

YOU  
AT YOUR  
BEST

# SELF

## Slim Down The Easy Way

Got 14 Minutes? Yes,  
You Can Change Your Body

Oh, Baby! The Secret  
To Unforgettable Sex

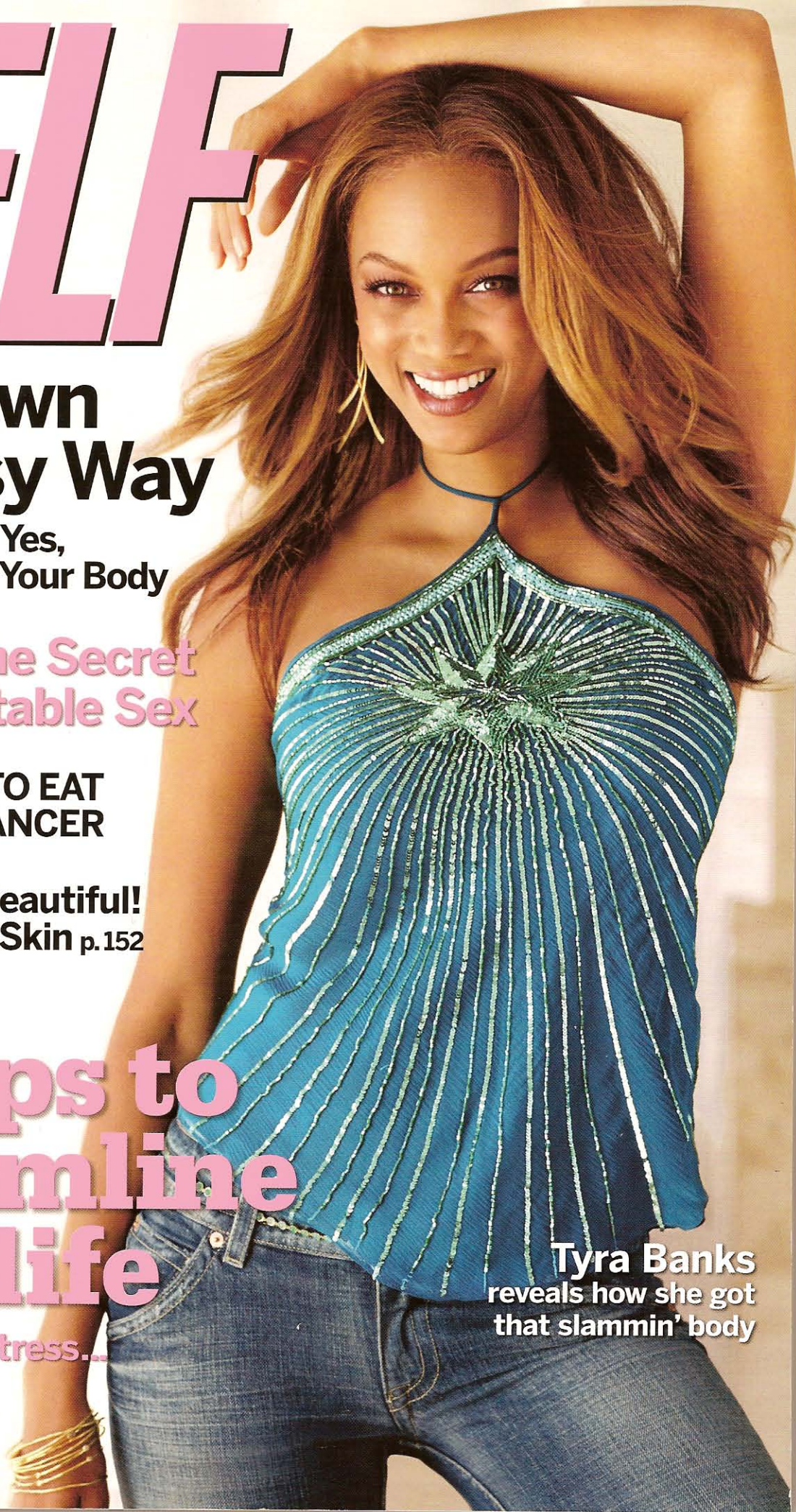
**DIET NEWS** WHAT TO EAT  
TO HEAD OFF CANCER

Look Naturally Beautiful!  
Shiny Hair, Clear Skin p.152

57 tips to  
streamline  
your life

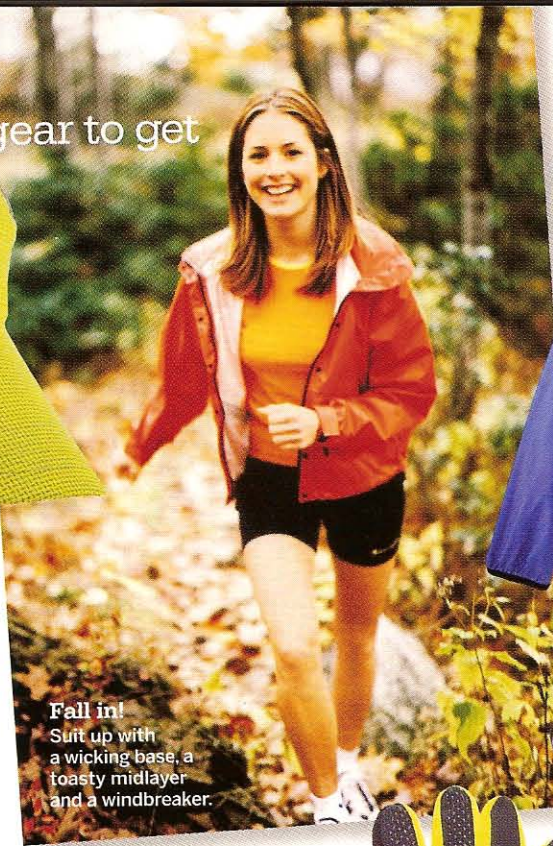
Declutter & De-Stress...  
Hello, Free Time!

Tyra Banks  
reveals how she got  
that slammin' body





**Head-on style**  
Primo Lid delivers high visibility for low-lit runs. \$20; 800-497-6171



**Fall in!**  
Suit up with a wicking base, a toasty midlayer and a windbreaker.



**Breeze blocker**  
Featherweight LSD shell resists rain and wind. \$85; BrooksRunning.com

## Cold comfort

When the weather gets tough, the tough get all-weather workout wear.



**Shade shift**  
Dark day? Swap your Interchange lenses. \$100 and up; NikeVision.com



**Now ear this**  
Cozy fleece lines this Striped headband. \$15; NewBalance.com



**Stop signs**  
Vapor-Dry's are airy and reflective. \$28; BrooksRunning.com



**Wonder layer**  
LIFA Dynamic thermal warms and wicks. \$40; HellyHansen.com



**Biker bag**  
HydroPod's MultiPod clip-on is splashproof. \$18; SeattleSportsCo.com



**Light tights**  
The Airator's fibers channel heat and sweat. \$70; EMS.com



**Neat knit**  
Heat stays in the Beanie, sweat doesn't. \$22; SmartWool.com



**Chic fleece**  
This buttery Stella McCartney-designed jacket has flip-up mitts. \$300; ShopAdidas.com

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