

SNACK YOUR WAY SLIM Tasty treats, 100 calories or less

SHAPE

SHAPE
YOUR
LIFE

2 MINS
TO
FLATTER
ABS
P. 79

SO LONG, CELLULITE!

WALK YOUR BUTT OFF!

Lose weight
and get
sculpted FAST

QUICK
350-CALORIE
FAT BLAST, p. 96

STAY-FIT
SECRETS OF
Beyoncé,
Rihanna & Britney

DANCING
WITH THE STARS'



JULIANNE

Hough

dishes with
LeAnn &
Martina
about love,
life, and
those
rumors, p. 38



1 MONTH
MAKEOVER

DROP A DRESS SIZE

This plan gets results

3 steps
to strong,
sexy arms


p. 88

PLUS! THE 50 BEST WORKOUT SONGS



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shape your life news



Even a short
snooze leaves
you recharged

trend report

YOU SNOOZE, YOU...WIN!

▶ A QUICK NAP CAN LEAVE YOU REFRESHED AND HELP YOU FUNCTION BETTER for the rest of the day, but who has the time? Your boss probably wouldn't like it if you put a sign on your office door that read, "Sleeping; do not disturb." So Equinox Fitness is offering you a chance to catch 40 winks. Its new class, **PowerNap+**, mixes stretching, meditation, and a 15-minute snooze. "Sleep is such a trend right now—it's the new Spinning," says Lashaun Dale, the national creative manager of group fitness at Equinox and the creator of the class. "It's not surprising, considering how perpetually deprived of it we all are." If you don't have access to Equinox, turn off the lights at your desk and listen to a slow song while focusing on the words. The serenity will stick around long after the tune is over.