

GL

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Woo hoo
Win
jeans,
tees and
more!

*Demi
Lovato*
How love
changed her life

383

WAYS TO LOOK HOT!

- * Cute clothes for under \$20
- * Summer beauty secrets
- * Flirty hair ideas

Quiz: ARE YOU A BOLD BABE?

HOW TO GET A GUY'S ATTENTION (WITHOUT FREAKING HIM OUT)

June/July 2010, Vol 16, Issue 6

the
perfect
swimsuit
for your
shape!

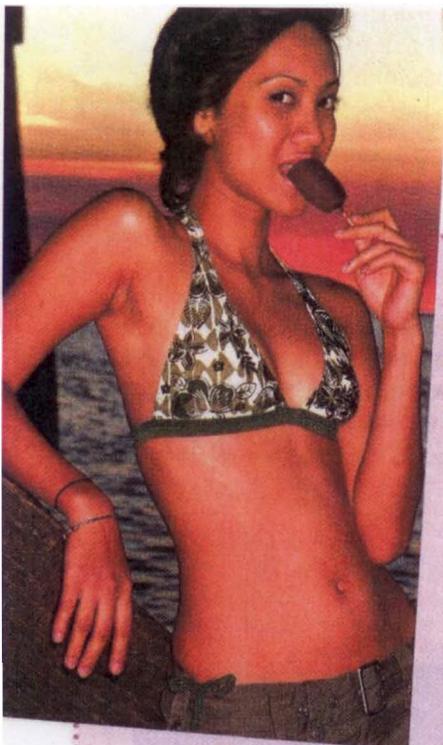
WHAT
GUYS
WISH YOU
KNEW
ABOUT
KISSING

Read this
before ya
lock lips

Turn to page 48
to find out how

HAVE THE BEST SUMMER EVER!





HEALTHY FOODS FOR WHEN TEMPS SOAR

A girl can't survive on ice cream alone, and some days the AC just won't cut it. Here's how to beat the heat with the yummiest treats.

IF YA LOVE...PASTA AND SAUCE CHILL WITH...COLD SOBA NOODLES

Not only do you avoid a steamy plate, but ya get a dash of spice from the peanut-y sauce that's proven to help your bod battle the blazin' temps. Go to girlslife.com for our fave recipe.



IF YA LOVE...LEMONADE 24/7 CHILL WITH...MINTY WATER

Lemonade is so yummy, but it's a sugar-filled sip that shouldn't be downed daily. Instead, chop up some mint leaves and toss them in a glass of ice water. Add a lemon or lime slice. Ah...super refreshing.



IF YA LOVE...A SUPER SUNDAE CHILL WITH...FROYO AND FRUIT

The amount of fat in some icy concoctions is unreal (think: the same as two large fries at McDonald's). Frozen yogurt isn't exactly health food, but we're diggin' a serving of Häagen-Dazs' Wildberry loaded with tropical fruit for a treat.



IF YA LOVE...POTATO SALAD CHILL WITH...CUCUMBER AND TOMATO SALAD

Buh-bye, mayo. Up the vitamin factor with bright tomatoes and ultra-cool cukes. With a li'l cheese and lean meat, you've got a super-chill lunch or a delish side for din. Hit girlslife.com for our make-in-a-minute how-to.



IF YA LOVE...CHIPS CHILL WITH...PICKLES

These salty-meets-crunchy snacks have a slight cooling effect on your bod. Weird, right? They make a snappy sandwich side instead of greasy chips, which can make you feel bloated and so not psyched for swimming.



ASK THE EXPERT

I feel addicted to sugar. My mom keeps soda and candy around, so I down it all the time. What can I do to stop?

Instead of stressing over whether you're hooked on Good Humor bars, the key may be to take a more mindful approach to eating. "It's good to get in touch with your feelings around food," says celeb nutrition expert Jackie Keller. The next time you open the freezer, check in with your emotions. Jackie recommends going through some quick Qs. Are you hungry? Angry? Lonely? Tired? Stressed? (Think "HALTS," an easy mnemonic device that can help ya tag those triggers before ya dig in).

If you realize you're, say, bummed out 'cause your besties are away, take time to address that. If you're actually hungry but snacked recently, it could be thirst. Down a glass of water, and re-evaluate in 20 minutes. Still craving? Snag a healthy nosh.

TRY THIS! YOGA ON WHEELS

OK, before you freak about broken ankles, hear us out. Mobile Yoga is a rad mash-up of powerful rollerblading and Zen-worthy postures that tones all over. Like any yoga practice, you gain balance and sync your breathing before ya try tricky moves. Check out mobileyogaworkout.com for more info and get psyched to zoom into fab shape. Wanna get started this second? Go to girlslife.com for deets on our amazing Rollerblade giveaway. It's gonna be, um, wheel-y fun.

