

Best swimsuits for your figure • Eat pizza, lose weight • Grab-and-go breakfasts

SHAPE  
YOUR  
LIFE

**4**  
**WEEKS**  
**TO BIKINI**  
**ABS**  
NO CRUNCHES  
NECESSARY

SLIM DOWN BY MAY 31

# GET THE BODY YOU WANT

in the time you have

- ✓ Busy woman's diet
- ✓ Super-quick fat burner
- ✓ Real-life diet tricks

**5 nutrients**  
**you need now**  
(Surprise! NOT calcium)

**\* All-natural allergy cures**

May 2008

**"I need an  
at-home  
exercise  
routine"**

A FITNESS  
DILEMMA—SOLVED  
p. 162

# BLAST 700 CALORIES

**The cardio plan  
anyone can do**

**<GO FROM  
FLAB TO FAB**

The workout  
that got Denise  
Richards strong  
& sculpted

# PLUS

**"I have skin cancer WHERE?"**

Real women, lifesaving advice, p. 105

# 2008 gear bonus

## WATER

### dive in

Whether you're swimming laps at a pool or catching a wave, one thing's for sure: Exercising in the water never feels like work, despite all of the calories it burns. This equipment will help you stay comfy *and* have a blast.



The back of the **Stohlquist Women's Cruiser life vest** (\$90; [ems.com](http://ems.com)) is cut higher than typical personal flotation devices to comfortably fit above most kayak seat backs, eliminating painful rubbing.



A **Carve Designs Trestles tank top rash guard** (\$45; [carvedesigns.com](http://carvedesigns.com)) provides extra sun protection for your back and puts a welcome barrier between your belly and the board.



Adjustable straps on the **TYR cross-back workout bikini** (\$64; [tyr.com](http://tyr.com)) ensure the suit stays put, but its scoop neckline and high leg lines scream beach, not swim team.

Lace up these **Sperry Seasport toggle shoes** (\$70; [sperrytopsider.com](http://sperrytopsider.com)) with one tug of the pull cord. They drain quickly, and the non-marking soles grip slippery decks.



The women-specific **Necky Eliza Ultralite kayak** (\$2,600; [neckykayaks.com](http://neckykayaks.com) for stores) weighs just 43 pounds, so you can easily hoist it onto a roof rack on your own.



The roll-top closure on these nylon **Outdoor Research dry ditty bags** (\$25 for a set of three; [outdoorresearch.com](http://outdoorresearch.com)) creates a waterproof seam that protects your belongings.

