

Best fat-burning breakfast • Summer meals that won't blow your diet

SHAPE
YOUR
LIFE

MINI
WORKOUT,
MAX
RESULTS
P. 98

ALL NEW MOVES!

BLAST BELLY FAT

Firm, flat abs in
just one month

Get more
energy...
even if you
can't get
more sleep

SNEAKY
SPOTS THAT
AGE YOU

(Hint: it's **not** just
wrinkles) p. 154

FITTER THAN
EVER AT 37!

JADA
PINKETT
SMITH

7 moves that
got her THIS
sexy & sculpted

30-MINUTE PLAN

WALK YOUR WAY SLIM

Drop 5, 10, 30+ lbs
No gym necessary

THINNER
THIGHS
IN 10
MINUTES

STRESS
FREE
SEX

You asked,
we have the
answers, p. 34



\$4.99 U.S. \$5.99 Canada
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PLUS TURN BACK THE CLOCK!
The age-fighting habits to start TODAY

in the dressing room



THIS MONTH'S DILEMMA

reinventing the tee

Executive style director Jacqui Stafford shows one reader how to make this basic anything but.

I LOVE THE COMFORT OF T-SHIRTS, BUT HOW CAN I MAKE THEM LOOK MORE POLISHED?

With an eye-catching pattern or embellishment, this simple staple is instantly transformed into a statement-making piece. Since layering is another way to add color and dimension to your outfit, opt for a top in a lightweight fabric (like cotton) with just enough stretch to hug your curves without emphasizing bulges. Finally, look for a neckline that accentuates your best assets (say, a deep V if you're large-busted or a boatneck to divert the focus from a heavier bottom half).

News flash: Andrea Angelucci, 26, an associate advertising manager in New York City, is ready for a night on the town in a playfully patterned scoop-neck that showcases her décolletage—and personality.

FOR WORK



A bold hue pops against a neutral-colored tee.
Nanette Lepore cardigan (\$195; Nanette Lepore, Chevy Chase, Md., 301-657-1515).
Michael Stars T-shirt (\$56; michaelstars.com).
Worthington belted skirt (\$36; jcp.com for stores).
Talbots tote (\$99; talbots.com).
Stuart Weitzman platforms (\$335; Stuart Weitzman, Santa Clara, Calif., 408-247-2036).

FOR EVENING



Chain detailing gives a white tee p.m. panache.
Nanette Lepore Jacket (\$395; bloomingdales.com).
213 Industry T-shirt (\$137; 213 Industry, L.A., 213-765-0701).
Kenneth Cole New York skirt (\$98; 800-536-2653 for stores).
Melle Bianco clutch (\$45; shopdistinction.com).
Marshall's heels (\$50; marshallsonline.com for stores).

FOR WEEKEND



Flaunt your fun side with a cartoon-inspired style.
Custo Barcelona T-shirt (\$85; custo-barcelona.com).
Anatomie pants (\$185; anatomiestyle.com).
RuMe bag (\$18; rumebags.com).
Tina Frey bracelet (\$198; Studio Joy Li, Scottsdale, Ariz., 480-970-1043).
Born sandals (\$85; bornshoes.com).



Guest T-shirt (\$49; guss.com).
Guess by Marciano pants (\$128; marciano.com).
J.C. Penney necklace (\$24; jcp.com for stores).
Chinese Laundry clutch (\$40; dsw.com).
Colin Stuart for Victoria's Secret Catalogue heels (\$98; victoriassecret.com).

MEAGAN DUNN/OP; HAIR: MONIKA JAHNSON/WALTERS; STYLING: JENNIFER HARRINGTON/OP; MAKEUP: JESSICA WATERS/STYLING; STYLING: LUCY FICCOLI/OP; STYLING: EDDY MCANULTY/OP