

13 Weight Loss Tricks That Work! p.92

IT'S GOOD TO BE YOU™

Women's Health

**FOODS THAT
BURN
FAT!**

**THE ULTIMATE
GET-FIT DIET**

**INSTANT
HEALTH
FIXES** p.128

**Sex and
Satisfaction**
(Get More of Both!)

**THE
PERFECT
WORKOUT
FOR
YOUR
BODY
TYPE!**

**RELAX &
RECHARGE**
27
**AMAZING
SPA TRIPS**

NEW!
**SHINY HAIR
MADE EASY**

2,793
**COOL HEALTH,
FITNESS, SEX &
NUTRITION TIPS**



IN FOCUS **STYLE**



Lyocell
This eco-friendly, 100 percent biodegradable cotton alternative is made from wood fibers.

Flyweight

Layer these tissue-paper-thin tops for warmth or wear just one in mild weather. They're so light that if you wash them out at night, they'll dry in time for your morning workout. (On models) At left: **Fila Benessere Lyocell pullover hoodie**, \$54, Nordstrom stores nationwide. At right: **Ryka Freestyle hoodie**, \$46, ryka.com. (Insets) At left: **SmartWool Spectrum hoodie**, \$95, smartwool.com. At right: **Ex Officio ExO Dri pointelle hoodie**, \$40, exofficio.com

stuff i love

In the Clear

I'm addicted to Ziplocs—I put everything from snacks to swimsuits in them. That's why I'm all over these fab **HipZipz bags**. They're sturdy, reusable plastic pouches, made popular by the recent airline crackdown on carry-ons. They come in a variety of sizes, with designs ranging from colorful flowers to fire-breathing dragons. Your handbag and gym duffel will never be the same. \$10 for three, hipzipz.com



FASHION DIRECTOR VICKY MCGARRY TELLS US WHAT SHE'S JONESING FOR THIS MONTH

Top Dogs

You can never have enough **flip-flops**. My newest pair, from **Aquaz**, is sort of a sport-sandal, spa-sandal hybrid. The supportive arch and massaging bumps keep your feet comfy, and a patented drainage system keeps them cool and dry. A hint of jasmine scents the soles to prevent funky flip-flop odor. *Athena things*, \$50, aquazinc.com



H2-Oh!

I admit it: I'm a sucker for trendy water bottles. So this spring I'll be rotating between two. These flask-shaped graphic **bottles from SEI Water and Fred**, both filled with **Catskill Mountain spring water**, make me feel like I'm at a Yankees game instead of the office. \$1.60 for 275 ml, \$1.90 for 500 ml, or \$2.60 for 1 l, seiwater.com; \$1.75 for 600 ml, lovedfred.com

