

GET THINNER THIGHS
IN JUST MINUTES A DAY

SHAPE EXCLUSIVE: 8 WAYS TO
LOSE WEIGHT FASTER

SHAPE

SHAPE
YOUR
LIFE

NEW
RESEARCH
THE
VITAMIN
THAT FIGHTS
FAT

ROCKIN'
BODY!

JEWEL'S
AT-HOME
AB WORKOUT
IT'S EASIER
THAN YOU THINK!

DO THIS p. 112
DROP
10 LBS
THIS MONTH

GET MORE
GORGEOUS
WITH LESS
EFFORT p. 166

EAT THESE,
LOSE WEIGHT!

30 BEST NEW
SNACKS
ALL UNDER 200 CALORIES!

DINE OUT,
STAY SLIM

12 EASY
SWAPS
THAT CUT
MEGA CALORIES

CRAZY BUSY?
THIS SPEEDY
WORKOUT
IS FOR YOU
p. 134

THE SEXIEST BODIES IN
MUSIC
STAY-FIT SECRETS OF PINK, GWEN, KATY & MORE!

get fit | NEWS

YOGA CLASSES FOR \$1

We've found the best fitness deal of the summer: Pay \$30 for a Passport to Prana (passportoprana.com) card and you'll get access to one yoga class in at least 30 participating studios in a metro area (visit them all and that's \$1 a class!). The program has seven cities on board now, and will expand to six more by fall. Nab yours and for once experience buyer's rejoice.



Need a mat? Get one at shopkate.com

SHAPE'S HOT LIST

3 ways to firm up in July

HOW WE'RE GETTING FIT...

● **CallRopes** (\$75 each; callropes.com) Using heavy, oversize ropes—remember those grade school tug-of-war games?—is the new way to sculpt your abs and arms (celebrity trainer Gunnar Peterson uses them

with clients). You anchor the middle to a sturdy object, hold an end in each hand, then pump and swing. Trust us, it's harder than it looks!

WHERE WE'RE GOING...

● **Vail Trail Running Camp with Bart Yasso** (\$695;

imathlete.com) The clinic—which runs from July 18 to 21—includes small-group coaching sessions with pro runners, plus yoga and nutrition classes.

WHAT WE'RE CARRYING...

● **the Ellington Lindsay tote** (\$99; ellingtonhandbags.com) The stylish, roomy gym bag has a compartment to stash sneakers, and it's made of silky crushed nylon that wipes down easily.



One 30-foot rope weighs about 35 pounds