

SNACK YOUR WAY SLIM Tasty treats, 100 calories or less

# SHAPE

SHAPE  
YOUR  
LIFE

2 MINS  
TO  
FLATTER  
ABS  
P. 79

SO LONG, CELLULITE!

## WALK YOUR BUTT OFF!

Lose weight  
and get  
culpted FAST

**QUICK**  
**150-CALORIE**  
**FAT BLAST**, p. 96

**STAY-FIT**  
**SECRETS OF**  
Beyoncé,  
Rihanna & Britney

DANCING  
WITH THE STARS

★ ★ ★

**JULIAN**  
**Hough**  
dishes with  
LeAnn  
Martinez  
about love  
life, and  
*those*  
rumors, p.



1 MONTH  
MAKEOVER

## DROP DRESS SIZE

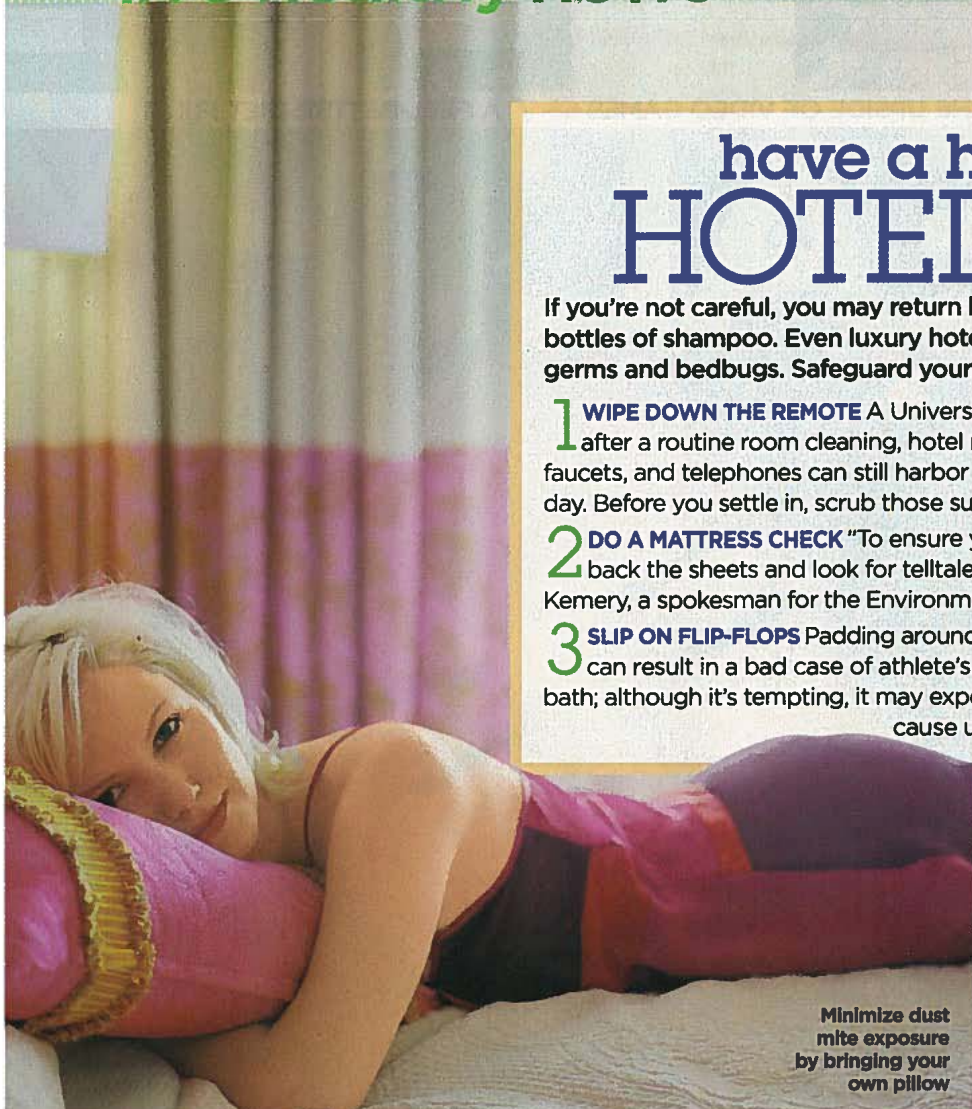
This plan gets results

3 steps  
to strong  
sexy arms  
p. 88



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**PLUS!** THE 50 BEST WORKOUT SONGS



## have a healthier HOTEL STAY

If you're not careful, you may return home with more than a few tiny bottles of shampoo. Even luxury hotel rooms can be contaminated with germs and bedbugs. Safeguard yourself with these moves.

**1 WIPE DOWN THE REMOTE** A University of Virginia study found that even after a routine room cleaning, hotel remote controls, light switches, faucets, and telephones can still harbor cold- and flu-causing viruses for a day. Before you settle in, scrub those surfaces with an antibacterial wipe.

**2 DO A MATTRESS CHECK** "To ensure your room is free of bedbugs, peel back the sheets and look for telltale small, rust-colored stains," says Dale Kemery, a spokesman for the Environmental Protection Agency.

**3 SLIP ON FLIP-FLOPS** Padding around the bathroom or shower barefoot can result in a bad case of athlete's foot. Also avoid using the whirlpool bath; although it's tempting, it may expose you to the microorganisms that cause urinary tract infections and rashes.

Minimize dust mite exposure by bringing your own pillow



green living

### eco-friendly backyard BBQs

Before your next cookout, do the planet a favor by picking up these four alfresco-eating staples. —ALICE OGLETHORPE

			
<b>FLAME DISK</b>	<b>INSECT SHIELD CLOTHING</b>	<b>YELLOW + BLUE WINE</b>	<b>EARTH SHELL PLATES</b>
Slip this in your charcoal grill, light it, and you'll get 40 minutes of fire while generating 99 percent less carbon monoxide. (\$5; <a href="http://flamedisk.com">flamedisk.com</a> )	The fabric used to make the shirts, jackets, pants, hats, and socks in this line has a chemical-free bug repellent built in. (from \$10; <a href="http://insectshield.com">insectshield.com</a> )	These organic wines are packaged in recyclable paper boxes that require less fuel to ship than heavy bottles. (\$12; <a href="http://ybwin.com">ybwin.com</a> )	Swap your paper picnicware for biodegradable plates made from potato and corn starches, limestone, and water. (\$3; <a href="http://earthshell.com">earthshell.com</a> )

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percentage of dietary supplements that contain caffeine but don't list it on their labels

Those herbal energy, sports-enhancement, and weight-loss pills can pack in more caffeine than two cups of coffee. Too much of this stimulant can lead to jitteriness and insomnia, so go easy on products with caffeine-containing ingredients, such as guarana, yerba maté, green or black tea, and cocoa.

SOURCE: USDA AGRICULTURAL RESEARCH SERVICE