

GET THINNER THIGHS
IN JUST MINUTES A DAY

SHAPE EXCLUSIVE: 8 WAYS TO
LOSE WEIGHT FASTER

SHAPE
YOUR
LIFE

NEW
RESEARCH
THE
VITAMIN
THAT FIGHTS
FAT

SHAPE

DO THIS p. 112
**DROP
10 LBS
THIS MONTH**

Rockin' Body!
**JEWEL'S
AT-HOME
AB WORKOUT
IT'S EASIER
THAN YOU THINK!**

**DINE OUT,
STAY SLIM**

**12 EASY
SWAPS
THAT CUT
MEGA CALORIES**

**GET MORE
GORGEOUS
WITH LESS
EFFORT** p. 166

**EAT THESE,
LOSE WEIGHT!**
**30 BEST NEW
SNACKS**
ALL UNDER 200 CALORIES!

**CRAZY BUSY?
THIS SPEEDY
WORKOUT
IS FOR YOU** p. 134



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7 WINE AND DINE

Heading out for a night on the town? Look for pubs that offer a wide array of eats. "Pairing your drinks with real food helps curb the depressant effect of alcohol, so you feel less tired," says Koff. Split a few appetizers with friends, like crostini topped with hummus and veggies, and grilled chicken strips dipped in guacamole (bonus: Avocados are high in potassium, which counteracts alcohol's dehydrating effect).

Keep in mind that even one cocktail can cause you to toss and turn at night, leaving you exhausted the next day. "Alcohol can cause drowsiness at first, but afterward it boosts the production of a stress hormone called epinephrine," explains Tanya Zuckerbrot, R.D., a celebrity nutritionist in New York City. "This stimulates the body and increases your heart rate, which can wake you up." From the occasional champagne toast, Jennifer Lopez avoids alcohol entirely. So if you have a party ahead, consider skipping that mojito altogether.

8 DOWN SOME COCONUT WATER

"The first thing I tell clients is to make sure they're drinking enough water," says Jackie Keller,

a nutrition expert who has worked with Ashlee Simpson and Barbra Streisand. In fact, researchers at Tufts University found that **even a 1 to 2 percent dip in hydration—the point at which you start feeling thirsty—can make you sluggish.** "Your cells rely on water to make and use energy," says Keller, who recommends drinking at least half a cup every hour, or 8 cups

throughout the day.

But if you're super active, the plain stuff may not cut it. "For fluids to fully penetrate and hydrate cells, you need electrolytes like sodium and potassium," says Koff. The solution: coconut water, which comes from the young, green fruit. Try Vita Coco (\$24 for a pack of 12; amazon.com), a favorite of Madonna and Jessica Simpson. One 11-ounce container has

nearly 20 percent of your daily potassium needs for a mere 60 calories. "The mineral is also important for muscle and nerve function, which is key for performers and exercisers alike," says Koff. Sip the slightly sweet beverage during workouts. Or get your fix by chugging water and nibbling a potassium-rich snack, such as a banana—you'll notice that your energy hits a high note! ☘



madonna

follows a macrobiotic diet that's high in fresh produce and whole grains