

STOP BELLY BLOAT FAST
3 EVERYDAY FOODS TO SKIP

EAT MORE, EXERCISE LESS
NEW CELLULITE FIXES

SHAPE

SHAPE
YOUR
LIFE

USE
THIS TOOL
BURN
600
CALORIES
IN 30 MINS.

**YOUR BEST
BODY EVER!**

SLIMMER BY NEXT WEEK

**TRY THIS
PLAN, SEE
RESULTS
IN JUST
5 DAYS**

**"HELP!
MY JOB
IS MAKING
ME FAT"**

**SNEAKY WAYS
WORK PACKS
ON POUNDS**

Display until June 21, 2010



June 2010 | Shape.com | \$4.99 U.S. | \$5.99 Canada

REVEALED!

KIM KARDASHIAN

**"I'LL NEVER
BE ONE OF THOSE
SKINNY GIRLS,
SO WHAT?"**

**PLUS THE 7 MOVES
THAT HELPED HER GET
THESE CURVES p. 78**

**A FIRM BELLY
IN 30 DAYS**

FLAT ABS THE TRUTH!

**WHY ENDLESS
CRUNCHES
DON'T WORK
AND WHY
THIS DOES**
p. 159

THE 28 SEXIEST SWIMSUITS!

THEY SOLVE ALL YOUR FIGURE PROBLEMS

**WHAT GUYS
LOVE ABOUT
YOUR BODY
(YOU'LL BE
SURPRISED!) p. 39**

TORCH 400 CALORIES IN 20 MINUTES

That's what a kettlebell workout can do, according to a study by the American Council on Exercise. Hefting the cannonball-shaped weights strengthens your muscles, and because you're doing exercises that require quick bursts of movement, your heart rate jumps, helping you burn mega calories. Test it for yourself with the kettlebell plan at shape.com/kb.



“It puts you at risk of falling, and when you gaze down, your posture suffers,” says Polly de Mille, Ph.D., an exercise physiologist at the Women’s Sports Medicine Center at the Hospital for Special Surgery in New York City. What’s more, if you’re consumed by that chapter of *Twilight*, you’re likely not working as hard—or burning as many calories—as you could be.



Make that gossip mag a post-workout treat

**STOP!...
READING ON
THE TREADMILL**

TRY THIS!

Sign up for a strength-training session with a pro. Exercise newbies who lift weights with a coach **increase their strength 33 percent** more during the first three months than those who go it alone.

SOURCE: JOURNAL OF STRENGTH AND CONDITIONING RESEARCH

NEW!

LANACANE™ Anti-Chafing Gel

SOOTHES & PREVENTS

CHAFING

Soreness from skin rubbing on skin & skin on clothing

ANTI-FRICTION FORMULA
Dries On Contact

FEELS SILKY
Long-Lasting Comfort

NON-GREASY
Non-Staining, Moisture-Proof



Stop Chafing, Keep Moving!

Introducing Lanacane™ Anti-Chafing Gel.

Just a dab gives skin a lasting silkiness to soothe and prevent chafing and irritation, anywhere repeated motion rubs skin raw — shoulders, waistline, under arms, inner thighs, feet. **Don't make a move without it!**

www.Lanacane.com