

Reese Witherspoon's body-sculpting secret • WIN a luxury vacation

SHAPE
YOUR
LIFE

THE
2-MINUTE
BUTT
MAKEOVER
p. 112

GET RESULTS FAST!

**LOSE
10 LBS
THIS
MONTH**

Our best plan ever

*** Guilt-free
comfort foods
(indulge & STILL
lose weight)**

**Sexy arms
in 3 moves**

February 2009



**The
High School
Musical
workout**
How stars like
Ashley Tisdale
stay fit, p. 51

EAT THIS, NOT THAT!

**THE DIET
MISTAKE**
even slim
women make

A NO-SWEAT
WAY TO
BLAST
250
CALORIES

PLUS

Get supermodel hair
with ZERO effort, p. 170



winter sports
that get your adrenaline pumping

➤ Skied out? Break the snow bunny mold with one of these daring activities.

SCALE A WINTRY PEAK
in the Coast Mountains, British Columbia

By the end of this four-day mountaineering course (\$595 Canadian; themountainsschool.com), you'll be boldly snapping brag-worthy photos of yourself 3,000 feet above the valley.

BRAVE THE BOBSLED in Park City, Utah

Slide down an icy course at 55 mph? You'll do that—and live to tell about it—after this clinic at the Utah Olympic Park (\$250; olymparks.com).

CLIMB A WALL OF ICE in New Paltz, New York

Go from "How the heck do I use an ice pick?" to "Let's climb a frozen waterfall!" in one day with this beginner class (\$250; emsclimb.com).

PULL A 360 in Copper Mountain, Colorado

Your day will start indoors on trampolines and in foam pits as you practice basic skills, then you'll take what you learned to the slopes (\$200; woodwardatcopper.com). —MARISSA STEPHENSON



FEEL COMFY ON THE RUN

Whether your sneakers have never seen the pavement or you're an outdoor jogger to the core, you'll find the perfect new tights here. Bottoms up!



FOR MARATHONERS

Pull on a pair of **Skins long tights** (\$115; skins.net) and the company says you'll run 15 percent longer before tiring out, thanks to the circulation boost they provide.

FOR FAIR-WEATHER DAYS

Saucony Omni LX tights (\$60; saucony.com for stores) are just heavy enough for cool-weather training runs. Plus, there's an internal pocket to stash your keys.

FOR CHILLY WORKOUTS

Laugh at the snow in **Brooks Wanganui tights** (\$120; brooksrunning.com). The thermal fabric is water- and windproof, and it wicks moisture.

FOR THE TREADMILL

These **Puma three-quarter tights** (\$45; roadrunner sports.com) are ventilated to cool you down. The waistband sits lower in front for a flattering fit.

dvd of the month

Strong and firm—no weights required!

Crunch Yoga Body Sculpt (\$15; collagevideo.com) doesn't sacrifice muscle toning for mindfulness. You'll warm up with 10 minutes of stretching, then sweat through a series of lunges and squats. Experienced yogis will recognize many of the moves from the sun salutation and warrior series, but newbies can easily follow along. After the 40-minute workout, you'll feel the muscles in your legs and butt burning. And in just

a few weeks, you'll start to see the results too.

For firmer legs, just say ohm

