

SELF

FREEBIES
Rake 'em in!
\$50K worth

The #1 Way to Erase 8 Pounds

- Meals That Melt Fat Daily
- Moves for Your Personality

YOUR
HAPPY
LIFE
PLAN

DO WHAT YOU LOVE
AND GET PAID FOR IT!

The 2-Minute Trick
to Have More
(and Better!) Sex

**GUILT-FREE
BURGERS**

Go Ahead,
Say Yes
to the Fries

FUN! Cool gym
classes and
cute clothes to
wear to them!



0399 US
SEPTEMBER 2011
\$4.99 (FREE)


12 Best Foods
for Glowing Skin

EXCLUSIVE

Jennifer Hudson's Weight Loss Diaries

- Personal Food Logs & Recipes
- Amazing 3-Move Workout
- Her Keep-It-Off Advice! p. 46





Fit is the new black!
Trade baggy for flattering
and hit the gym in style.

cool classes, cute clothes

Photographs by Arthur Beiebaau
Fitness director Meghan B. Murphy

STRAP HAPPY

Elisabetta Rogiani's single-shoulder Tiger sports bra stays put—we swear!—courtesy of snug but not too tight balancing. \$71; Rogiani.com. Take soft, cropped flur: inspire compression pants from your run (no bounce) to your mat (no slippage in Downward Dog). Lululemon Athletica, \$86; Lululemon.com

BLUE CRUSH

A V-neck cut and support cups in the Lift and Support bra will make the girls look great! \$64; IAmBeyond.com. Ruching is your friend: Ahimsa capris' foldy waistband camouflages where you need it most. OmGirl, \$62; BarefootYoga.com

IN BLOOMS

A flower rhin print on the Vintage Parsy Mindful tank inspires good vibes on and off the mat. OmGirl, \$48; BoulderBodywear.com. The opposite of bland black pants? Yoga shorts in hot white! Elisabetta Rogiani, \$69; Rogiani.com

COOL COMFORT

Stay cool with the Geo bra's mesh straps. Alo, \$35; AloSport.com. Terry crop pants are deliriously cozy; you'll want to live in them. Stash basics in the zipper pockets and stroll into the studio bag-free. \$69; Divine-Wear.com



make cardio fun

Turn the road into your runway when you jog and ride with bright bursts of notice-me neon. On rainy days, catch a class designed to up your game on any terrain.

◀ **Tread and Stred** Jog off jiggle and improve your endurance with this guided treadmill class offered at The SportsClub/LA-Boston.

◀ **Tread Hop** on and take off at NYC's Clay Health Club + Spa. Instructors mix incline and speed intervals with off-the-machine core and sculpting drills, so you trim and tone.

◀ **Flywheel** (in New York, Miami and Chicago) With a high-tech, tricked-out bike that tells you how hard and fast you're pedaling, you can literally turn up your burn.

◀ **eRide** Crunch gyms nationwide have a new cycle spin-off, eRide. It's the Broadway of biking: lights, music, action!

GO GREEN

AC on the run: With vented panels on the back, sides and upper chest, the adZero singlet cools where women sweat most. Adidas, \$48; ShopAdidas.com. A stripe of color on the On the Move capris calls attention to sexy calves. Paux denim fabric lends style to your miles. \$45; Reebok.com. Super light and flexible, the Soft Falls 400 fits like a sock! Puma, \$90; RoadrunnerSports.com

BE BREEZY

The Aero singlet won't weigh you down: A mesh back lets the breeze in; a moisture-wicking front keeps humidity out. Mizuno, \$49; MizunoRunning.com. Colorful stitching in just the right places on the ARD capri makes hips look slim. Asics, \$60; AsicsAmerica.com. Coiled soles of the Tubes Run 100s ease the heel-toe transition. \$80; K-Swifts.com. Track the calories you blast with the RS300X, your virtual motivational speaker. Polar, \$170; ShopPolar.com

Styling, Lita Moore Musso; hair, Sarah Elbia for See Management; makeup, Carmindy for Natural Beauty by Carmindy. See Get-It Guide.