

DROP 10 POUNDS WITHOUT TRYING One simple tweak makes all the difference

SHAPE

SHAPE
YOUR
LIFE

WALK
OFF
MORE
CALORIES
p.112

START TODAY!

**GET
SLIM
IN JUST
5 WEEKS**

THE PERSONALIZED
PLAN THAT

- ✓ BLASTS FAT
- ✓ BOOSTS ENERGY
- ✓ SCULPTS EVERY INCH

*** Not in
the mood?**
How to boost your
libido by tonight

**HEATHER
LOCKLEAR**

"How I stay strong
during tough times"

**HER 10 RULES
TO LIVE BY**

**Winter-
Weary Skin**
30-second
cures

SPECIAL REPORT

**The #1 killer
of women**

You'll want to
see your doctor
after reading
this, p.138



\$3.99 U.S. \$4.99 Canada
February 2007 Shape.com
Display until February 6, 2007

PLUS Fabulous Fakes

7 ANIMAL-FRIENDLY WAYS TO STAY STYLISH

fashion & function



This **Adidas** by **Stella McCartney** "Winter Sports Performance" suit (\$700; shopadidas.com) proves that a one-piece can be stylish.

Spyder "Stretch Opal" gloves (\$95; spyder.com for stores) sport tiny pockets for disposable hand-warmer inserts.



Snuggle up against the fleece-lined collar of this **Free Country** down vest (\$79; 888-FREE-NYC).

ski and be seen

You'll be ready to brave the slopes, and the lodge afterward, in this stylish snow gear.

BY KATIE GOLDSMITH



Slip on this sleek **Nils** "Genevieve" sweater (\$130; nils-sport.com for stores) after the last run of the day.



Roxy "Chickadee 3" goggles (\$80; roxy.com for stores) have three different anti-fog features and lenses that improve your vision on gray, snowy days.



Protect your eyes from the harsh UV rays that reflect off the snow with these **Uvex** "Lacy" sunglasses (\$60; uvexsports.com).



This **Tissot** "T-Touch" titanium watch (\$695; 800-2-TISSOT) tells time and reads the altitude, temperature, and barometric pressure at the top of the mountain.



Ride Snowboards "Onyx" boots (\$200; ride-snowboards.com for stores) have higher arches, a narrower footbed, and a flexible liner cuff to fit a woman's calf.

ERIKKA MCCONNELL: STILL LIFE; MARK PLATT: PROP STYLING; ANNE WLAJEWSKI/BJL BENNETT