

Best fat-burning breakfast • Summer meals that won't blow your diet

SHAPE  
YOUR  
LIFE

MINI  
WORKOUT,  
MAX  
RESULTS  
P. 98

ALL NEW MOVES!

# BLAST BELLY FAT

Firm, flat abs in  
just one month

Get more  
energy...  
even if you  
can't get  
more sleep

SNEAKY  
SPOTS THAT  
AGE YOU

August 2009

FITTER THAN  
EVER AT 37!

JADA  
PINKETT  
SMITH

7 moves that  
got her THIS  
sexy & sculpted

30-MINUTE PLAN

# WALK YOUR WAY SLIM

Drop 5, 10, 30+ lbs  
No gym necessary

THINNER  
THIGHS  
IN 10  
MINUTES

PLUS

TURN BACK THE CLOCK!  
The age-fighting habits  
to start TODAY

\$4.99 U.S. \$5.99 Canada  
Shape.com

# fashion & function



Wear this **Lands' End** microfiber rain hat (\$23; [landsend.com](http://landsend.com)) and your blowout will survive summer showers.



Stash the **Princeton Tec** Amp 1.0 flashlight (\$15; [rei.com](http://rei.com)) in a pack or hang it on your scuba belt—it's waterproof up to 328 feet.

## water works

Weatherproof your routine with this stay-dry gear.

BY JEANINE DETZ

The 10-megapixel **Olympus** Stylus Tough-6000 digital camera (\$300; best [buy.com](http://buy.com)) can survive a drop into a pool.



Most water-resistant watches look sporty, but the **Freestyle** Bliss (\$70; [freestyleusa.com](http://freestyleusa.com)) is stylish.



This **Columbia** Forest Flip rain jacket (\$115; [columbia.com](http://columbia.com) for stores) is breathable, so you won't feel clammy.

Rain or shine, tuck work essentials into the roomy **Patagonia** Single Shot bag (\$50; [patagonia.com](http://patagonia.com)).



Go ahead, run through that stream! The **Asics** Gel-Trabuco 11 WP (\$100; [zappos.com](http://zappos.com)) has a **Gore-Tex** liner.