

DOUBLE YOUR CALORIE BURN: Our Amazing Breakthrough Plan!

SHAPE
YOUR LIFE
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SHAPE

**LOSE
INCHES
ALL
OVER**

**NO MACHINES,
NO WEIGHTS,
NO SWEAT!** P.2

**WHY EATING
FAT IS A
GOOD THING**

**GET
SEXY
LEGS
FAST**

**A Fitness
Icon's Best
Move!**

**Brooke
Burke-Charvet**

**How She Stays
This Hot at 41**

Addictive

**The Fitness
Trend That Will
RESHAPE
YOUR BODY
(IT WORKS!)**

SILKY, SHINY HAIR
How to Get It
& Make It Last P.34

**BREAST
CANCER**
Proven New Ways
to Protect Yourself

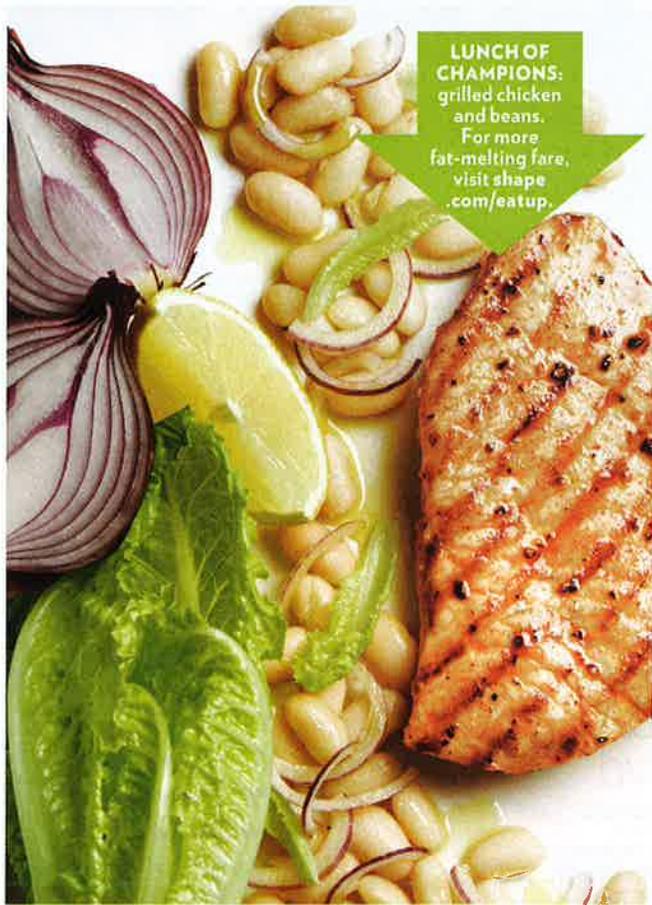
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\$4.99US \$5.99CAN



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LUNCH OF CHAMPIONS: grilled chicken and beans. For more fat-melting fare, visit shape.com/eatup.

EAT UP, SLIM DOWN

Want to fry more flab? Stop by the kitchen before heading to the gym. Eating a low-glycemic, fructose-free meal two hours prior to a workout prompts your body to use fat (instead of carbohydrates) as fuel, according to new research published in the *European Journal of Applied Physiology*. "High-glycemic foods [those that elevate blood sugar levels] increase insulin, which hampers fat burning," says Jim White, R.D., a spokesman for the Academy of Nutrition and Dietetics. "Likewise, fructose [fruit sugar] ups lactate levels, with the same result." To maximize the blast, opt for lean proteins, beans, whole grains, and nuts.



En pointe: Bowers demonstrates a move guaranteed to tighten your tush.

{PRESS PLAY}

On Your Toes



Get the trim, toned body of a ballerina without stepping up to the barre. In the new DVD *Ballet Beautiful: Total Body Workout* (\$15; balletbeautiful.com), former dancer Mary Helen Bowers shares the method she used to whip Natalie Portman into shape for *Black Swan*. You'll perform a familiar mix of body-weight moves—think bridges and dips—and ballet basics, like pliés and relevés, during the six 5- to 15-minute routines. Bowers makes the exercises look easy, but with high reps and few rest periods, you'll wish this workout had an intermission. Mix and match the segments to target the body parts you want to sculpt most, or do them all for a 60-minute session. In a few weeks, you'll look ready to take center stage.

Trend Spotter

Workout Remix

Just as DJs fuse music genres to create new sounds, gyms now offer fitness mash-ups that bust boredom and boost motivation. BY MALLORY CREVELING



Rowing + Strength Training = SHOCKWAVE In this 30- to 45-minute class at **Equinox Fitness Clubs**, you'll move with a group through four circuits. The time you spend at the three resistance-based stations is set by your peers on the rowers; the longer they take to row a certain distance, the longer you'll be lifting.

Pilates + Weights = POUND With an upbeat soundtrack in the background of this 45-minute **Crunch Fitness** class, you'll make some noise yourself, thanks to ¼-pound drumsticks. Strike the sticks together or tap them on the floor as you do Pilates-inspired moves to sculpt your arms and uncover your inner rock star.

Hot Vinyasa Yoga + Plyometrics = BASSETT'S BOOT CAMP If the studio's 95- to 100-degree temps don't leave you drenched, the über-tough workout will. This 75-minute class at **Pure Yoga** in NYC combines high-intensity moves like Mountain Climbers with yoga poses and meditation to challenge your body and mind.

>STRESS LESS

FOR 56 PERCENT OF AMERICANS, RUNNING IS MORE SOOTHING THAN THERAPY.

SOURCE: EVENTBRITE/HARRIS INTERACTIVE SURVEY