actress Dellal. "It's rare for me to snooze." After rising around 8, she sneaks in a snuggle with her son, 16-month-old Jack, and a snack: maybe hard-boiled eggs, chia-seed pudding, smoked salmon with lemon or a green juice. Next up is her workout. What Dellal does varies based on whether she's in London (where she works out with trainer James Duigan) or New York City (where she hits a pilates class). Either way, there's one thing she never forgets before she heads out the door: "I always kiss my son."



"I like to wear the same stuff every day. From Lisa Marie's line, it's the bra tops and leggings."

BRA \$195, and **PANTS** \$265, Lisa Marie Fernandez; Net-A-Porter.com



"With breakfast I'll drink a kale-cucumber juice that I make myself."



"A pochette holds my phone and a wallet, which is all I need."

POUCH Pierre Hardy, \$225; 646-449-0070

5 things that get her up and out

1

SLEEPING WELL

"The first thing I think when I wake up is, What time is it? I really need my eight hours."

2

PRACTICING YOGA

"I do Sun Salutations after I get out of bed to get my energy flowing."

3

RESISTING SOCIAL MEDIA

"I try not to look at Instagram and Twitter first thing. It makes my morning more relaxing."

4

KEEPING MY HAIR SIMPLE

"It looks better the less I touch it. I put it in a ponytail or low braid with a regular elastic."

5

STAYING MOTIVATED

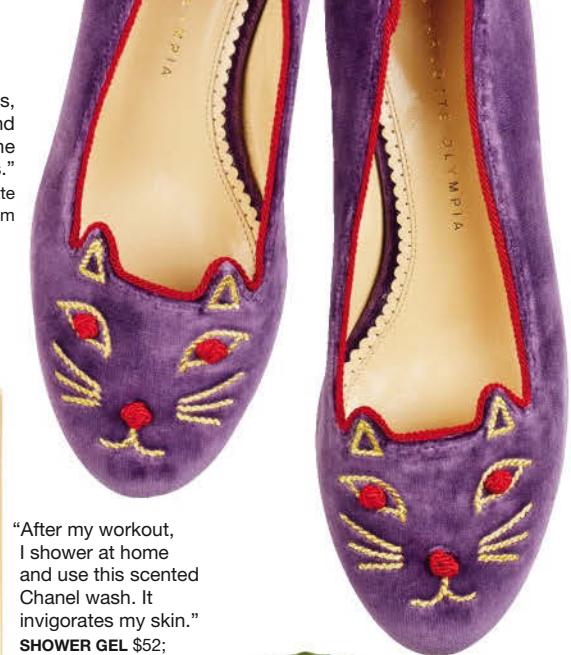
"I tell myself I'm going to feel so good after I work out. The day is going to be great!"



Tag @SELFmagazine on Instagram or Twitter and show us how you get #UpNOut.

"I'll wear cute flats, leggings and a wrap-top on the way to pilates."

FLATS \$665; Charlotte Olympia.com



"After my workout, I shower at home and use this scented Chanel wash. It invigorates my skin."

SHOWER GEL \$52; Chanel.com

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AIRBRUSHED
KINDA GIRL,
I JUST WANT
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BEAUTY GAME CHANGER

THE GUCCI OF IT ALL

→ Chic bags, sexy shoes and now—for the first time ever—all-out gorgeous makeup. The Italian brand's new line is as glamorous as it gets. BY KATHERYN ERICKSON



Head-to-toe logos are so not our thing, but who can resist a little dash of luxe? Gucci's stunning new makeup collection delivers all that and then some. Each of the line's 200 products comes in utterly covetable packaging, from the glossy black eyeshadow palettes to the gold lipstick tubes embossed with the house's signature Guccissima print. What's inside is every bit as special: smooth, richly pigmented formulas developed by star makeup artist Pat McGrath with the brand's creative director, Frida Giannini. We say: *Bellissima!*

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Katy wears LashBlast Volume Mascara in Very Black

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HAVE A GREAT HAIR DAY!

→ *Feel confident and look amazing with these easy work hairstyles.*

BY KAYLEIGH DONAHUE HODES



R Session Pro Tools Tail Comb, \$4

Goody Colour Collection Black Bobby Pins, \$4; Drybar Texas Tea Volumizing Hair Spray, \$25

THE RELAXED HALF-UP

Stylist Frank Rizzieri creates a soft, feminine look, inspired by Badgley Mischka's fall runway.



1 / **PART** Make a deep side part. Lightly spritz a comb with hairspray to smooth flyaways along part and at hairline.



2 / **DIVIDE** Separate a 1-inch section of hair above each ear and pull toward the back of your head. Use a bobby pin to anchor one side.



3 / **CROSS** Pull the other side back until it overlaps the first section. Secure both pieces with a bobby pin.



4 / **CURL** Loosely wrap ends of hair around a medium-barrel curling iron. Allow curls to cool, then mist with hairspray.

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THE QUICK TWIST

Mark Hampton, Toni&Guy global ambassador, does a cool, undone take on a classic chignon.



1 / PREP To create smoothness, apply mousse to wet hair and use a paddle brush to blow out. Secure in a low ponytail.

2 / ROLL Gather tail and turn it counter-clockwise, until the length of your hair starts to wrap into itself.

3 / FINISH Tie a clear elastic over twist, above base of ponytail, leaving a few inches free at ends.



STYLING, CONNIE BERG; HAIR, FRANK RIZZIERI FOR RSESSION TOOLS; MAKEUP, ALLIE SMITH FOR DOLCE & GABBANA; MANICURE, NAOKO SATO; STILL LIFE, STUART TYSON; SVEND LINDBAK, COURTESY OF PHYLLIA.



Longer, thicker locks—really

Good news for anyone frustrated by thin or slow-growing strands: New hair products work effectively toward reversing and preventing hair loss. Phylia de M. Re-Connect contains fulvic acid to repair cellular damage at the root; Cerafill Retaliate system revives dormant follicles with minoxidil; and, for a temporary fix, L'Oréal Paris Volume Filler Densifying Gelee boosts body.

Phylia de M. Re-Connect treatment, \$80



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By Terry's new balms

When makeup artist Terry de Gunzburg introduced her rose-infused lip salve 10 years ago, she created an instant classic. Now the chic balms are available in six sheer, insanely gorgeous shades—and we want them all.

By Terry Baume de Rose Nutri-Couleur lip balms, \$56 each

Perricone MD
No Mascara
Mascara, \$30;
Tweezerman
iLashcomb, \$12

NATURAL & DEFINED VS. SUPERLONG & LUSH

Two new mascaras offer very different fringe benefits.

THE MASCARA The rubber bristles in Perricone MD No Mascara Mascara's wand are ideal for a no-makeup look. The stiff brush and wide rows keep lashes clean and separated, says makeup artist Troy Surratt. Sweep on one coat in brown/black for a subtle effect.

THE TRICK After applying, use a lash comb to remove clumps and create even more definition, says makeup artist Daniel Martin.

THE MASCARA Maybelline New York Colossal's dense, fluffy bristles hold more product than typical wands—plus, the larger size leaves no lash behind. "The bigger the brush, the bigger the lashes," says Surratt. Layer two coats for the fullest effect.

THE TRICK Before applying mascara, dust lashes with translucent powder to bulk them up, says Martin.



SEE MORE! Plus, learn the three secrets to healthy lashes at Self.com/looks.



Calvin Klein Reveal
eau de parfum, \$90

Q / A

DOUTZEN KROES

The supermodel and face of Calvin Klein's latest fragrance, Reveal, shares the real her.

What does Reveal smell like to you?

A / Natural and sexy, but not sweet. It has a cool-girl feel that fits with my personality.

People expect you, as a model, to be flawless at all times. Is there anything that makes you self-conscious?

A / I'm pretty confident. Paparazzi have taken pictures of me without makeup, and I think that's good. When people see my flaws, they know I'm real.

What would you do if you didn't model?

A / I would love to do something for charity. Currently I work with a charity in Holland called Dance4Life. It's an HIV/AIDS youth education initiative that's doing incredible work around the world.

Maybelline New York
Volum'Express Pumped
Up! Colossal mascara,
\$8; Make Up For Ever
HD Pressed Powder, \$36



CLOCKWISE FROM TOP LEFT: WILL DAVIDSON/TRUNK ARCHIVE; LUCAS VISSER, DEVON JARVIS (5), COURTESY OF CALVIN KLEIN.



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Reebok

(SELF)

MOTIVATE

RETHINK YOUR RUN

→ *A new approach to interval training can make running faster and longer feel easier.*

BY JACLYN EMERICK

142

THE NUMBER
OF CALORIES YOU
CAN BURN IN
12 MINUTES WITH
OUR TREADMILL
WORKOUT (PAGE 48)

STYLING: DANIA ORTIZ; HAIR: JASON MURILLO; USING OPI; MAKEUP: ALLISON BROOKE FOR KEVYN AUCLON BEAUTY; MANICURE: RACHEL SHIMM FOR ABTIP.COM. SEE GET IT GUIDE.

Add a few minutes of high intensity interval training (HIIT) to your run, and yes, you'll zap calories—fast. But you don't have to reach gasping-for-air breathlessness to reap the fat-torching benefits of HIIT.

Experts at Equinox gyms have developed a new interval series they call balanced interval training experience (BITE). Where traditional HIIT focuses on short, intense bursts of speed followed by very easy recovery, BITE uses a less taxing sprint pace paired with

> CONT'D a less leisurely recovery period. On a treadmill, this means maintaining a balance between speed, incline, duration and recovery that results in less impact, putting less stress on your hips, knees and ankles than harder, faster intervals do. But you won't sacrifice the efficient fat-melting benefits of a pure HIIT approach, says David Siik, Equinox running coach and creator of the training program.

You can try the BITE formula in the gym's newest treadmill class, Precision Running, rolling out now at locations nationwide. Or sample the class on your own with this 12-minute routine, developed by Siik and Lashaun Dale, Equinox's senior programming manager.

The 60-second intervals alternate between adding speed and incline, with recovery periods in between. Warm up; then start 1 mph slower than your most intense sprint speed. You'll spend less time at the most challenging pace while gaining the same benefits.

Interval	Speed	Incline
1 minute	Fast (-1 mph from your sprint pace)	0%
1 minute	Easy jog	0%
1 minute	Same as previous fast interval	4%
1 minute	Easy jog	0%
1 minute	+0.5 mph to previous fast interval	0%
1 minute	Easy jog	0%
1 minute	Same as previous fast interval	4%
1 minute	Easy jog	0%
1 minute	+0.5 mph to previous fast interval	0%
1 minute	Easy jog	0%
1 minute	Same as previous fast interval	4%
1 minute	Cooldown	0%



New sneakers can make your run feel more fun.

TRAINER TO GO

FAT-MELTING YOGA



A hot new workout class combines the toning benefits of yoga with the fat-burning power of cardio. CrossFlowX, offered at The Movement in New York City, pairs strengthening poses with heart-pumping moves for a routine that sculpts muscle from head to toe. Now you can try it at home.

YOUR TRAINER Heidi Kristoffer (that's her above and on the tear-out cards), creator of CrossFlowX, developed this series of poses exclusively for SELF.

YOU'LL NEED A yoga mat

DO 2 sets of the moves 3 times a week on alternate days **YOGA** > 53

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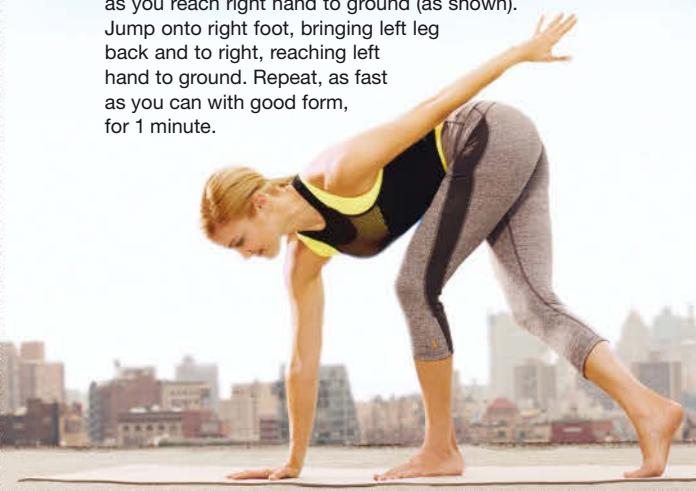
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†Vs. Tampax Pearl among similar absorbency.
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1

CURTSY JUMP*Works abs, butt, thighs*

Stand with feet hip-width apart, arms at sides. Step right leg back and to left, bending knees as you reach right hand to ground (as shown). Jump onto right foot, bringing left leg back and to right, reaching left hand to ground. Repeat, as fast as you can with good form, for 1 minute.



2

FROG SQUAT*Works hips, butt, legs*

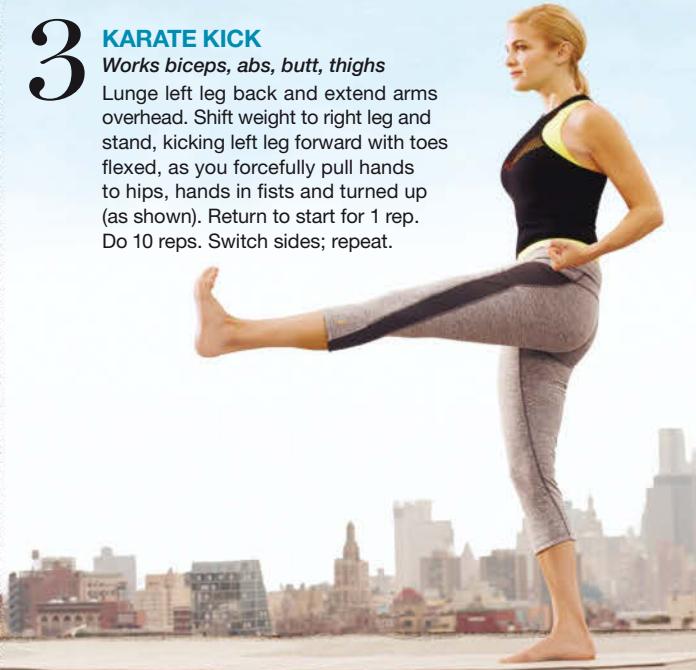
Stand with heels together, toes out, arms at sides. Bend forward, reach fingertips to ground and rise onto balls of feet (as shown) to start. Keep hands and feet fixed as you bend knees and lower butt toward ground. Return to start. Repeat, as fast as you can with good form, for 1 minute.



3

KARATE KICK*Works biceps, abs, butt, thighs*

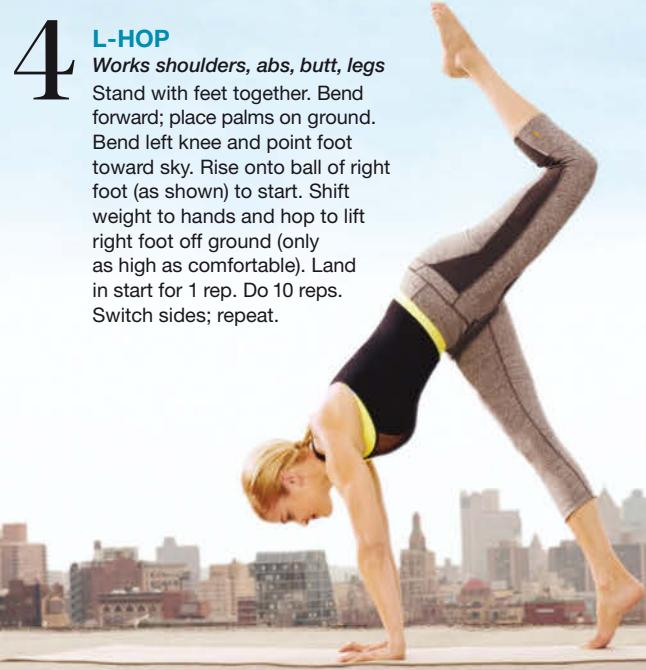
Lunge left leg back and extend arms overhead. Shift weight to right leg and stand, kicking left leg forward with toes flexed, as you forcefully pull hands to hips, hands in fists and turned up (as shown). Return to start for 1 rep. Do 10 reps. Switch sides; repeat.



4

L-HOP*Works shoulders, abs, butt, legs*

Stand with feet together. Bend forward; place palms on ground. Bend left knee and point foot toward sky. Rise onto ball of right foot (as shown) to start. Shift weight to hands and hop to lift right foot off ground (only as high as comfortable). Land in start for 1 rep. Do 10 reps. Switch sides; repeat.



5

SCISSOR REACH*Works abs, obliques*

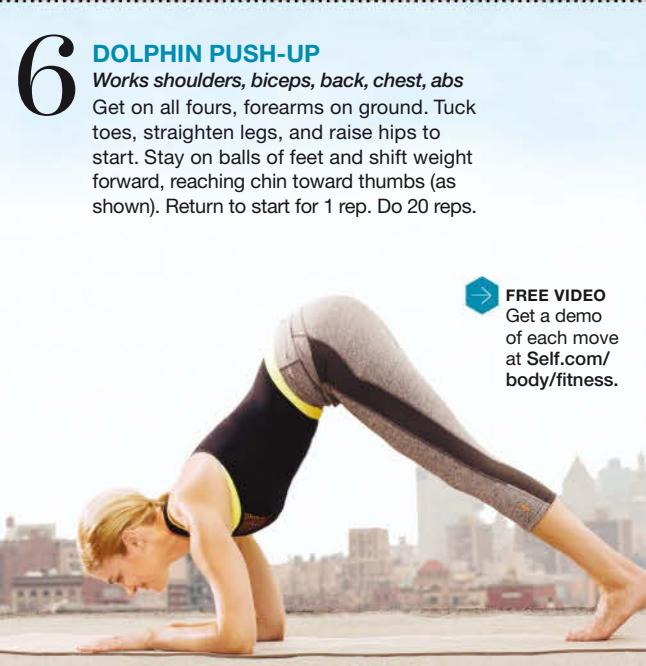
Lie faceup, legs together and raised toward sky, arms up to start. Lower right leg until it hovers above ground and reach arms outside left thigh (as shown). Return to start. Switch sides; repeat for 1 rep. Do 10 reps.



6

DOLPHIN PUSH-UP*Works shoulders, biceps, back, chest, abs*

Get on all fours, forearms on ground. Tuck toes, straighten legs, and raise hips to start. Stay on balls of feet and shift weight forward, reaching chin toward thumbs (as shown). Return to start for 1 rep. Do 20 reps.



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(SELF) MOTIVATE



GO-TO GEAR

OLD-SCHOOL SPORTY

→ These pieces combine vintage designs with modern fabrics and features—making them all instant classics. BY JACLYN EMERICK

TALL SOCKS Pull them up to shield shins with retro flair during deadlifts or box jumps. Stripe Knee-High Sock, \$10; American Apparel.com



SPORTS BRA
With wide straps and a high neckline, this '90s-inspired bra keeps you supported. Spirit Bra, \$28; Fila.com



SNEAKER This remake of the 1976 running shoe is a comfy alternative to high-tech neon styles. Vanguard, \$85; BrooksRunning.com

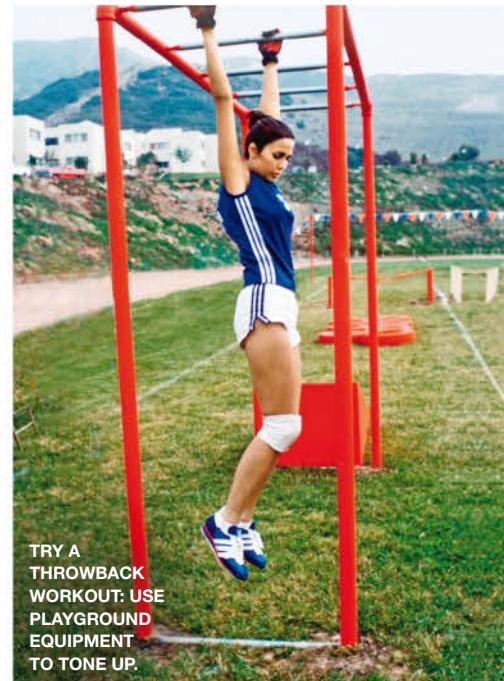


WRISTBANDS

The classic way to wipe away sweat—no towel required. Interval Reversible Wristbands, \$7 for two; Adidas.com



SWEATSHIRT & SHORTS Breathable fabrics and slim cuts are great for fall runs. East French Terry Crew, \$70, and Mesh Shorty, \$35; UA.com



TRY A
THROWBACK
WORKOUT: USE
PLAYGROUND
EQUIPMENT
TO TONE UP.

Some see the day ending.
I see it just beginning.
I C9.



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(SELF) MOTIVATE



GYM BAG

TAKE A HIKE

→ Get ready for adventure! Travel off the beaten path in trailblazing style. BY JACLYN EMERICK

1 Grippy rubber outsoles can handle rugged terrain.

Adidas Terrex Swift R GTX, \$160; REI.com

2 A side zipper pocket safely stows your phone.

Northway Henley, \$40; REI.com

3 Stay hydrated: Insulation keeps beverages cold for

24 hours, hot for 12. **Vacuum-insulated bottle, \$30; Miir.com**

4 Fresh air can spark creativity—be ready with these waterproof pages. **Expedition Edition, \$10 for three; FieldNotesBrand.com**

5 Fuel your hike with protein, fiber and unique flavors like

Hickory Smoked and Thai Sweet Chili. **Strong & Kind, \$1.80 each; at grocers nationwide**

6 Capture a nature scene with this camera's super wide-angle option. **Hero3+ Black Edition, \$400; GoPro.com**

7 Essential oils repel pests, while

botanical butters hydrate skin.

Bug Bar, \$20; DrFedorenko.com

8 Water-resistant canvas carries your essentials; pockets help you organize. **Crevasse, \$99; TheNorthFace.com**

9 Extra cushioning feels great; flat seams prevent blisters.

Hike+ Lite Mini, \$17; Icebreaker.com

10 Synthetic fleece keeps you warm while fending off light rain and snow. **Los Gatos Vest, \$99; Patagonia.com**

11 A wireless speaker that's dust- and water-resistant is ideal for celebrating at the summit. **Ray-Ban Wayfarer Lifeforce, \$195; at Sunglass Hut stores**

Urchin, \$150; BoomMovement.com

12 A GPS watch ensures you're on the right track. **Fenix2, \$400; Garmin.com**

13 Enjoy scenic views in lightweight yet durable frames. **Ray-Ban Wayfarer Lifeforce, \$195; at Sunglass Hut stores**



Music-lovers and fashionistas flocked to the **SELF Music Fest**. Held during Miami Swim Week at the Soho Beach House — it married our love for music and fashion!

THE SUNSET ROOFTOP FESTIVAL INCLUDED PERFORMANCES BY

- Special guest DJ Alexandra Richards
- Indie rockers Wild Cub
- DJs Ess & Emm
- Electric pop duo ASTR

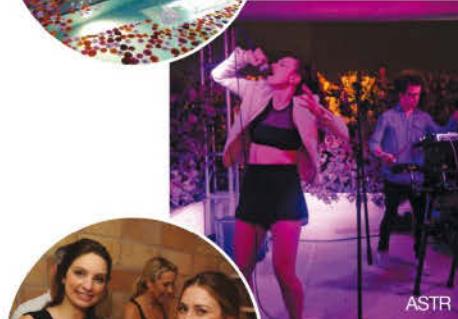
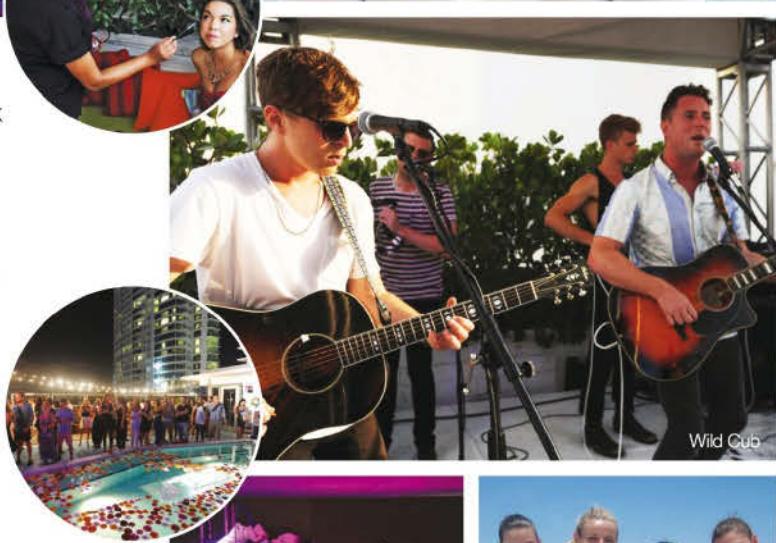
Plus, we had all the festival must-haves including, glow-in-the-dark face paint, floral hair crowns, fabulous cocktails, and more.

ENTER FOR A CHANCE TO WIN

Missed the party but still want to rock out? Visit promotions.SELF.com to enter for your chance to win a set of FRENDS headphones, featured in our July music issue!



NO PURCHASE NECESSARY. To enter and for full rules, go to www.promotions.self.com. Starts at 12:01 AM ET on 9/30/14 and ends 11:59 PM ET on 10/27/14. Open to legal residents of the 50 United States/D.C. 18 or older, except employees of Sponsor, their immediate families and those living in the same household. Odds of winning depend on the number of entries received. Void outside the 50 United States/D.C. and where prohibited. A.R.V. of prize: \$199.99. Sponsor: Condé Nast.



SELF Music FEST JULY 2014

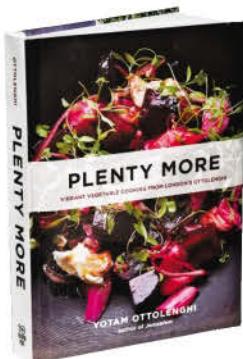
FRESH BITES

→ Books, gadgets and more to help you eat healthy and happy

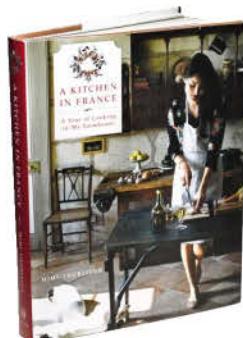
NEW!

Can't-miss cookbooks

This month, expand your veggie vocabulary, bake a galette and get inspired to cook more.



Chef Yotam Ottolenghi's **Plenty More** is a delicious ode to grains, legumes and fresh vegetables. Two must-try recipes: braised kale with shallots and smoky polenta fries.



You'll want to live in Mimi Thorisson's **A Kitchen in France**. The beautifully shot book includes decadent dishes such as butternut squash gratin and crepes with salted-butter caramel.



Get back to basics with **The Kitchn Cookbook** (based on the ultra-popular blog). It's packed with easy, healthy meals and prep tricks, plus clever ideas for organizing your cooking space.



A NEW SPIN

Spiralizers (like this one from Williams-Sonoma, \$40) take fruit and vegetables such as cucumbers, carrots and apples, and turn them into streamers that can replace spaghetti or be used in slaw. Try tossing zucchini "pasta" with the nutty Swiss chard pesto on page 64.

SHARING IS CARING

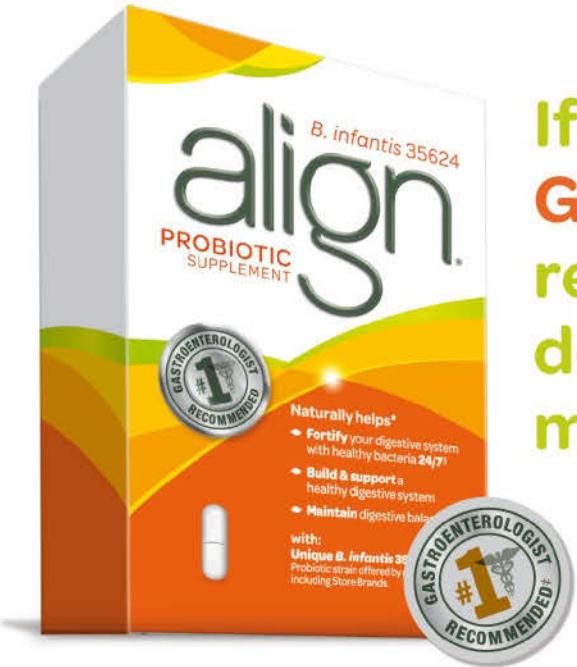
The push to share nutrition info on restaurant menus has helped diners, but owners feared it would be difficult to execute. It's ended up being a win-win. According to research in the *International Journal of Hospitality Management*, people view spots that share the facts as more socially responsible, even if they're not health-conscious themselves.



ENJOY
YOUR ICE
CREAM—
JUST STICK
TO ONE
SCOOP.

Too-sweet treats

Cute overload could lead to food overload: Researchers at Boston College and Florida State University found that people ate 30 percent more ice cream when they used a decorative scooper than when they used a plain one, possibly because we find whimsical things more fun. So stay strong in the face of a supercute dessert!



If the #1
Gastroenterologist[‡]
recommendation
doesn't convince you,
maybe \$3 off will.

Help maintain your digestive balance* with Align.

[†]Among gastroenterologists who recommended a brand of probiotic in Symphony Health Solutions 2013 survey.

[‡]With continued daily use.

***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

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\$3.00 OFF ONE Align® 28-count product
(excludes trial/travel size)
\$3.00 de UN frasco de 28-pastillas de Align®
(excluye tamaños de prueba/viaje)



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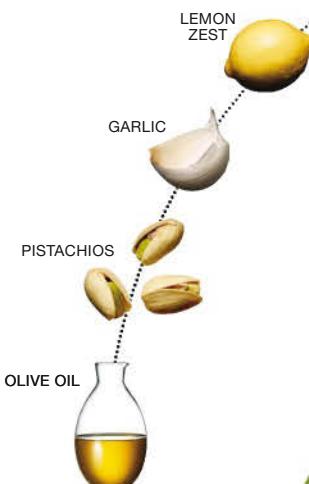
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3



Process these



Toss these



OLIVE OIL

PINE NUTS

BALSAMIC VINEGAR

SWISS CHARD, 3 WAYS

1

2



→ This leafy green is big on antioxidants—and it's so versatile, too. Chef Andy Bennett of Rouge Tomate in NYC shares a few easy recipes.



Blend these



1 Swiss Chard and Feta Salad

SERVES 4

Heat oven to 375°. Cut 1/2 seeded acorn squash into 1/2-inch pieces, toss with 1 1/2 tsp olive oil and 1/4 tsp fine sea salt, and spread on a baking sheet. Roast until tender, 10 minutes. On another sheet, spread 2 tbsp plus 2 tsp pine nuts and bake until golden, 5 to 10 minutes, stirring often. Massage 8 cups stemmed and sliced Swiss chard with 2 tbsp each olive oil and balsamic vinegar; season with salt and pepper. Toss chard with squash, pine nuts, 3 tbsp crumbled feta and 2 tsp torn basil.

NUTRITION INFO 173 calories per serving, 14 g fat (3 g saturated), 11 g carbs, 2 g fiber, 4 g protein

2 Swiss Chard-Ginger Smoothie

SERVES 1

Squeeze 2 1/2 tbsp fresh grated ginger through cheesecloth into a blender. Process with 3 oz unsweetened almond milk, 3 oz chopped, cooked beets, 1/4 cup stemmed Swiss chard, 1/4 cup pineapple, 1/4 tbsp chopped mint and 1 cup ice.

NUTRITION INFO (FOR PESTO) 118 calories per serving, 3 g fat (0 g saturated), 26 g carbs, 5 g fiber, 4 g protein

3 Swiss Chard Pesto

SERVES 8

In a blender, process 1/2 cup stemmed Swiss chard, 3 tbsp olive oil, 2 tbsp shelled, toasted pistachios, 1 garlic clove, zest of 1 lemon, a pinch of salt and 2 tbsp water until smooth. Serve on whole-wheat baguette slices with ricotta.

NUTRITION INFO (FOR PESTO) 71 calories per serving, 7 g fat (1 g saturated), 2 g carbs, 1 g fiber, 1 g protein

NEW CREST SENSI-STOP STRIPS: WELCOME TO LIFE AFTER SENSITIVITY PAIN

“
I CAN DO WHAT I WANT
AND EAT WHAT I WANT.”

-KYLE H.

“
I CAN'T BELIEVE HOW EASY IT IS.
IT'S AMAZING IT WORKED THAT FAST.”

-DANIELLE G.



“
MY LIFE COULD
BE BACK TO NORMAL.”

-JOHN D.

“
REALLY, REALLY
AMAZING!!!”

-SARAH L.

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New Crest® Sensi-Stop™ Strips provide immediate relief that lasts up to one month.*



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with the same ingredient used
by dental professionals.



10 MINUTES

of targeted contact delivers
immediate sensitivity relief.



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up to
OF PROTECTION*

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Real people aware their comments may be used in advertising received a gift for providing their honest opinion about the product. *See package usage instructions and additional information.

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(SELF)

WORTH



START HERE



FIND YOUR PATH

→ Who doesn't want more meaning in life? A personal mission statement can help you get there. **BY DEVIN TOMB**

Companies big and small use mission statements to help them set goals and chart their futures—borrow their idea and dream up one for yourself. First, identify your calling at its most basic level, what you love to do. “This can help you remember the deeper meaning behind everything you’re doing,” says Tara Mohr, author of *Playing Big: Find Your Voice, Your Mission, Your Message*, out this month. Think big and broad, but end your statement with specifics. The idea is to create something like: “I’m meant to express myself through art. Nothing makes me happier than when someone says they love my work. Someday, I want to own a gallery.” Use this to help keep your priorities on the front line.





SWEAT, SMILE, REPEAT

→ *Girls* executive producer **Jenni Konner** used to give side-eye to people who claimed to enjoy exercising—until she found a workout that made her a true believer.

I was 38 when I started exercising. That's right, 38. My exercise history reads like a bad report card. Everything fitness-oriented was mandatory and completed by the skin of my teeth. The President's Physical Fitness Test was my Everest. Each year in elementary school, as the day drew nearer, I would plot my illnesses. "My fever must be high to the point of danger. I probably have scurvy," I'd tell my mom. My parents never fell for it, and the day usually culminated in tears and terrible sit-ups.

I made it through my unathletic 20s like any other unathletic twenty-something. I ate very little, drank a lot and stood on the sidelines, cheering on hipster dodgeball games like a narcoleptic Knicks City Dancer. In my 20s, I didn't have to exercise because no matter what I did, I looked the same—which was pretty good in hindsight.

In my 30s, it all started to catch up with me. I contracted a new and frankly awful syndrome known to scientists as "metabolism." After having my first child, my body decided that drinking a lot and no exercise whatsoever was not a great weight loss plan.

So I did what anyone would do. I cried a bunch and cursed a universe that would not let me fit into my clothes. But then, I joined a gym. I never went, but I did join.

After my second child, I tried yoga, Spinning, kickboxing—anything where you could just *go* rather than join. But for me, yoga and Spinning didn't work. I didn't like the talking and the preaching. I didn't want to pick "someone to ride for" or be told I am a strong woman who can do anything. I just wanted to work out. Well, I didn't want to, but I needed to.

IT WAS HARD-CORE STRENGTH TRAINING FOLLOWED BY THE MOST FUN DANCE PARTY EVER—AND IT MADE ME SORE ALL OVER.

And then, one day, wasting time online, I found my answer in a Gilt Groupe ad for the Tracy Anderson Method. There was Tracy, talking about transformation and tiny muscle groups and Gwyneth. It didn't hurt that she looked amazing. (Workout wisdom: If a trainer doesn't have the body you want, get a new trainer.) I made the leap. And reader, it changed my life.

Still, my first class was a challenge. I stood there while two of the hottest women on earth measured me and weighed me and photographed me. It seemed like the most humiliating thing in the world. Until I started dancing. To say that I am bad at dancing is an understatement. I was terrible, but no one cared, probably because they were sweating too much to notice.

It was hard-core strength training followed by the most fun dance party ever—and it made me sore in places I didn't know I had feeling. The best part: The trainers don't talk. I mean, they aren't mute, but they can't yell at you because they are *too busy working out themselves*.

Last year, we started bringing a Tracy trainer to the set of *Girls*. Until you have seen aging Teamsters, exhausted makeup artists and already-tiny actresses dancing together to *Bleachers* remixes, you haven't really lived. It's four years later and I am still committed. When people used to tell me they enjoyed exercising, I secretly thought they were lying. Now I know better. I have found my home. ♦

LAUGH ABOUT IT!

→ LOLing is the best medicine. Here's how, when and why to let loose.



The number of seconds it takes to produce a nonspontaneous laugh



The optimal number of people with whom to share a laugh before its bonding effects lessen. "Our research shows that laughter is very intimate," says study author Guillaume Dezecache, Ph.D., a researcher at the University of St. Andrews in Scotland.



The percentage by which your blood vessels can widen when you're laughing, compared to when you're stressed. To get that same heart-healthy benefit, you'd have to either get a prescription for cholesterol-lowering drugs or bank up to 10 full minutes of cardio for every minute of laughter. "We believe that laughter actually protects against heart disease," says study author Michael Miller, M.D., professor of medicine at the University of Maryland.

67%

Percentage of the time that people around you can tell if you're fake-laughing. (Note to fakers: Faster, higher-pitched laughs are typically judged as more real.)

LAUGHTER=ZEN

LAUGHTER INCREASES GAMMA BRAIN WAVES, THE SAME ONES ACTIVATED DURING MEDITATION. THEY MAKE YOU FEEL FOCUSED AND ALERT BUT ALSO CALM.

6:03 P.M.

The time of day when people find jokes the funniest. Researchers recorded when users rated jokes online and examined how the ratings changed throughout the day. (Least funny time: 1:30 A.M.)

A funny trick for flat abs?

Laughter yoga, which combines yogic breathing with giggles, activates your internal obliques 150 percent more than crunches do. Find an instructor near you at LaughterYoga.org.

1

SUGAR-FREE FUDGE POP
Roughly what you'd burn off if you laughed for

15

MINUTES
straight

(But who's counting?)



BEAUTY GO-TO
"Lipstick. My favorites are mod pinks from Bobbi Brown."



TRAVEL SPOT "I lived in New York for six years and love going back to visit my friends. A change of scenery is always a good thing!"



MY WRITING STRATEGY "I do all my thinking in longhand. My office is covered with yellow legal notepads so I can sort out characters and plot."

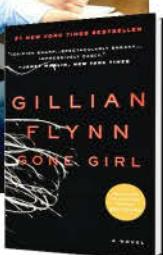
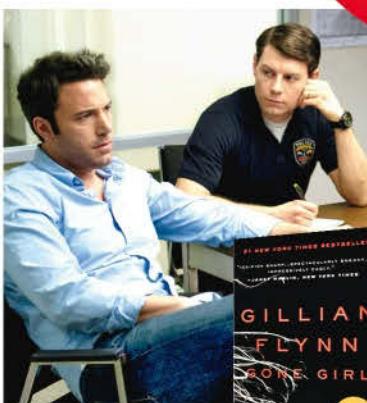


CRIME I'M MOST LIKELY TO COMMIT
"Pocketing anything that's semifree. Hotel bath soaps always come back with me."



SECRET SKILL
"From my days as a Camp Fire Girl, I know how to build a fire. Good thing I have a fireplace in my office."

STARRY-EYED MOMENT
"I can't wait to see *Gone Girl* in a theater. It's amazing to have written something that my favorite director, David Fincher, considered worthy of filming."



“With writing, there's no waiting for a muse. You have to make yourself do it.”

SELF MADE

GILLIAN FLYNN

→ *Creative-genius secrets from the best-selling author of **GONE GIRL**—just as the film hits theaters this month* **BY ERIN BRIED**

Since *Gone Girl* was released in 2012, more than 7.7 million copies of the thriller have been purchased, devoured and debated. While fans line up this fall for the movie, Flynn, 43, has already started on an impressive list of new projects: She will executive-produce the television adaptation of *Sharp Objects*, her first novel; write *Utopia*, an HBO drama; and pen her fourth novel. When the Chicago resident isn't writing or playing with her two kids, she's happy to soak in the tub and read a book she *doesn't* already know the ending to.

ON FINDING INSPIRATION "There's no waiting for a muse. You just have to sit at your computer and make yourself do it. I write from 9 A.M. to 5 P.M. because of my kids, but if I had my druthers, I'd go from 9 P.M. to four o'clock in the morning. That's when my brain feels clickiest."

MY PRODUCTIVITY TRICK "I keep to-do lists, but I never cross things off. Instead, I draw boxes next to each task that I fill in when I'm done."

ON OVERCOMING SELF-DOUBT "When I was laid off from my job as a TV critic for *Entertainment Weekly*, where I'd worked for 10 years, I felt embarrassed and junky. I've handled self-doubt in different ways while working on new projects. Sometimes it's a matter of stepping away for a few days. Sometimes it's a glass of bourbon!"

MY REFRESH ROUTINE "Every afternoon, I go for an hour's walk around my neighborhood. I'm getting exercise, but I do it to reset my brain."

WHAT WILL NEVER CHANGE ABOUT ME "I'm not a big splurger. I once debated getting a fancier car, but I couldn't talk myself into it."

WE'RE
TOTALLY SPLITTING
DESSERT

Crystal Light.

#TINYWIN



Crystal Light.

Every tiny win deserves a celebration.
Like delicious zero calorie *Crystal Light*.

A SIP IN THE RIGHT DIRECTION

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**THE
SCENE**

NOT EVERY VIDEO.
JUST THE ONES WORTH
TALKING ABOUT.

A woman with blonde hair, Mary Rambin, is shown from the chest up. She is wearing a pink tank top with black straps. A white circle containing the word "SELF" is overlaid on the left side of her chest.

SELF

**SELF VIDEOS ARE NOW ON
THE SCENE**

"BURN 100"
FEATURING MARY RAMBIN

WATCH ON THESCENE.COM/SELF
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WOMEN VERSUS CANCER

→ *More than 800,000 women will be diagnosed with cancer this year. Meet the doctors, scientists, survivors and pioneers who are leading the fight against this disease—and bringing us closer to a cure.*

BY ERIN BRIED
PHOTOGRAPHED BY FREDRIK BRODEN

What I want all women to know

Elizabeth Comen, M.D., a medical oncologist at Memorial Sloan Kettering Cancer Center in New York City, has treated thousands of female cancer patients. Here, she shares her most urgent messages on what you can do to stay healthy.



YOU HAVE POWER. USE IT.

We all fear cancer, but the most important thing to know is that you are not powerless to fight it. You can significantly reduce your risk by keeping a healthy weight, exercising, eating more fruit and vegetables and less animal fat and wearing sunscreen. Also, don't use tanning beds, have unprotected sex or smoke. If people stopped smoking, we could reduce cancer deaths by at least 30 percent!

UNDERSTAND THAT "NATURAL" DOES NOT MEAN "HEALTHY."

It's terrifying to me to see the supplements people take supposedly to decrease their risk for cancer. Be very wary of them. None have been vetted or FDA-approved, and some may even have the opposite effect of what you intended. You think you're preventing cancer when actually you may be promoting its growth or causing other harmful effects to your body. Always tell your doctor what medications you're taking, including any over-the-counter supplements—even vitamins.

STOP GOOGLING YOUR SYMPTOMS.

If you notice something different, scary or new about your body, do not go on the Internet and try to self-diagnose. See your doctor instead. We're better at it. It's why we go to school for a thousand years. Our job—the entire reason any of us are in this profession—is to help you.

48%

OF YOU SAY GOOGLING YOUR SYMPTOMS MAKES YOU MORE WORRIED YOU MIGHT HAVE CANCER.



OF YOU SAY THAT
IF THERE WERE A
TEST TO PREDICT
WHETHER YOU'D
GET CANCER ONE
DAY, YOU'D TAKE IT.

TAKE RESPONSIBILITY FOR YOUR HEALTH.

Even though 77 percent of all cancers are diagnosed in people over 55, younger women can get it, too. Know your body and your family medical history. And get screened.

- Do a breast self-exam once a month and start getting annual mammograms at age 40. If you have a family history of breast cancer, you may need screening earlier than that (check with your doctor).
- Get a skin check once a year and be conscious of any unusual moles.
- Get a Pap smear every three years and get checked for HPV, the virus linked to cervical cancer and some oral cancers.

FIND A DOCTOR YOU LOVE.

Have a checkup once a year—whether it's with a primary care physician, gynecologist or both. Go more often if something seems off. Don't skip the dentist, either. She'll check your mouth for any suspicious lesions. If you don't fully trust or feel comfortable with your doctor, find a new one.

FACE YOUR FEARS.

I've seen people ignore a lump because they're too scared to find out what it is, and by the time we see them, it's a more serious situation than it would've been if they'd addressed it right away. Early detection could save your life. Don't let fear paralyze you.

HAVE HOPE.

In the past few decades, cancer deaths have decreased across the board because of all the great advances science has made. We're now getting very close to curing more cancers and making other cancers something you live with, not die from.



LOOK GOOD FEEL BETTER

ANNOUNCES

The Seventh Annual Dior Charity Auction

Don't miss this opportunity to bid on luxe trips, once-in-a-lifetime experiences and exclusive items.

100% of the proceeds benefit Look Good Feel Better, an organization dedicated to helping women cope with the physical and emotional effects of cancer and its treatment.

October 1 – 10, 2014

DIORACTION.COM

BID. WIN. GIVE BACK.

THE FACES OF CANCER

*Inspiration from women
who are surviving and thriving*

BY KRISTIN CANNING



← “I renewed my wedding vows two days after my last chemo session.”

JENNA ERIN MURRAY / 29, breast cancer survivor, Yorba Linda, California

→ “I’ve learned to stop standing in my own way. Whenever my last day comes, I want no regrets.”

KATHERINE PAYMENT / 21, leukemia survivor, Seattle



← “I was not going to let my cancer diagnosis take away my life while I was still living it.”

TARA ERNSKE / 31, breast cancer survivor, Columbus, Ohio



→ “I never realized how strong I was before I had to be. I told myself I’d beat cancer, and I did.”

JACQUELINE TIMMONS / 42, breast cancer survivor, Trenton, New Jersey

TOGETHER WE ARE STRONGER.

Breast cancer is the most commonly diagnosed cancer among Latinas.* Extend a hand to all the other strong women like you and invite them to win the battle before it begins.



Early detection is the key to remaining together.
Go to Orgullosa.com to learn more.

#OrgullosaStrong

→ “I have all the faith in the world that I'll be OK. I'm bigger than cancer.”

SABRINA CHACON / 32, in treatment for breast cancer, Kerrville, Texas



→ “I don't always share selfies, but when I shared this one, it was because my thyroid cancer got its butt kicked.”

ALANNA JUNGE / 21, thyroid cancer survivor, Cedar Rapids, Iowa



← “Laughter made me forget what I was going through. I didn't think about the pain as much.”

CHRISTINA STEVENS / 23, Hodgkin lymphoma survivor, Charlotte, North Carolina



→ “My baby saved my life. I actually discovered my cancer while breast-feeding him.”

DACY YEE / 41, breast cancer survivor, Newport Beach, California



← “You may look healthy on the outside, but inside, you're still fighting and longing for life before cancer.”

DAWN-MARIE VASCO / 46, breast cancer survivor, Raleigh, North Carolina

→ “In the 33 years I've been alive, I've never loved myself more than I do today.”

TRACIE LUNATTO / 33, breast cancer survivor, St. Charles, Missouri



COURTESY OF SUBJECTS

*SOURCE: American Cancer Society

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orgullosa™

I de-stress in the garden

Gardening gives me a chance to think, connect with nature and create beauty. And since some studies suggest a link between stress and tumor progression, I make time to do it.

DIANE M. SIMEONE, M.D. / director of the Pancreatic Cancer Center at the University of Michigan in Ann Arbor

HOW WE KEEP IT HEALTHY

These cancer experts dedicate their lives to studying the disease. They tell us how they reduce their own risk.

BY SARA ANGLE

I sweat at least twice a week

Exercise decreases the risk for several types of cancer, including breast and colon, and being overweight is linked to many types of cancer. That's why I try to run 3 to 4 miles twice a week.

JANE CHAWLA, M.D. / medical oncologist at Texas Oncology in Austin

I avoid dry cleaning

Some solvents used in dry cleaning contain chemicals that have been associated with breast cancer, so I ask shops if they offer "wet cleaning," which is safer and involves a gentle machine washing, pressing and reshaping.

RUTHANN RUDEL / director of research, Silent Spring Institute in Newton, Massachusetts

I swap soda for coffee

Research shows that drinking two or more sodas a week almost doubles your risk for pancreatic cancer, so I've cut back. Now, if I need a pick-me-up, I reach for a strong, black coffee.

DIANE M. SIMEONE, M.D.

I stand up more

After I studied the link between sitting and mortality—your risk of dying prematurely from certain types of cancer and other diseases is 34 percent higher if you sit more than six hours a day—I invested in a sit-stand desk at work. And I have a rule: I stand whenever I'm on the phone.

ALPA V. PATEL, PH.D. / strategic director of the American Cancer Society's Cancer Prevention Study-3 in Atlanta

I drink my fruit

In general, the most colorful varieties have the most cancer-fighting antioxidants. Blend 1/4 cup apple juice with 1 cup each raspberries and peaches, plus 6 oz nonfat vanilla yogurt. It's an easy way to boost your fruit intake.

COLLEEN DOYLE, R.D. / director of nutrition and physical activity, American Cancer Society in Atlanta

I keep my sunscreen where I can see it

I wear sunscreen every day to help prevent skin cancer, even if I'm working inside. By keeping it next to my toothpaste, I've made it part of my daily routine.

SUSAN SWETTER, M.D. / professor of dermatology, Stanford University Medical Center and Cancer Institute in Stanford, California



Fighting Back

As a third-degree black belt, Maura Bivens knows how to fight. So when she was diagnosed with stage IV breast cancer, she researched her options until she discovered an aggressive new treatment. Thankfully it was a success and, three years later, she

shows no evidence of the disease. At Susan G. Komen®, we're inspired by this kind of tenacious spirit. That's why we keep investing in research that leads to medical breakthroughs, so others like Maura can keep fighting back.

GIVES ME STRENGTH

What it feels like...

We asked doctors and patients to remember the day they gave and heard the worst (and best) news of their life.

...to give A CANCER DIAGNOSIS.

This is really bad. That's what I thought when I saw Jamie Crase's scans and pathology reports. Nobody thought a 34-year-old woman with no family history would get ovarian cancer like this, but it looked like someone had taken a saltshaker full of cancer and sprinkled it throughout her abdomen. Her odds of surviving five years were less than 20 percent, but I didn't tell her that. She was already scared to death. Of course, had she asked me about her survival statistics, I would have told her, but with the caveat that statistics are just numbers. I would have said, "You'll either live or die from ovarian cancer; our job is to put you in the live category. And if we ever get to the point where we can't, I'll be the first to tell you." But I don't see the point in focusing on the negative.

I was in action mode, so there wasn't a lot of time to reflect on the sadness of the situation. It's about moving forward. I told her, "We're going to have to do a big surgery and aggressive chemotherapy, but I know you can handle it. And it's your best chance of being cured." This was a Monday. We scheduled the surgery for Thursday. There was no time to waste. We get things done. I didn't hug her good-bye, because I don't typically hug people I don't know. I just told her, "I'll take care of you."

BARBARA GOFF, M.D. / director of gynecologic oncology at the University of Washington and the Seattle Cancer Care Alliance

...to get A CANCER DIAGNOSIS.

I felt like I was having an out-of-body experience. The small exam room had three chairs, one for me, my husband and my mom, who was holding my hand. I was nervous. I remember the walls the most. They were a trendy, not-quite-mint green, which made me think, *Wow, this place is really nice.* Ten days earlier, I had two little lumps removed from my groin, which the surgeon matter-of-factly mentioned were cancerous. I'd recently gotten back from vacation in Vietnam and thought I'd just picked up something there. Cancer had never crossed my mind.

When Dr. Goff walked in, I felt instantly comfortable. She has this powerful, take-charge, kick-ass air about her. She told me that I had a 7-by-22-centimeter tumor on my right ovary and another smaller one on my left. Then she said it was going to be a rough surgery. I was sitting there in shock. "Can we harvest some of my eggs?" I asked. She told me that there was no time and that my eggs were too diseased anyway. That's when I started crying. I never asked her how long I had to live, but she said, "You're young and healthy, and I plan on having you around for a really long time." I trusted her. I felt like, *If she says she is going to have me around for a long time, then I'm going to be around for a long time.* And that was it.

JAMIE CRAZE / 41, ovarian cancer survivor, Olympia, Washington

...to give good news: "YOU'RE IN REMISSION."

When I first saw Nijala, she had a mass in her neck the size of a tennis ball and another in her lung. Her lymphoma was very advanced locally, so I worried she wouldn't be able to tolerate six months of chemo. I saw her at the infusion center every other Wednesday, curled up under her blanket, so scared yet so strong. Afterward, I'd think, *What else can I do?* It was a mother's instinct. She is only six years older than my daughter.

Once she finished her chemo, she went for a final CT scan. As I studied the results, the joy bubbled up inside me. She was waiting in an exam room. To be cautious, I examined her first. When everything felt normal, I shared the good news. I was so excited. It's the best part of my job. I said, "Your cancer is in remission. I'm very pleased with these results. You should be, too." I remember her just hugging me. It wasn't the first time, but this was a special one. She squeezed me extra tight. So did her mom. When I watched her walk out of my clinic that day, I thought, *The worst is over.*

BARBARA PRO, M.D. / medical oncologist at Jefferson University Hospital and professor of medicine at Thomas Jefferson University in Philadelphia

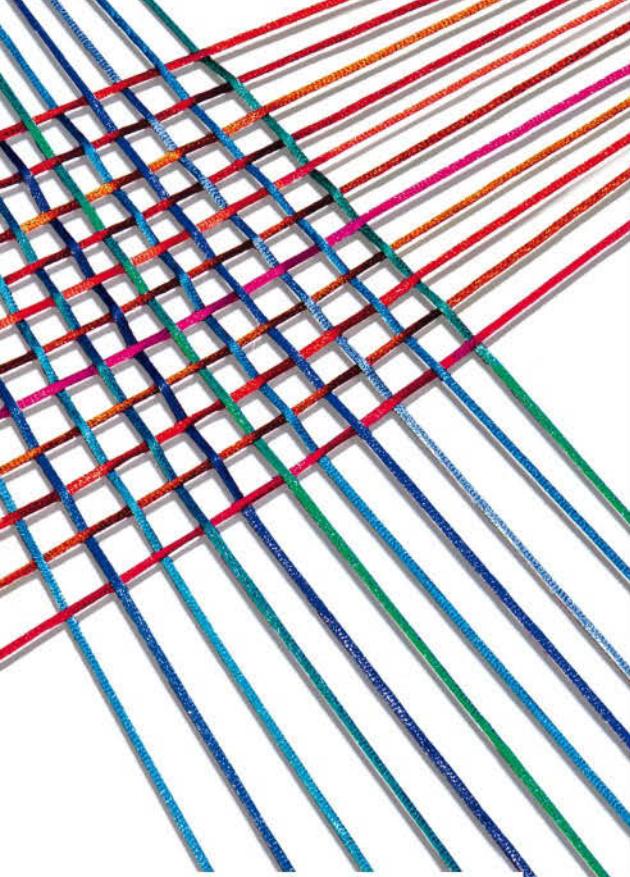
*"I trusted her. I felt like, *If she says she is going to have me around for a long time, then I'm going to be around for a long time.* And that was it."*

...to get good news: "THE TUMOR IS GONE!"

I was so nervous about my CT scan results. It had been a month since my last chemo session, and the lump in my neck looked like it was finally gone. So I was hoping for good news. The treatment was hard. With no immune system, I basically had to live in a bubble. No kissing, no touching, no crowds. I had to quit my job and wear a mask whenever I went out. At first, I was so angry. Like, *Why me?* Then I was just sad. I felt so alone. But every time I'd see Dr. Pro, she'd smile and rub my shoulder and say, "You're almost done." It always made me feel better. Once, after an appointment, the nurse said to me, "She looks at you as if you could be her daughter."

On this day, when she walked into the exam room, she didn't say much. She just started checking me out right away. She felt my neck, elbows, groin area and under my armpits. And then she smiled this big smile. When my mom asked her for the CT results, Dr. Pro said, "There's no recent activity from the tumor. You are in remission." I was so happy that I jumped up and gave her a hug. Then I hugged the nurse. Then my mom. We all just stood there hugging.

NIJALA BERRYMAN / 23, Franklinville, New Jersey, in remission since January



THE FIGHT OF OUR LIVES

Three pioneers discuss the problems that keep them up at night. Learn how they plan to fix them one dollar, one patient and one trial at a time.

92%

OF YOU WORRY MOST ABOUT GETTING BREAST CANCER, WHILE ONLY 9% OF YOU ARE MOST CONCERNED ABOUT LUNG CANCER.

We spend more

than \$26,000 in federal research funds for every person who dies of breast cancer, and less than \$1,500 for every one who dies of lung cancer. That's pitifully inadequate, considering lung cancer kills almost twice as many women as breast cancer does. One of the main reasons for the lack of funding: Lung cancer carries a stigma. When a woman is diagnosed with another type of cancer, most people don't ask, "Well, were you sedentary? Did you eat red meat? Have unsafe sex?" But when she's diagnosed with lung cancer, often the first question is "Did you smoke?" It drives me crazy! That question causes so much shame that I've had patients try to undergo treatment without ever telling their friends or family. Nobody deserves to be diagnosed with a deadly cancer, and nobody should feel they have to fight it alone. And, by the way, if you have lungs, you can get lung cancer.



LECIA V. SEQUIST, M.D. /
associate professor of medicine
at Harvard Medical School and
medical oncologist at Massachusetts
General Hospital in Boston

Black women are dying

of breast cancer at higher rates than white women, even though the incidence of the disease is higher in white women. And that racial gap is only getting worse. A 2014 study found that 1,710 black women die every year because they don't have the same access to cancer screening or treatment as white women, and when they do get care, it's usually not as good. This racial disparity exists for almost every cancer. If you have a single population dying of a disease at a much higher rate than everyone else, it's a state of emergency! You'd think it'd raise red flags, but little work has been done on how to fix it. Sometimes I cry; other times I feel paralyzed, because the problem

is so big. Part of it is socioeconomic: More than a quarter of all black people in the United States live below the poverty line. So even if a woman gets a mammogram, what happens if they find a mass? How can you tell her she has to choose between getting the necessary treatment or feeding her kids? Another part of it is cultural: Some black people have a historically rooted mistrust of doctors. For them, “clinical trial” is a charged term. Research shows that patients who are seen by physicians of the same race feel more involved in their care, which may lead to better outcomes. Yet only about 3 percent of oncologists and 6 percent of medical students are black. I’m doing what I can—speaking in community centers and churches and fighting for workplace diversity. But we all have to do better.



KAREN M. WINKFIELD, M.D. /
assistant professor of radiation oncology at Harvard Medical School and radiation oncologist at Massachusetts General Hospital in Boston

To get one new drug for cancer on the market, it currently takes 15 to 20 years, up to nearly \$2 billion and thousands of patients. That’s too long and too much. When a woman comes in and has an aggressive cancer, she doesn’t have a decade or two to wait while we get our act together. I want to make cancer-drug trials shorter, smaller and less expensive. We’re already doing it with the I-SPY 2 TRIAL, in which we’re testing five to seven drugs at once. Normally, if a woman discovers a mass, she gets it removed immediately, then gets chemo. But that tumor is one of the only indicators we have to see if a drug works. Removing it first precludes us from learning anything at all about how it might respond to therapy. So, in my trial we’ve reversed the order of treatment: chemo first, surgery second. In the future, researchers will conduct trials to determine when we can avoid surgery altogether. Change can be scary, but it’s too risky to stand still. Every day I think, *Some woman will be diagnosed with cancer today, and she needs us to be smarter and faster.* But to make that happen, you need to play your part, too. Demand change from doctors and drug companies. Always ask, “Is there something better?” That’s how we get the culture to move more quickly. And if you’ve been recently diagnosed, join a clinical trial if one is right for you. Only 3 to 5 percent of eligible adults do, and that’s not enough. We really need to do a better job of getting information on every person who is diagnosed and treated.



LAURA ESSERMAN, M.D. / principal investigator of the I-SPY 2 TRIAL and coleader of the breast oncology program at the University of California in San Francisco



THE END OF CANCER?

Fewer side effects

Kimberly Blackwell, M.D., director of the breast cancer program at the Duke Cancer Institute in Durham, North Carolina, is researching a targeted drug called T-DM1, which delivers chemo directly to cancer cells. Patients won’t lose their hair or experience nausea or fatigue, she says. Meanwhile, **Helena R. Chang, M.D.**, director of the Revlon/UCLA Breast Center in Los Angeles, is studying a new procedure that allows doctors to deliver radiation during lumpectomies, inside the cavity where tumors once grew, which may lessen side effects. “This eliminates the need for the standard five to six weeks of daily, whole-breast radiation,” Dr. Chang says.

Highly targeted treatment

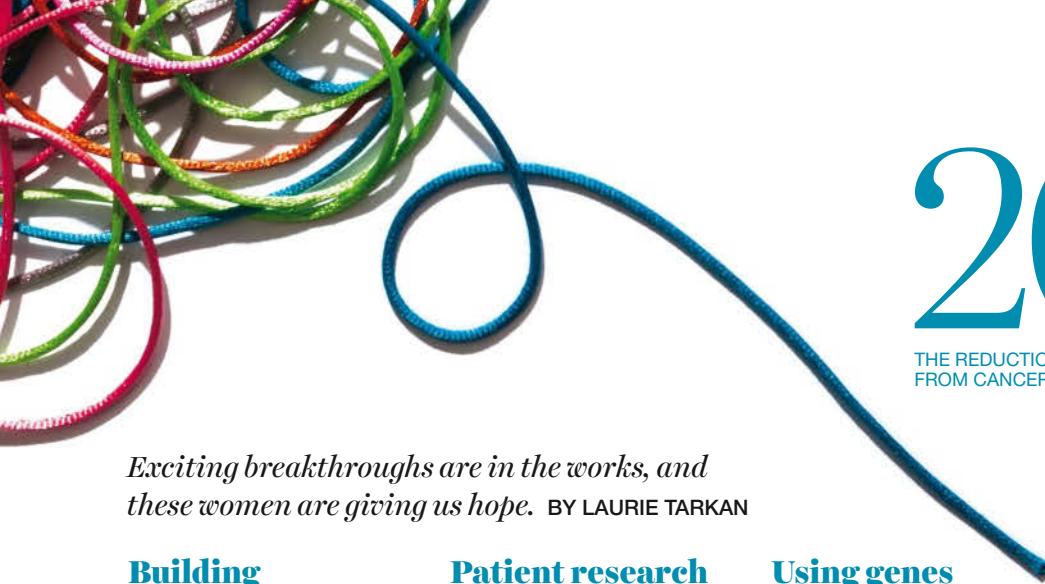
If brain cancer surgeons don’t remove enough tissue when they operate, they risk leaving cancerous cells behind. If they remove too much, they could damage a patient’s functions. So **Jennifer Cochran, Ph.D.**, associate professor of bioengineering at Stanford University in California, created a new molecular tool that recognizes cancerous tissue in the body. A compound from squash seeds is engineered to bind to molecules on tumor cells and delivers a dye to the tumor that allows it to be illuminated to help guide surgeons. The hope is that the tool will work as well in cancer patients as it has in mice.



What cancer

I had a mastectomy the day after I turned 28, and I was convinced there wouldn’t be many more birthdays after that. I was scared that I’d never hit 30—but I did, and then 40. I survived my cancer not because I’m a positive-thinking person but because I found my lump early and my chemo worked. It’s an awful disease, and for me, it’s always a shadow, lurking. Some survivors call their cancer a gift. I certainly don’t. There are far less scary ways to gain wisdom. But it did make me rethink my life, and it brought me face-to-face with the importance of being right here, right now. Here are the biggest lessons I learned about what truly matters.

GERALYN LUCAS / 47, author of *Then Came Life*, out this month



20%

THE REDUCTION IN THE U.S. DEATH RATE FROM CANCER SINCE ITS 1991 PEAK

Exciting breakthroughs are in the works, and these women are giving us hope. BY LAURIE TARKAN

Building immunity

Heather McArthur, M.D., a medical oncologist at Memorial Sloan Kettering Cancer Center in New York City, is working on a way to make the immune system attack breast cancer: Pre-surgery, she freezes tumors to kill cancer cells. Then a drug called ipilimumab prods the immune system to recognize and attack cancer cells if they reoccur. Meanwhile, **Eva Galanis, M.D.**, chair of the Mayo Clinic's department of molecular medicine in Rochester, Minnesota, is using engineered strains of the measles virus to wipe out several types of cancer. The virus selectively enters cancer cells, which then fuse with other malignant cells nearby and self-destruct, with no harm to the rest of the body.

Patient research that pays off

Elana Simon of New York City was 12 when she was diagnosed with a rare form of liver cancer. Surgery cured her, but other patients with the disease weren't so lucky. Because rare cancers like hers often aren't well studied, Simon, now 18, began a research project in high school to learn more about the disease. With the help of the surgeon who operated on her, plus her father, a professor and head of the cellular biophysics lab at Rockefeller University in New York City, she was able to assemble a team of researchers. After studying malignant and normal liver tissue in 15 patients, Simon and her team spotted a genetic mutation that likely causes the disease.

Using genes to heal

Technology is allowing researchers to turn off genes that promote cancer growth and turn on genes that suppress it. **Sangeeta Bhatia, M.D.**, director of the Laboratory for Multiscale Regenerative Technologies at the Massachusetts Institute of Technology, is using nanoparticle devices to suppress proteins that make ovarian tumors grow. In studies with mice, the tumors have shrunk and the animals have lived longer. And **Cynthia Zahnow, Ph.D.**, associate professor of oncology at Johns Hopkins Kimmel Cancer Center in Baltimore, is developing a drug to turn on genes that can help shrink tumors in several types of cancer.

Canine screening advances

Dina Zaphiris of Malibu, California, used to train dogs to search and rescue and to sniff out bombs and drugs. But after her mom died of breast cancer, she founded the InSitu Foundation, which trains dogs to detect early-stage cancer in humans. "We think dogs smell volatile organic compounds—found in blood, sweat, urine and breath—that are present in people with cancer," says Zaphiris. Dogs can detect scents in parts per trillion, akin to finding a drop of blood in two Olympic-sized pools. When dogs she trained sniffed breath samples from patients who were recently diagnosed with breast or lung cancer, they identified breast cancer 88 percent of the time and lung cancer 99 percent of the time.

taught me

1 / DON'T WORK TOO HARD.

What my heroes—my oncology nurses—always said was true: No one on her deathbed wishes she'd spent more time at the office.

2 / APPRECIATE YOUR BODY.

When you look in the mirror, promise to see your courage and beauty—not your defects. When I look at myself now, I first notice my eyes, not my mastectomy scar.

3 / EXPECT GOOD THINGS.

Sometimes a horrible thing, like a cancer diagnosis, can happen unexpectedly. But remember this: Just as often, amazing things happen unexpectedly, too.

4 / MAKE A "PURSE LIST."

I hate the term *bucket list*, so I'm calling mine a purse list. What to put on yours? Anything you've always wanted to try but haven't because you're too afraid. Go for *all* of it.

5 / BE REALLY NICE TO YOUR MOM.

I measure my years alive by my kids' ages. One is 15. She and I drive each other crazy; my mom says I was worse. Sorry, Mom. I love you. It's never too late to repair any relationship.

6 / DRINK CHAMPAGNE MORE OFTEN.

It became my signature drink after cancer. When anyone asks me what I'm celebrating, I just smile and say, "Life."



GET CONNECTED! Learn more and join the fight against cancer at Self.com/go/cancer.

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| BEST BODIES IN THE WORLD |



SHARP FOCUS

"I want to last in my career, and that relies on the way my body performs," says Smalls. "So I take care of it."

BODYSUIT Lisa Marie Fernandez

STRONG IS

Supermodel **JOAN SMALLS** has taken the fashion world by storm—and behind that gorgeous exterior lies a force to be reckoned with. **BY JANCEE DUNN**

BEAUTIFUL

Just five years ago, Joan Smalls was a struggling model—living at her aunt's apartment in Queens, New York, taking the bus to catalog shoots and making homesick calls to her family in Puerto Rico. Things were not looking too good. One day, Smalls decided to motivate herself by filling a notebook page with a list of goals. They were big and highly specific. *Model for Chanel. Get photographed by an iconic photographer like Mario Testino. Wear angel wings at the Victoria's Secret fashion show.*

These aims might seem a tad unrealistic—but only to those who have not witnessed Smalls's unstoppable drive. Five years later, she has done all of those things, even adding in a few surreal bonus items (*star in Beyoncé video, have Kanye West rap about you*). But we're getting ahead of ourselves.

Few can electrify a catwalk like Smalls, now one of the world's top models. Her perfectly symmetrical face and golden skin have made her fashion's reigning It Girl—not to mention that *body*.

Photographed by Patrick Demarchelier
Styled by Melissa Ventosa Martin

LEAN BUT ATHLETIC,

it's a work of art in its own right. (Women already ask trainers for the "Joan Smalls butt.") On the runway, Smalls moves with a confident, commanding gait that telegraphs pure power. The catwalk is about performance, and she brings to it the discipline and skill of an athlete.

So it takes a moment to identify this smiling girl hurrying into a Brooklyn restaurant near her apartment. "Sorry, sorry," she says as she folds her 5-foot-10-inch frame into a chair. She may be low-key in a gray T-shirt and cutoffs, but the table of raucous bankers next to us goes dead silent.

Smalls, 26, the first Latina to front Estée Lauder's global campaign, is funny and friendly, with an easy laugh. But she is not coasting on her genetic good fortune. She treats her body like a fine machine that

requires meticulous maintenance. In this philosophy, she's part of a new vanguard of clean-living models who are fully aware that their bodies are their business. Rather than living on cigarettes and hitting the clubs, they're waking up early to hit the gym.

The industry seemed to shift several years back, when the Council of Fashion Designers of America launched its health initiative to encourage a healthier lifestyle among models. Now you can see the results on Instagram, with @karliekloss, @karolinakurkova, @MirandaKerr and others sharing smoothie and salad pics.

As for Smalls, she doesn't drink (alcohol or caffeine) and is in bed most nights by 10:30. "I want to last in my career, and that relies on the way my body performs," she says. "So I need to take care of it." Her regimen includes regular workouts with trainer Marc Gordon (see page 90). "I need to push myself," she says. She tries to eat plenty of fruit and vegetables, but confesses a weakness for Puerto Rican, Italian and Thai food, and a diabolical sweet tooth. "I don't want to be on such a strict diet that I don't have fun," she says. "So if I eat sweets, I'll just put in more of an effort when I go to the gym."

This down-to-earth attitude extends to her view of her looks. Smalls makes a point not to pick herself apart—a remarkable feat in a merciless industry. She credits her family for being so grounded. Smalls grew up on a 6-acre farm in the coastal town of Hatillo with her father, Eric Smalls, a real estate developer, her mom, Juana Betzaida Rodriguez, a school social worker, and two older sisters. She spent most of her time outdoors among a menagerie of chickens, ducks, goats, peacocks and pigs; when she wanted a banana or a mango, she simply picked it off the tree.

LIVING FASHIONABLY

OFF DUTY OR ON, SHE CARRIES HERSELF LIKE A PRO.



Casual in cutoffs and loafers



Walking the Fendi runway



Rocking an edgy vest and mini



At the Giambattista Valli Couture show



Effortlessly cool in a sweater and skirt



Baring her abs in a cropped top



Going bold in an abstract print

BALANCING ACT

"I eat sweets," she says. "I'll just put in more of an effort when I go to the gym."

DRESS Peter Pilotto

JOAN'S HEALTHY HABITS

Smalls takes eating well seriously (lots of fish, fruit and vegetables), but she makes room for the occasional indulgence, too.

ALWAYS HAVE BREAKFAST. "It keeps up your energy. I'll have scrambled eggs and a croissant or yogurt with berries and granola sprinkled on top. And I *must* have orange juice."

SNACK SMART. "I eat something small every two to three hours—healthy snacks like nuts or avocados."

TRY VEGGIE JUICE. "I don't love a lot of vegetables, so I'll have them in a juice mixed with an apple or pineapple. Cold-pressed juices are my favorite."

EAT WHAT YOU LOVE. "Puerto Rican food is the best on the planet! I still enjoy rice and red beans, just smaller portions. I don't stuff myself. That way, no food is forbidden for me."





TIPS FROM HER TRAINER

Smalls works with Marc Gordon, a New York City personal trainer who has sculpted hundreds of top models. Her hour-long, twice-a-week workouts with him are a mix of strength training using her body weight, cardio and targeted exercises for her abs and butt, which Gordon terms "the best in the business." Here are his secrets.

HIT TARGET AREAS FIRST. "Normally, we start with Joan's abdominals. It's a very important area for models, so I don't want her doing it when she's fatigued. This way, she does it when she's strongest."

BREAK OUT OF YOUR COMFORT ZONE. "People tend to do the same exercises—squats, lunges, squats, lunges—and then wonder why their bodies don't change. For results, get away from things you're already good at and try things you're not as good at."

DON'T IGNORE YOUR LOWER BACK. "It's just as important as your abdominals. Both are structural stabilizers, and once one overpowers the other, you're going to have back problems."

KEEP MOVING. "Don't do a set on the machines and then sit for two minutes. Use time in between to do some type of cardio to get your heart rate up, like jumping jacks or jump rope. You'll get so much more out of your workout."

SELF IN ACTION Go behind the scenes at Smalls's photo shoot. Download the free SELF Plus app from the App Store or Google Play. Launch the app on your smartphone and hover over this page. Enjoy the video!

WITHIN REACH

"I'm a dreamer," Smalls says. "But I think it's amazing to have high hopes."

BODYSUIT Lucas Hugh

Hair, Jennifer Yezpez at Marek and Associates; makeup, Sir John at Streeters; manicure, Rieko Okusa for Chanel Le Vernis; set design, Todd Wiggins for Mary Howard Studio. See Get-It Guide.

"When I came to New York, I kept hearing everybody say *organic*, and I'm, like, 'What is organic?'" she says, laughing. "Later, when I understood, I thought, Wait, we did that back home already."

Smalls talks to her mom at least once a day. "She's always outside, swimming in the ocean, a total daredevil," she says. When Smalls first brought her boyfriend, entrepreneur Bernard Smith, home to Puerto Rico, he watched in awe as her mother shimmied up a tall tree to collect breadfruit for dinner.

Smalls's height shot up when she was 13. At 14, after her sister was diagnosed with scoliosis, Smalls got checked out, too. When she saw the X-ray of her spine, she stared at it in shock: She had scoliosis in both her lower and upper spinal column. "The lower half of my spine was inside out," she says. "I started crying. I couldn't believe that was inside my body."

She quickly talked herself down. "I said, 'I'm not going to use this as a handicap. I'm going to push myself harder.'" She threw herself into rehabilitation exercises and stretches. To boost her strength, she took up boxing at 17. "People might think that because I'm skinny and tall, I'm fragile," she says. "But I always knew I wasn't. And it's comforting to know that I can throw a proper punch if I have to."

Because of her efforts, her spine is now less deviated, but her scoliosis will never go away. Her back bothers her if she stands or sits for too long (and, of course, modeling requires endless plane flights). But her condition has provided one upside: "It got me into a better awareness of my body," she says. "I had to make sure I was always in shape."

She began to enter local modeling competitions and was told she was too tall, too thin and—most insidiously—too dark. "Joan was not considered the typical beauty," says her sister Erika. "At the beginning she overcame hundreds of rejections." But Joan, she says, was undeterred. "That's what I love about my sister the most—her strength."

Smalls's eagerness to do something different with her life probably had to do with seeing people around her "just repeating history," she says. She also wanted to silence naysayers who said she couldn't model. "I was, like, I'm going to show you all that it can be done." Her eyes flash, and for a moment she's that glamazon on the runway.

She begged her dad to let her try her hand in New York, and he said OK—provided she got a college degree first. She zoomed through the InterAmerican University of Puerto Rico in two years instead of four, graduating magna cum laude. Then she headed to her aunt's house in Queens.

There, she pounded the pavement, running to as many as 15 go-sees per day. She drifted

STORY > 122

LIVING FULLY

FROM COOKING TO BOXING TO ZIPPING THROUGH SAND DUNES, SMALLS DOES IT ALL.



Clockwise from top left: posing on a supersized rubber duck; in the kitchen with models Chanel Iman and Jourdan Dunn on the set of Dunn's YouTube show, *Well Dunn*; boxing in a video for Estée Lauder; sporting Nikes designed by Riccardo Tisci; after zip lining in Puerto Rico; with friends during New York fashion week; riding the sand dunes in Dubai; channeling her inner first-grader

| BEST BODIES IN THE WORLD |

PEAK

Performance

Our bodies are capable of truly amazing things. Just watch a sprinter fly off the blocks, a ballerina balance en pointe, a yogi hold an inversion or a surfer carve a wave. Here, we spotlight four women who can do all that and then some, each excelling within six key areas that define ultimate fitness. From strength to agility to endurance, find out what makes a good body great and how you can unleash your own potential. **BY NICOLE CATANESE**

**PHOTOGRAPHED BY
CHRISTIAN FERRETTI**

STYLED BY MELISSA VENTOSA MARTIN



ARMS

"How fast your arms move sets the pace for your legs. To build strength and endurance in my arms, I grab an anchored resistance band and mimic a running motion—I do 100 reps, take a one-minute break and repeat two more times."

The Runner

→ ALLYSON FELIX

28

Four-time Olympic gold-medal winner

No doubt, Felix's lightning-fast speed (200 meters in a whiplash-inducing 21.88 seconds) is remarkable. But it's her atypical physique that really makes her stand out on the track. Sprinters usually have bulky legs packed with fast-twitch muscles that deliver bursts of intense energy. The 5-foot-6-inch Felix looks long and lean in comparison, which is why she's been called "chicken legs" since childhood.

"My legs are skinny, but I've always prided myself on being just as strong as the other girls," she says. And what her legs may lack in size, they more

than make up for in power. Not only is her stride about twice as long as that of most sprinters, she can also squat 350 pounds—though she weighs just 125 pounds.

To build that kind of strength, Felix spends two hours a day, four days a week at the gym, doing plyometrics. She also mixes in classic weight training. "I plank a lot—with a 40-pound sandbag on my back," she says.

Since suffering a torn hamstring, Felix has had to work on a different skill: recovery. "People think, I have to get workouts in, but recovery is just as important as the other work," she says. Expect to see the payoff when she races at the 2016 Olympics.

LEGS
"I focus on plyometrics—a lot of box jumps, hops and ankle jumps—because they help with explosiveness and speed."

FEET
"Having strong feet alleviates many shin problems from running. I love my custom Nike Free 4.0s. They're made with less support, which lets me really strengthen all my muscles."



LEGS

"The leg muscles are what really define dancers.

There are the inner-thigh muscles that you sculpt by constantly having your leg turned out. And when we point and flex, you can see all the little muscles along the shin bone."

ARMS

"I have women ask me all the time: 'What do you do for your arms? What weight do you lift?' It's just the way ballet dancers hold their arms that builds this lean, toned, supportive muscle."

FEET

"Dancing naturally strengthens your feet. When I was recovering from my injury, I had to maintain that strength.

I used the pilates springboard. It allowed me to mimic jumping while lying down."

The Dancer

→ MISTY COPELAND

32

At 24, she became the American Ballet Theatre's only African-American female soloist.

When Copeland began her ballet career at 17, her body seemed tailor-made for the role. "I had naturally lean muscle, and I was really strong and flexible—everything was ideal for ballet," she says.

But that strength has been a liability at times. In 2003, she was told that her 5-foot-2-inch frame was too muscular and

no longer fit the ballerina mold. She traded elliptical sessions, which had been her go-to, for pilates and gyrotonics. In 2012, she suffered stress fractures to her tibia, so again, she adapted. Copeland did Floor Barre classes, a program that focuses on classic ballet moves done lying down. "It's gotten me through my injuries but still keeps me in ballet shape," says Copeland, who took center stage once again last spring, stronger than ever, with six principal roles.

A woman with dark hair is performing a headstand. She is wearing a grey long-sleeved top and red shorts. Her arms are raised, supporting her weight, and her legs are bent at the knees. The background is a plain, light color.

STRENGTH DOESN'T
ALWAYS COME IN THE FORM
OF MASSIVE MUSCLES.

Just witness yogi Caley Alyssa Yavorsky holding a headstand, or surfer Alessa Quizon popping back up after getting pummeled by a wave.

For athletes, the measure of a strong body is more about how well it performs. The more fine-tuned each of your muscles is, the more force it can exert—against the running track, a surfboard, a tennis ball—and the better your performance will be.

Another reason strength is so useful: It provides stability, which helps you resist movement [CONT'D >](#)

Strength

BEING STRONG GOES BEYOND BEING ABLE TO LIFT WEIGHTS—
IT'S SOMETHING YOU USE IN EVERY MOVE YOU MAKE.

Strength > CONT'D

that could cause injury, explains Brent Callaway, international performance director at EXOS, a training facility for elite and professional athletes in San Diego. Developed muscles help you keep your balance.

Heavy lifting isn't required to build muscle: Researchers at McMaster University in Hamilton, Ontario, used an MRI to show that when subjects pushed to the point of exhaustion, lifting any amount of weight improved muscle mass. The secret is to focus on movement, not one muscle, Callaway says. Instead of a biceps curl, do a TRX row. "You'll get much more musculature firing because you have more joints moving—from your shoulders to your entire back, plus your biceps," he explains. "You'll get results faster, and everyone wants that, right?"

700

THE NUMBER OF POUNDS ALLYSON FELIX HAS LEG-PRESSED. (IT'S NEARLY SIX TIMES HER BODY WEIGHT.)

90

THE NUMBER OF DEGREES A BALLERINA'S FOOT CAN FLEX WHEN EN POINTE. (THE AVERAGE WOMAN CAN FLEX 50 DEGREES.)

311

THE NUMBER OF MILES KIM ALLAN RAN IN 2013 TO SET THE WORLD RECORD FOR RUNNING WITHOUT SLEEP. (THAT'S 86 HOURS STRAIGHT!)

BOOST YOUR STRENGTH

1/

MAXIMIZE CARDIO. On the treadmill, add an incline for 60-second intervals. Or hit the rowing machine for three minutes between weight training moves to raise your heart rate.

2/

PLANK. Standard planks and rotating side planks strengthen your core, which can make you less prone to injury. Plus, you use a strong core in every activity, athletic or otherwise.

3/

DO DIAGONAL MOVES. Exercises like chopping wood (using a medicine ball or weighted pulley) involve rotational strength and work multiple muscle groups in one efficient action.

Power

USING FORCE AND VELOCITY GIVES YOUR ACTIONS PURPOSE AND INTENSITY, WHETHER JUMPING, SWINGING OR KICKING.

POWER IS EVERY ATHLETE'S MOST VALUABLE WEAPON.

Check out LPGA star Michelle Wie's 107-mph swing driving the ball 160 mph; the 65-mph spike of three-time beach volleyball gold medalist Kerri Walsh Jennings; or the 32 *fouetté* turns dancer

Misty Copeland can execute without stopping.

"Women look at power as being big or strong, but it has nothing to do with that," says Michelle Lovitt, an exercise physiologist and strength and conditioning coach for Asics. "Power is the capacity to move something quickly but also

effectively." So strength, speed and precision are all part of the equation. Case in point: Wie can swing with all her might—but if the transference of force from her hips to her core to her arms isn't in sync, that ball is going into a bunker.

When athletes train to boost power, they focus on

BOOST YOUR POWER

1/

JUST JUMP. Try 12- to 24-inch box jumps (5 reps is enough to make fast-twitch muscles fire). Or opt for simple squat jumps—and do as many as you can for 30 seconds straight.

2/

PLAY POWER SPORTS. Soccer, boxing or tennis, for example, require total-body strength and precision. Their targeted movements will help increase your power.

explosive movements that involve accuracy as well as strength, such as box jumps, working a speed bag or throwing a medicine ball. Training with explosive skills can also benefit you in your cardio workout. According to a recent study in *The Journal of Strength and Conditioning Research*, runners who did six weeks of power-boosting moves such as jumps shaved significant time from their sprints and runs compared with the control group. And another study showed that men who completed exercises that required explosive movement before bench-pressing were able to lift 5 percent more than those who skipped the power moves.

Improving your power will also help you stay strong in the future. Fast-twitch muscles are the only fibers we lose with age, Lovitt says. Since those are what's needed to make powerful moves, you'll keep yourself stronger, longer by powering up now. You need to train today in order to keep what you have, Lovitt says.

THE FINISH LINE IS EVERYTHING IN COMPETITION. BUT WITHOUT STAYING POWER, YOU'RE FINISHED.

ENDURANCE MEANS THE DIFFERENCE BETWEEN CROSSING THE FINISH LINE AND HITTING A WALL. It's what pushes four-time Ironman world champion Chrissie Wellington through a 2.4-mile swim, 112-mile bike ride and 26.2-mile run.

One way athletes track theirs is with VO₂ (volume of oxygen) max. This is the amount of oxygen your lungs can process during exercise, measured in milliliters per kilogram of body weight per minute. Determining it requires a high-tech test (where you wear an oxygen mask and run or pedal to exhaustion in a lab). Without that, monitoring your heart rate is the best way to track your endurance levels.

"A low heart rate and a high VO₂ max means that an athlete can work harder for longer because her heart is very efficient," says Sabrena Merrill, a senior exercise consultant in Seattle for the American Council on Exercise.

Anyone can improve her heart rate (and therefore her VO₂ max). "Your body can become more efficient at delivering oxygen to muscles," Lovitt explains. The trick: the right kind of cardio. The more challenging a cardio workout is, the more your oxygen intake improves. HIIT is one way to increase your endurance because it improves your heart function. To make sure you're processing oxygen efficiently, you want to do a couple workouts a week where you hit at least 85 percent of your max. Put in the work, and you'll train your body to go the distance, every time.

BOOST YOUR ENDURANCE

1/

MIX UP YOUR CARDIO. Alternate between classic cardio and more high-intensity exercises to increase your aerobic capacity. So in addition to Spin class or running a 5K, include CrossFit or sprint intervals.

2/

TRY RHYTHMIC BREATHING. During yoga or a run, practice breathing through your belly. This forces you to use your chest less so you can take in more air. As you learn to breathe more efficiently, you'll be giving your muscles the oxygen they need to last.

BEING LIMBER ISN'T JUST ABOUT GRACE AND EASE OF MOVEMENT, BUT DEFENDING YOURSELF FROM INJURY, TOO.

THE WORD "FLEXIBILITY" CONJURES VISIONS OF GABRIELLE DOUGLAS EFFORTLESSLY LEAPING INTO A SPLIT OR CALEY ALYSSA YAVORSKY'S WHEEL POSE AT RIGHT. But the real reason flexibility matters: "To prevent injury," Lovitt says. "A strained hamstring can end a pro's career." (That's why LeBron James and Victor Cruz practice yoga.)

Some flexibility is genetic, but anyone can improve theirs—and doing so can keep you healthier. "When there's less tension on your tendons and ligaments, you move better," Lovitt explains. The first way to improve flexibility is to stretch daily, ideally after a workout, which lengthens muscle fibers and extends their range of motion. The other way: Employ dynamic flexibility. Before you exercise, warm up with active movements (not stretches) to get blood flowing and put your joints in action. So in addition to your favorite workout, add barre classes, yoga, pilates and gyrotonics.

Patience is the most important tool to improve your body's range of motion. "Stretching can be painful at first, but doing it repetitively will cause muscles to respond," Lovitt says. For the most effective stretch, watch the clock. "There's a stretch receptor response in your muscles, so if you don't hold it for at least 20 seconds, it won't make an adaptation," she explains. "Flexibility is a practice that some take for granted, but it's absolutely important."

BOOST YOUR FLEXIBILITY

51.92

THE NUMBER OF SECONDS MIKAELA SHIFFRIN'S FINAL 2014 OLYMPIC SLALOM RUN TOOK. (SHE WEAVED THROUGH 60 GATES DOWN A 507-METER COURSE TO WIN GOLD.)

1/

DO ACTIVE WARM-UPS. Moves like front leg kicks, high knees and butt kicks target major muscle groups and improve circulation to those areas. This makes muscles and joints more limber and ready to work out.

2/

TRY FOAM ROLLING. It targets areas that are especially tight, like the glutes, quads and hamstrings. Research shows that rolling relaxes the soft tissue surrounding muscles and can increase elasticity.

Agility

SPEED AND DEXTERITY TRAINING GIVE YOU WHAT YOU NEED TO MAKE LIGHTNING-FAST MOVES.

AGILITY—THE ABILITY TO CHANGE DIRECTION QUICKLY AND REPEATEDLY WITHOUT SACRIFICING SPEED—plays a crucial role in being fit for competition. If you've watched WNBA phenom Skylar Diggins stop on a dime, turn 180 degrees and make a no-look pass, you've seen the proof.

Athletes in sports like basketball, soccer and downhill skiing rely on their ability to execute sudden movements. These moves recruit large numbers of muscles at once, rather than a one- CONT'D >

**LEGS**

"Yoga works all of your body, but one move that really builds leg strength is Warrior pose. Really pushing my legs into the ground takes so much lower-body strength, yet I have to make the pose light and not feel like I'm being weighed down."

UPPER BACK

"I needed to find openness in my chest area. To do that, I held every type of back bend—Back Bridge, Wheel, Camel and Bow poses."

CORE

"The one pose that has really helped strengthen my abdominals is Boat pose (where you form a V shape while sitting)."

The Yogi

→ CALEY ALYSSA YAVORSKY

29

In 2010, she traded in her private-banking career for a full-time yoga practice and is now a 500-hour registered instructor.

Seeing Yavorsky contort into Wheel pose would make you think flexibility is the key to

her success as a yogi. But you'd be wrong. "I had to build so much strength—there's always some element of strength to every pose."

Yavorsky's strategy: Create a core of steel. "To engage the center, you have to pull up and in," she explains. "It allows you to

use power from the center of your body."

Between teaching and her personal practice, Yavorsky can spend eight hours a day on a yoga mat. "I practice daily," she says. "It's the ritual of expressing myself through movement that's important to me."

The Surfer

→ ALESSA QUIZON

20

Currently ranked 14th on the women's World Championship Tour

Quizon rode her first wave as a 4-year-old, turned pro at 12 and qualified for the World Championship Tour at 19. Despite her impressive surfing résumé, the Hawaii native has had to work overtime to compensate for her petite 5-foot-3-inch frame.

"I've always had to go a little harder to keep up with girls who are taller and have more muscle," she says. Her solution: training in the surf for up to four hours a day.

To build stamina, she does pilates, CrossFit and HIIT exercises. "I do moves that force me to use all my energy so I can build my endurance for competing," Quizon says. Because when the perfect wave comes in, it's all about who can paddle there first.

UPPER BODY

"All of my power comes from my shoulders and upper back. It's what gets me into a wave; you have to paddle to get anywhere in the water. I do push-ups, and over the years my arms have developed a certain muscle memory."

CORE

"My core is crucial to stabilize me and balance all my turns. When I surf, I'm tightening my abs the entire time—sucking everything in and flexing."



BOOST YOUR AGILITY

Agility > CONT'D

directional workout like, say, pedaling a Spin bike. Being nimble has plenty of real-life benefits, whether you're leaping onto a curb to avoid a car or simply keeping your balance. "Agility moves help develop kinesthetic awareness—understanding where your body is in relation to space, so you don't hurt yourself as easily," Lovitt explains.

Science shows that agility drills can also increase brain fitness. Unlike zoning out on the elliptical, they require mental and physical coordination. "Agility enhances the neurological connections to every muscle in your body, so you're able to react quickly," says Joseph Masiello, cofounder of the Focus Personal Training Institute in New York City.

Agility training can improve your skills even if you aren't a WNBA draft prospect. Researchers at the Air Force Research Laboratory in Dayton, Ohio, showed that airmen who completed agility-focused exercises had increased mental quickness, memory and concentration after just six weeks, while those who performed classic military calisthenics didn't see the same benefit.

1/

DO DRILLS. Learn to use the agility ladder and do shuttle runs. These activities increase agility by getting your body familiar with sudden movement. Go to Self.com/go/agility for routines.

2/

SPRINT. Building leg strength improves agility because leg muscles tend to be key to moving quickly. Start with one 30-yard sprint, then recover about 60 seconds. Repeat four more times.

Recovery

RESTING UP IS HOW YOU REBUILD AND STAY IN AMAZING SHAPE—JUST ASK ANY ATHLETE.

RECOVERY IS AN IMPORTANT ASPECT OF EVERY WORKOUT ROUTINE. Misty Copeland does pilates on one of her nonperformance days. Allyson Felix takes an ice bath to reduce inflammation after a hard-core training session.

To understand why recovery is so crucial, realize that your

body needs time to repair after exercise. Working out depletes energy stores while causing microscopic muscle tears, Callaway says. Without time to restore energy supplies and rebuild muscle, you're doing more harm than good.

The best way to recover is to boost blood flow to your muscles without stressing them (active recovery).

Increasing circulation can help muscles repair faster, Masiello says. And scheduling rest days rebuilds energy stores for your next workout. "We don't even train world-class athletes five days a week," Callaway says. Sleep is also a recovery tool. When you're resting, human growth hormone levels rise, which aids in regeneration of muscles and bones.

BOOST YOUR RECOVERY

1/

VARY YOUR WORKOUTS. Don't jump on the StairMaster every time you exercise. Changing your activities from day to day avoids repeatedly stressing the same muscles.

2/

MIX IT UP. Alternate active recovery like walking, a light jog or a swim with restorative options, like soaking in a hot tub or icing an overworked area.

3/

GET MORE SLEEP. Stanford University researchers found that when basketball players slept approximately two extra hours a night, their free-throw accuracy increased by 9 percent.

A time-out has documented health benefits—even if it's just a single day. A Norwegian study shows that those who completed 24 HIIT sessions every other day for eight weeks had an 11 percent increase in endurance. Those who exercised daily did not improve endurance. If you're going to work out like an athlete, you also need to recover like one.



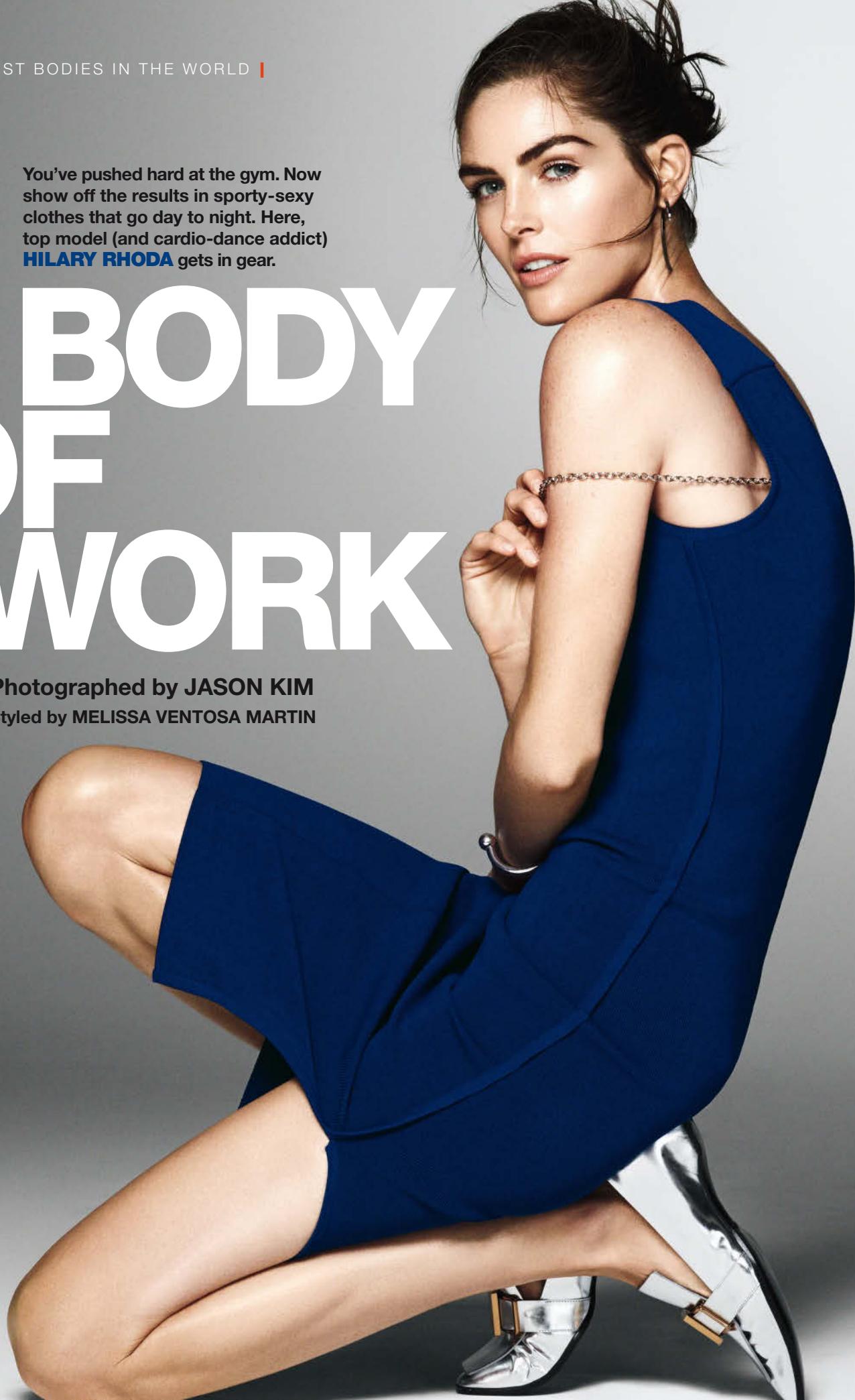
| BEST BODIES IN THE WORLD |

You've pushed hard at the gym. Now show off the results in sporty-sexy clothes that go day to night. Here, top model (and cardio-dance addict) **HILARY RHODA** gets in gear.

BODY OF WORK

Photographed by JASON KIM

Styled by MELISSA VENTOSA MARTIN



A full-page fashion photograph of a woman with dark hair and blue eyes. She is wearing a dark blue, cropped jacket with a zipper and a large, textured, oval-shaped cuff on the right sleeve. She is also wearing a light-colored, high-waisted skirt with a visible seam and a thin belt. Her hands are raised to her chest, with her fingers interlocked. She is looking directly at the camera with a neutral expression. The background is a plain, light color.

CROPPED JACKET

ABS A short jacket and high-waisted skirt bare a slice of skin—just add silver accents and a sculpted midriff. “The mirrors in the gym motivate me to work harder,” Rhoda says.

JACKET Calvin Klein Collection, \$2,295 **SKIRT** Dsquared2, \$1,560 **BAG** MM6 Maison Martin Margiela, \$260

Opposite **DRESS** Altuzarra, \$1,595
EARRINGS Gemma Redux, \$218 **CUFF** Jennifer Fisher, \$515 **SHOES** Tod's, \$795

CUTOUT BUSTIER

BACK A white bralette layered under a body-con top feels modern for nighttime. "My back is my favorite body part—so I like to show it off!" Rhoda says.

TOP Narciso Rodriguez BRA Cushnie et Ochs, \$395 LEGGINGS T by Alexander Wang, \$335 NECKLACE Fallon Jewelry, \$125

BEAUTY NOTE Get Rhoda's luminous look with Estée Lauder Re-Nutriv Ultimate Diamond Dual Infusion, \$360.





PLEATED MINI

LEGS With bright white slip-ons and a sleek moto jacket, a flippy skirt gets a tomboy twist. "I like to downplay a glam look with flats. It makes it edgier," Rhoda says.

TOP A.L.C., \$325 SKIRT Ohne Titel, \$395 JACKET Sacai Luck, \$2,225 BAG Emporio Armani, \$895 SHOES Alexander Wang, \$650

Hilary Rhoda

AGE 27 **ORIGINALLY FROM** Chevy Chase, Maryland **HOME BASE** New York City

I PLAYED A TON OF SPORTS when I was growing up—field hockey, lacrosse, basketball, soccer, tennis—and I was a swimmer. My dad and older brother are athletic, so I guess it runs in the family.

I DIDN'T EXERCISE when I first moved to New York. But then I started dating Sean [Avery, her fiancé, a former pro hockey player]. He took me to my first Spin class, and now we take Tracy Anderson classes together. He's usually the only guy there!

I LIKE TO EAT a biscuit with jam before my morning workout and a salad after. For dinner, it depends. I don't eat pasta every night like Sean does, but I also don't deprive myself.

MY STYLE IS classic and comfortable. It's nice to get dressed up, but I feel most like myself in jeans, a T-shirt and a leather jacket.

WHEN I'M GOING ON A DATE, I play up my eyes with a lot of mascara. You don't want to wear red lipstick if you plan on kissing the guy. It would get all over!

OUR BEST DATE EVER was when Sean and I flew to England to see Radiohead. That was *not* a normal weekend.

SCUBA DRESS

CHEST An unzipped neckline takes a sporty dress in a daring new direction, and the skirt creates flirty contrast. "Sexy is about not taking yourself too seriously," Rhoda says. "Smile!"

DRESS Cushnie et Ochs, \$1,395 **BAG** Dior, \$5,200 **CUFF** Jennifer Fisher, \$435

Hair, Romina Manenti for Oribe Hair Care; makeup, Christian McCulloch for Dolce & Gabbana; manicure, Casey Herman for Chanel Le Vernis. See Get-It Guide.





SLEEK TANK

ARMS In cobalt blue, a rash guard-inspired style calls attention to a sculpted upper body. "I have broad shoulders, so athletic cuts flatter me," Rhoda says.

TOP Peter Som, \$495 BRA Cushnie et Ochs, \$395 RING W. Britt, \$225



(SKIN REPORT)

DAMAGE CONTROL

POLLUTION ISN'T JUST THREATENING THE PLANET—RESEARCH SHOWS THAT IT CAN ALSO BE BAD FOR YOUR COMPLEXION. THE GOOD NEWS: IT'S EASY TO GET BACK TO BLOOMING.

BY ELIZABETH EINSTEIN

PHOTOGRAPHED BY KENJI TOMA



HOW POLLUTION HARMS YOUR SKIN

We know the toll it takes on the environment, but lesser known—until now—are its adverse effects on your skin. “Pollution can cause uneven skin tone, accelerated aging and even skin cancer,” says Doris Day, M.D., clinical associate professor of dermatology at New York University Langone Medical Center. A landmark study in the *Journal of Investigative Dermatology* compared women living in urban and rural environments over 24 years and found that those exposed to increased pollution had more dark spots and wrinkling. “The sun isn’t the only villain, now that we know how damaging pollution really is,” says David Bank, M.D., assistant clinical professor of dermatology at Columbia-Presbyterian Hospital in New York City. Microscopic specks of smoke, soot, acid and other pollutants are released into the atmosphere from sources like fires, construction sites, cars and power plants. Government regulation has resulted in decreased emissions over the past few decades, but the air surrounding us is still far from pristine. According to the Environmental Protection Agency, about 83 million tons of pollution were emitted into the air in the United States in 2012. And when that pollution comes into contact with your skin, it doesn’t just sit on the surface, griming it up like it would a windshield. These particles’ tiny size—sometimes as many as 20 times smaller than pores—allows them to infiltrate deeper layers of the epidermis, causing not only inflammation and dehydration but also a cellular-level reaction that leads to lost elasticity and firmness. “Pollution breaks down collagen and the lipid layer in the skin, which impairs skin barrier functions,” says Zoe Draelos, M.D., consulting professor of dermatology at Duke University in Durham, North Carolina, and author of the *Journal of Cosmetic Dermatology* article “Aging in a Polluted World.” Luckily, this is one natural disaster you can help prevent. “Simple changes to your beauty routine, such as proper cleansing and using antioxidants every day, can have a big, positive impact on skin,” says Dr. Day. Here, your solution in three simple steps.

one

CLEAN IT OFF

We know we should wash our face, but many of us don't do it that well. "Washing your face thoroughly every day is a critical piece of reducing the burden that pollution puts on your skin," says Erin Gilbert, M.D., assistant professor of dermatology at State University of New York Downstate Medical Center in Brooklyn. In the morning, wash in order to prep skin for radiance-boosting products (more on that later). Use a mild cleanser (such as Neutrogena Naturals Purifying Cream Cleanser, \$7). "Only people with really oily skin need anything stronger," says Elizabeth Tanzi, M.D., associate professor of dermatology at George Washington University Medical Center in Washington, D.C. At night, you need to go deeper to remove the film of potentially harmful pollutants, not to mention makeup and everyday dirt and

sweat. The goal is to get everything off without too much scrubbing, drying or irritation, which can exacerbate skin conditions like acne. Dr. Bank recommends using the same face wash from the A.M., but with an electronic brush. The brush is proven to more effectively remove impurities—especially sticky particles like soot—than washing by hand. "Think of a pollutant as a smoldering cigarette butt that's stuck in your skin, continuing to emit toxic chemicals," Dr. Bank says. "Simple washing may not be enough to remove it, but exfoliating can get those cells out of there." If you don't use a brush or your skin is too sensitive, add a gentle scrub (like Olay Total Effects Refreshing Citrus Face Scrub, \$10) to your nightly routine. "Limit use to every other night if either irritates," says Dr. Tanzi. As a final step, soak a cotton pad with toner (see our pick, right), then wipe it across your skin. "It's especially worth doing when you're in a big city," Dr. Day says. "It lifts off any debris that may be left behind."

WE ENCOUNTER POLLUTION EVERYWHERE—EVEN INDOORS—BUT THE RIGHT PRODUCTS CAN HELP. YOUR GRIME-FIGHTING SUPERHEROES? CLEANSERS, ANTIOXIDANTS AND SUNSCREEN.

two

NEUTRALIZE IT

When pollution gets into your skin, it creates free radicals, highly unstable molecules that have unpaired electrons. These molecules act like Ping-Pong balls, bouncing around in your skin on their quest to steal an electron from a healthy cell, thereby injuring it. "They literally poke holes in the collagen, which is what gives skin its firmness," Dr. Draelos explains. All this destruction also shows up as hyperpigmentation and fine lines. Free radicals can increase inflammation, which makes acne and rosacea worse. And that's not all. "The most severe thing they can cause is DNA damage and cell mutation, which can lead to cancer," Dr. Draelos says. As bad as that sounds, there is an answer: antioxidants. These nutrients can donate an electron where needed, effectively neutralizing the free radical and diminishing its havoc-wreaking

CITY-PROOF YOUR SKIN



Exfoliate

Sonic vibrations dislodge pollution particles stuck in your pores.

Clinique Sonic System Purifying Cleansing Brush, \$90



Tone

Meadowsweet extract, a natural astringent, swipes away lingering urban grime.

Chanel Lotion Pureté, \$45



Prevent

Grapeseed oil and vitamin C—powerhouse antioxidants—help eliminate toxins.

Caudalie Polyphenol C15 Overnight Detox Oil, \$52

effects on your skin. "Research shows that antioxidants provide one of the best treatments for preventing or reducing free-radical damage," says David McDaniel, M.D., adjunct assistant professor at Old Dominion University in Norfolk, Virginia. To help protect skin, layer on a serum with antioxidants (like Shiseido Ultimune Power Infusing Concentrate, \$65) after cleansing in the morning, and do the same at night (see our pick above) to bolster its repair process. Also, eat antioxidant-rich foods such as blueberries, leafy greens and beans. "They play a powerful role in our body's ability to repair itself, particularly the skin," Dr. Gilbert says.

three

CREATE A BARRIER

You're probably already using sunscreen when it's sunny, but here's another reason to put some on every morning: Man-made pollution not only damages skin directly but also contributes to the erosion of the ozone layer, which helps shield us from the sun's harmful rays. So you're getting more sun exposure than ever before, even on cold, cloudy days. "We know that UV rays are stronger," Dr. Day says. "That doesn't just mean a chance of more sunburns. These UV rays become accelerants: If you have hyperpigmentation or inflammation, they'll make it worse." Apply an SPF 30 daily to protect yourself; the latest formulas contain antioxidants, boosting their pollution-fighting powers (try L'Oréal Paris Advanced Suncare Silky Sheer Face Lotion SPF 30, \$10, which has grapeseed and sea buckthorn oils). "Utilize sunscreen, antioxidants and proper cleansing, and you won't end up with skin that's older than its years—or a higher risk for skin cancer," Dr. Day says.





THE GREAT OUTDOORS

Walk in the woods, hit the lake or just take in the crisp air. On a Catskills getaway, model Britt Maren and her fiancé, chef Derek Orrell, show us how to tour the countryside in style—with woolly textures, pops of plaid and more.

PHOTOGRAPHED BY BILLY KIDD



STYLED BY ETHEL PARK



TAKE A BOW

Tweed lends rugged, menswear-inspired charm to a little jumper and shorts. Add over-the-knee boots for city streets, waders for the water.

"Derek and I love boating," Maren says. "Best-case scenario: We catch a fish and make it for dinner."

DRESS Maison Martin Margiela, \$990 **TANK** Hanro of Switzerland, \$68

SHORTS KD New York, \$42

BOOTS Bass Pro Shops, \$70
Opposite **JACKET**

Filson, \$495 **SWEATER**

Marc Jacobs, \$1,100 **SHORTS**
CPO, \$44 **GOLD NECKLACE**

Scosha, \$1,650

CLOSE-KNIT PAIR

The key to pulling off head-to-toe knits?

Offset the softness of a figure-hugging tube skirt and sleeveless sweater with a touch of tough, like these all-terrain hiking boots. "For a weekend upstate, I'm all about comfort," says Maren, who, as the head trip planner, packs for Orrell, too. "One suitcase for both of us and a warm blanket. That's about all we'd ever need."

SWEATER \$1,495, **SKIRT** \$995, and **BOOTS** \$1,595, Calvin Klein Collection





A MODEL COUPLE

Britt Maren, 24, spends her days walking fashion runways and posing for photographers, just as her fiancé, Derek Orrell, 30, used to do before becoming a chef at Locanda Verde, one of New York City's hottest restaurants. Despite hectic schedules, the Brooklyn-based pair stays in sync by carving out time for country getaways. They escape the city—and their busy lives—to relax and reconnect.

LOVE AT SECOND GLANCE

“We first met in Barcelona in 2007, because we shared the same agency, but it was just a ‘hi’ and ‘bye,’” Maren says. Six months later, they remet in New York. “I’d unknowingly become good friends with her childhood best friend, and one day they came to my apartment together. That’s when I won her over,” Orrell says.

A LONE STAR WEDDING

This month, they’re getting married in Maren’s home state, Texas. “We’re exchanging traditional vows in the ceremony and handwritten ones in private,” Maren says. “I wrote mine months ago,” Orrell says.

THEIR PERFECT WEEKEND

“I love to hit the market and cook dinner together,” Orrell says. “By ‘cooking together,’ he means that he cooks while I drink wine,” Maren says, laughing. (Her fall pick: Malbec.)

THE LITTLE THINGS

After seven years together, “it’s important not to take each other for granted,” Maren says. “I still make him breakfast.” Orrell adds, “And I always bring her sweets.”

CAPED CRUSADER

Give the layered look a modern vibe by pairing lush textures, like a fur-lined cape and quilted vest, with a peekaboo bandeau and show-off shorts. "My legs are my favorite body part," says Maren, who keeps them toned with Pure Barre classes three times a week.

CAPE Harvey Faircloth, \$550 **VEST** Barbour, \$129 **BRA**

Elisabetta Rogiani, \$65

SHORTS True Religion, \$232

BRASS CUFF \$150, and **BLUE**

BRACELET \$110, Scosha



Hair, Eric Jamieson for Purely Perfect; makeup, Souhi for Chanel Makeup; manicure, Reiko Okusa for Chanel; prop styling, Chad Dziewior at Brydges Mackinney. See Get-It Guide. Text by Erin Bried



BLANKET STATEMENT

A woolly cape wrapped around both shoulders is cozy yet sophisticated.

"I love chunky knits," Maren says. "The trick to styling them: If you go big on top, wear something fitted on the bottom."

CAPE Burberry Prorsum, \$1,395 **DRESS** Stella McCartney, \$1,125

BEAUTY NOTE For glowy skin like Maren's, try Revlon Age Defying CC Cream, \$14, an all-in-one replacement for your moisturizer, foundation and sunscreen.



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Garnet Hill

garnethill.com

(SELF)

INDULGE

YOUR PERFECT POUR

→ Treat yourself at the end of a long day with a glass of something delicious. Here's to the art of wine night for one.

BY RACHEL HOFSTETTER



You're home. You've dropped your bag. Your shoes are off. It's time to relax, unwind and pour a glass of wine—one that's just for you. From the ting of the glass when you set it on the counter to the hit of the first sip, you're marking the end of a hard day's work and the beginning of a night that's all yours. And whether that means chasing a gym session with a refreshing glass of Riesling and a delicious dip

**YOU'RE
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or getting cozy on the couch with some popcorn, a juicy Cabernet and the latest episode of *Scandal*, know that you're rewarding yourself in the smartest of ways: New research shows that wine lovers may be healthier than other drinkers. So enjoy—wine can do a body good.



THE PAIRINGS

Organic wines we love and the snacks to go with them

	DRINK THIS	EAT THIS	DO THIS
WHITE	A TO Z WINWORKS RIESLING, \$15 This fruit-forward white comes from an Oregon winery that has organic and biodynamic certifications.	PEA HUMMUS Blend 1 cup peas, 2 tbsp olive oil, 1/4 cup ricotta, 1 tbsp lemon juice and salt to taste in a food processor. Pair with endive spears for dipping.	RELAX Unwind after work or the gym with a refreshing white and a no-fuss snack that's as tasty as it is good for you. (Hot bath optional.)
RED	BONTERRA CABERNET SAUVIGNON, \$16 A medium-bodied smooth red made from organic grapes, it's perfect on its own or with a light bite.	TRUFFLE POPCORN Drizzle popcorn with truffle oil and grated Parmesan (or try 479° White Cheddar and Black Truffle Popcorn, \$3).	WATCH Treat yourself to this duo—inspired by Olivia Pope's pairing of choice—while catching up on <i>Scandal</i> , <i>Orange Is the New Black</i> , et al.
SPARKLING	RAVENTOS I BLANC DE NIT, \$20 This Spanish rosé is known for its pleasing minerality and elegant finish. (Its grapes are hand-harvested.)	POTATO CHIPS Really! The salt balances the wine's acidity and effervescence. We love the hand-cut ones from The Billy Goat Chip Company, \$3.	CELEBRATE A vacation finally booked, a project completed, a phone call with a good friend—all moments that can be savored with this high-low combo

Q A

THE EXPERT LAURA MANIEC

The master sommelier and cofounder of Corkbuzz Winestudio in NYC talks vino.

What's the scoop on organic and biodynamic wines?

A/ Organic wine is made using grapes that are grown without chemicals. Biodynamics takes organic farming to the next level by following the lunar cycle, which proponents believe can result in more intense flavors. Both are great for you and the environment, but I like a good bottle of wine regardless.

How long can you stretch an open bottle of wine?

A/ Reds tend to last two to three days, but lighter styles can lose their freshness faster. I actually store both reds and whites in the fridge!

Which wines are you drinking right now?

A/ I'm excited about Greek wines. I like the clean, fresh and briny flavors of Assyrtiko, a white grape cultivated on Santorini. And I always drink rosé, even though people think it's only for summer.

THE EXTRAS

Stylish and functional, these serving pieces will elevate your next night in.

BOTTLE STOPPER

It can help an open bottle last up to six days.

Vintage Vacuum Stopper, \$40; MoMAStore.org

COASTERS These printed leather protectors are backed with merino wool. Tron coasters, \$50 for four; ABCHome.com

BRASS BOWLS

This hand-sculpted set makes any snack feel more special. Form Bowls, \$90 for five; TomDixon.net

DECANTER Use it to aerate wines younger than 10 years and bring out their flavors.

Classic Wine Decanter, \$70; Williams-Sonoma.com



SERVING TRAY

The design is elegant and dishwasher-safe.

Scape Platter, \$39; WestElm.com

TO YOUR HEALTH

The virtues of having a glass or two

- 1 A compound called piceatannol, found in red wine, may inhibit the development of fat cells.
- 2 Enjoying a small daily glass of wine (up to 5 ounces) is correlated with lower levels of depression.
- 3 Moderate wine consumption may lower your risk of developing chronic kidney disease.
- 4 A diet high in resveratrol, a compound found in red wine, can lead to improved cardiovascular function.
- 5 Moderate alcohol drinkers, including wine drinkers, performed better on cognitive tests than nondrinkers.

SOURCES: 1. *THE JOURNAL OF BIOLOGICAL CHEMISTRY* (STUDY ON MOUSE CELLS). 2. *BMC MEDICINE*. 3. FINDINGS FROM THE UNIVERSITY OF COLORADO-DENVER. 4. *CELL METABOLISM* (STUDY ON MICE). 5. *NEUROEPIDEMIOLOGY*.

STRONG IS BEAUTIFUL

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around the periphery of the industry, doing a handful of minor runway shows. Three years later, in 2010, her agent sent Givenchy her photos, and they said they were interested in her for a couture show. She would have to travel to Paris on her own dime, her agent told her: It might work out, it might not.

Smalls took the gamble. She scraped up the money, flew to Paris and met Givenchy designer Riccardo Tisci. After the casting, she got the call: They wanted her for their show exclusively.

Backstage, before the big show, she used positive affirmation—she's a big believer—to calm her nerves. *This is what you've been waiting for*, she told herself. *This is your time, so do it well.*

Afterward, it was mayhem. Virtually every major fashion house clamored to book her. When the money began rolling in, she bought Mom a new kitchen and Dad a pickup truck.

But even as her life has become a whirlwind, she keeps calm. She wards off anxiety with meditation, aware of the toll that stress can take on your looks. Or she'll think of something that makes her happy, like her cat, Mr. Grey, home with her parents in Puerto Rico.

And she builds in as much downtime as she can finesse. She may jet to Cape Town, South Africa, or Cap D'Antibes, France, for work, but on her off-hours, she and her boyfriend take road trips to more conventional places: Boston, Philadelphia. "We love just exploring and seeing how people live," she says.

She hopes to travel more in the next year. It's one of the many items on—yes—her new list of goals. Some are small: *Learn Thai kickboxing*. Most, unsurprisingly, are large. She plans to act and would like to eventually expand into business, along the lines of Heidi Klum and Tyra Banks. "That's part of the whole grand scheme," she says. She wants to be a force for diversity in fashion. And taking inspiration from her mom, who worked in a school all her life, she would like to do more charity work, possibly for kids.

Smalls sits back with a smile. "I know, I'm a dreamer," she says. "But I think it's amazing to have high hopes." ■

GET-IT GUIDE

COVER Bikini, Lisa Marie Fernandez, \$525; Net-A-Porter.com.

PAGE 2 Swimsuit, Hervé Léger by Max Azria, \$790; HerveLeger.com. Shorts, Elisabetta Rogiani, \$68; Rogiani.com. **PAGE 100** Vest, Ohne Titel, \$295; Intermix.com for stores. Bikini top, Lisa Marie Fernandez, \$315; Shop.LisaMarieFernandez.com. Bikini bottom, \$36; Billabong.com. Necklace, Dezso by Sara Beltrán, \$6,160; DezsoSara.com.

PAGE 17 Swim top, Calavera, \$54; CalaveraSwimwear.com. Pants, \$50; Nike.com. Sneakers, Adidas by Stella McCartney; Adidas.com for similar styles.

PAGE 27 Top, \$46; MikaYogaWear.com.

PAGE 38 Top, \$255; HelmutLang.com.

PAGE 47 Top, H&M Sport, \$25; HM.com. Pants, \$68; Roxy.com. **PAGE 48** From left: ZJET, \$130; Reebok.com. Wave Paradox, \$135; MizunoRunning.com. **PAGE 53** Tank, Fox, \$40; FoxHead.com. Sports bra, \$50; Nike.com. Pants, \$79; Lucy.com.

PAGE 68 Top, Sweats Norma Kamali, \$125; Shop.NormaKamali.com. Tights, \$140; SweatyBetty.com.

PAGE 86 Bodysuit, Lisa Marie Fernandez, \$390; Net-A-Porter.com. **PAGE 89** Dress, Peter Pilotto, \$1,817; ForwardByElyseWalker.com. **PAGE 90** Bodysuit, \$300; LucasHugh.com.

PAGE 93 Swim top, \$235, and bottom, \$195, T by Alexander Wang; AlexanderWang.com. Shoes; Nike.com for similar styles. **PAGE 94** Top, \$76; KDNNewYork.com. Swimsuit, \$350; Chloe.com for stores (available January 2015).

PAGE 95 Top, Thread by Nesh,

\$75; WithoutWalls.com. **PAGE 99** Top, T by Alexander Wang, \$295; AlexanderWang.com.

Shorts, Elisabetta Rogiani, \$68; Rogiani.com. **PAGE 100** Vest, Ohne Titel, \$295; Intermix.com for stores. Bikini top, Lisa Marie Fernandez, \$315; Shop.LisaMarieFernandez.com. Bikini bottom, \$36; Billabong.com. Necklace, Dezso by Sara Beltrán, \$6,160; DezsoSara.com.

PAGE 102 Dress, Altuzarra, \$1,595; Saks.com. Earrings, \$218; GemmaRedux.com. Cuff, Jennifer Fisher, \$515; JenniferFisherJewelry.com. Shoes, Tod's, \$795; 212-644-5945. **PAGE 103** Jacket, Calvin Klein Collection, \$2,295; 212-292-9000. Skirt, Dsquared2, \$1,560; Saks.com for stores. Bag, MM6 Maison Martin Margiela, \$260; 646-781-7852. **PAGE 104** Top, NarcisoRodriguez.com for similar styles. Bra, Cushnie et Ochs, \$395; Intermix, 212-741-5075. Leggings, T by Alexander Wang, \$335; AlexanderWang.com. Necklaces, \$125; FallonJewelry.com. **PAGE 105** Top, A.L.C., \$325; Bergdorf Goodman, 800-558-1855. Skirt, Ohne Titel, \$395; NeimanMarcus.com. Jacket, Sacai Luck, \$2,225; LaGarconne.com. Bag, Emporio Armani, \$895; Armani.com. Shoes, \$650; AlexanderWang.com. **PAGE 106** Dress, Cushnie et Ochs, \$1,395; Bergdorf Goodman, 800-558-1855. Bag, Dior, \$5,200; 800-929-3467. Cuff, Jennifer Fisher, \$435; JenniferFisherJewelry.com. **PAGE 107** Top, \$495; PeterSom.com. Bra,

Cushnie et Ochs, \$395; Intermix, 212-741-5075. Ring, \$225; WBritt.com.

PAGE 112 Jacket, \$495; Filson.com. Sweater, \$1,100; MarcJacobs.com for stores. Shorts, CPO, \$44; UrbanOutfitters.com. Gold necklace, Scosha, \$1,650; Scosha.com. Shoes, Clarks, \$120; ClarksUSA.com. Socks, \$23 for two pairs; LLBean.com.

PAGE 113 Dress, Maison Martin Margiela, \$990; 212-989-7612. Tank, Hanne of Switzerland, \$68; HanroUSA.com. Shorts, \$42; KDNNewYork.com. Boots, Bass Pro Shops, \$70; BassPro.com. On him: Shirt, \$17; Gap.com. **PAGE 114** Sweater, \$1,495, skirt, \$995, and boots, \$1,595, Calvin Klein Collection; 212-292-9000. On him: Sweater, \$65; Gap.com. Pants, \$108; BrooksBrothers.com. Boots, Clarks, \$130; ClarksUSA.com. **PAGE 116** Cape, Harvey Faircloth, \$550; Fashionhaus Showroom, 212-575-1500. Vest, \$129; Barbour.com for stores. Sports bra, Elisabetta Rogiani, \$65; Rogiani.com. Shorts, \$232; TrueReligion.com for stores. Brass cuff, \$150, and blue bracelet, \$110; Scosha.com. **PAGE 117** Cape, Burberry Prorsum, \$1,395; Burberry.com. Dress, Stella McCartney, \$1,125; 212-255-1556.

PAGE 119 White wine glass, Riedel, \$40 for four; Target.com. Red wine glass, \$15 each; CrateAndBarrel.com. Champagne saucer, \$150; RalphLauren.com.

PAGE 124 Bra, \$40, and pants, \$40; UnderArmour.com.

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“

I've learned that you should only try to be better than who you were yesterday.”

Before going to sleep, Catanzaro visualizes herself completing obstacles.

WHY I: AM A NINJA WARRIOR

By **KACY CATANZARO**, 24, the first woman to complete an *American Ninja Warrior* city finals course

I watched the Japanese version of *American Ninja Warrior* when I was in my teens. What they were doing was amazing. I thought, I could do that. I'd been doing gymnastics since I was 5. But getting involved seemed out of reach.

Then, in 2012, I was done being a gymnast. I felt kind of lost, and I longed for another challenge, something else to put my effort and potential into.

I thought about the show again and realized nothing's holding me back.

My nickname is Mighty Kacy, and people might be confused by that—I'm 5 feet tall, 100 pounds!—but it's true. I'm mighty. The Warped Wall is almost three times my height. I have to jump super high to scale it. But being tiny means it's also easier for me to hold myself up than it is for the big muscle guys.

Right before I compete, I'm nervous. The course is grueling—there are some obstacles you've never faced before you hop up there. But I can't freak out. The trick is to never doubt yourself. You have to say, “I can do this; I'm awesome.” There's nothing that can mess you up as much as the mental game.

There's not another sport like this. It's such an adrenaline rush—exactly what I needed.

HER TWITTER FAN CLUB

I want to be @Kacy Catanzaro. All the way girl! #AmericanNinjaWarrior #MightyKacy @SherylCrow, singer

@KacyCatanzaro You are amazing girlfriend!! I'm cheering you on all the way. Xoxo @NastiaLiukin, Olympic gold medalist

Wow. Just wow. #Mighty Kacy #GirlPower @emilygiffin, author

→ **WANT MORE?** Learn how Kacy trains at Self.com/go/kacy.



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