

Reese Witherspoon's body-sculpting secret • WIN a luxury vacation

SHAPE  
YOUR  
LIFE

THE  
2-MINUTE  
BUTT  
MAKEOVER  
p. 112

GET RESULTS FAST!

**LOSE  
10 LBS  
THIS  
MONTH**

Our best plan ever

**\* Guilt-free  
comfort foods  
(indulge & STILL  
lose weight)**

**Sexy arms  
in 3 moves**

February 2009



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

**The  
High School  
Musical  
workout**  
How stars like  
**Ashley Tisdale**  
stay fit, p. 51

EAT THIS, NOT THAT!

**THE DIET  
MISTAKE**  
even slim  
women make

A NO-SWEAT  
WAY TO  
BLAST  
**250**  
CALORIES

**PLUS**

Get supermodel hair  
with ZERO effort, p. 170



winter sports  
that get your adrenaline pumping

➤ **Skied out? Break the snow bunny mold with one of these daring activities.**

**SCALE A WINTRY PEAK**  
in the Coast Mountains, British Columbia

By the end of this four-day mountaineering course (\$595 Canadian; [themountainschool.com](http://themountainschool.com)), you'll be boldly snapping brag-worthy photos of yourself 3,000 feet above the valley.

**BRAVE THE BOBSLED** in Park City, Utah

Slide down an icy course at 55 mph? You'll do that—and live to tell about it—after this clinic at the Utah Olympic Park (\$250; [olymparks.com](http://olymparks.com)).

**CLIMB A WALL OF ICE** in New Paltz, New York

Go from "How the heck do I use an ice pick?" to "Let's climb a frozen waterfall!" in one day with this beginner class (\$250; [emsclimb.com](http://emsclimb.com)).

**PULL A 360** in Copper Mountain, Colorado

Your day will start indoors on trampolines and in foam pits as you practice basic skills, then you'll take what you learned to the slopes (\$200; [woodwardatcopper.com](http://woodwardatcopper.com)). —MARISSA STEPHENSON

dvd of the month

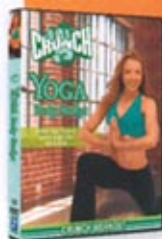
**Strong and firm—no weights required!**

*Crunch Yoga Body Sculpt*

(\$15; [collagevideo.com](http://collagevideo.com)) doesn't sacrifice muscle toning for mindfulness. You'll warm up with 10 minutes of stretching, then sweat through a series of lunges and squats. Experienced yogis will recognize many of the moves from the sun salutation and warrior series, but newbies can easily follow along. After the 40-minute workout, you'll feel the muscles in your legs and butt burning. And in just

a few weeks, you'll start to see the results too.

For firmer legs, just say ohm



**FEEL COMFY ON THE RUN**

Whether your sneakers have never seen the pavement or you're an outdoor jogger to the core, you'll find the perfect new tights here. Bottoms up!



**FOR MARATHONERS**

Pull on a pair of **Skins long tights** (\$115; [skins.net](http://skins.net)) and the company says you'll run 15 percent longer before tiring out, thanks to the circulation boost they provide.

**FOR FAIR-WEATHER DAYS**

**Saucony Omni LX tights** (\$60; [saucony.com](http://saucony.com) for stores) are just heavy enough for cool-weather training runs. Plus, there's an internal pocket to stash your keys.

**FOR CHILLY WORKOUTS**

Laugh at the snow in **Brooks Wanganui tights** (\$120; [brooksrunning.com](http://brooksrunning.com)). The thermal fabric is water- and windproof, and it wicks moisture.

**FOR THE TREADMILL**

These **Puma three-quarter tights** (\$45; [roadrunner sports.com](http://roadrunner sports.com)) are ventilated to cool you down. The waistband sits lower in front for a flattering fit.