

THE LITTLE TRICK THAT STOPS OVEREATING, P. 30

**REBECCA
ROMIJN**
How She
Finds Joy
Every Day

YOU
AT YOUR
BEST

SELF

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15 minutes TO YOUR BEST SELF

GOT 1 MINUTE?

Take it outside

Don't wait for weekends to get your fill of sunshine. "If you spend time outside now, while the weather is still agreeable, you're more likely to continue to stay out and about in the fall," says Sherri Ziff Lester, a life coach in Los Angeles. Eating breakfast or even balancing your checkbook in your yard or local park can be a summery treat. Each morning, come up with a couple of to-do's to tackle alfresco. Ta-da! A happier you. —Catherine Ryan

GOT 4 MINUTES?

Know what's important

Making time for what matters most can be tricky. To stay focused and true to yourself, try creating a personal metaphor, a guiding image that reflects your values. Here's how:

- **STEP 1 Ask what image keeps surfacing.** Consider which animals, objects or themes recur for you and why. It may be an acrobat in a spangly leotard, spurring you to stretch yourself while squeezing in more fun.
- **STEP 2 See how to embody the image.** Envision what would happen if you lived according to this guiding light. Would you step up to a new challenge? Meet pals on a whim after work? Think of an action you can take today to bring your metaphor to life.
- **STEP 3 Display your vision at eye level.** Post a prominent visual reminder of the desired image. For instance, frame a poster of an airborne circus performer sheathed in gold lamé. You'll be more likely to weave her message into your life and dare to reach new heights yourself. —Lois Barth

TINY TIP

To find out movie times, the closest java joint and other must-knows in a new city, text Google (466453). You'll be instantly acclimated.

GOT 10 MINUTES?

Firm up fast

Enhance your toning while splashing around by slipping on flippers. "Fins make laps easier, so you can go longer and burn more calories," says Andrew Wolf, an exercise physiologist at Miraval, a resort near Tucson, Arizona. Swim at 80 percent of your capacity for 10 minutes. As you get stronger, rest two minutes, then repeat twice for legs that make waves. —Liz Miersch