

FLAT, SEXY, TIGHT? YES, YOUR ABS! p. 59

# SELF

YOU  
AT YOUR  
BEST

## Drop 1 Size in 2 Weeks

A Sweat-Free Way to  
Burn Calories Faster

Take 5 Years Off Your Face  
Antiagers for Every Budget

Eat Great,  
Lose Weight  
Slimming Summer  
Dishes p.152

Freshen Your Look  
Little Beauty and Style  
Tweaks With a Big Impact

## Get Naturally Happy

The Surprising Mood Booster p. 107

Kelly  
Clarkson  
On Turning  
Sadness Into  
Success p. 148

FREE!

Recipes,  
Menus &  
Healthy  
Shopping  
Lists at  
Self.com

SEX LIFE SPECIAL

NEW IDEAS TO MAKE SPARKS FLY!

## Sneak(er) attack!

From loads of new releases, SELF chose these fab finds. They'll jump out at you, too. By Mary Christ Anderson



**1 Double duty** Just Velcro and go in the Twentyfour7 Daya, a cross-trainer with a mesh upper made for low impact and errands. \$65; ShopAdidas.com

**2 Big softie** The übercushioned Gel-Nimbus 9 has updates like a more plush heel crash pad for even smoother jogs. \$120; Asics.com for stores

**3 Run like a grrrl** Woman-specific touches (a snugger collar and narrower heel) give the Premier Hatana a Cinderella-perfect fit. \$85; Reebok.com

**4 Ready, steady** Low-arched or sprain-prone runners will relish the extended stability bridge of the 858. \$100; NewBalance.com for stores

**5 Spring-loaded** A flexible plate inside the lightweight Grid Sinister creates a propelling effect to help you kick up your heels. \$90; Saucony.com

**6 Dance revolution** Serious about cardio hip-hop? So is the Zoom MC Lea, with its second-skin feel and bouncy heel and ball pads. \$90; NikeStore.com

**7 Walk it out** Whether you stroll or speed by, the MC2 Walk's extra shock-absorbing technology can help you stride longer. \$80; Ryka.com

**8 Great outdoors** If your running loop is woody or uneven, deep tread grooves and a water-repellent upper on the Complete Trailfox II make it an ideal companion. \$100; Puma.com