

THE DRUG-FREE HEADACHE CURE: IT WORKS!

# SHAPE

SHAPE YOUR LIFE

10 MINUTE TONE UP 3 TOTAL BODY MOVES

LOVE YOUR BODY & YOURSELF  
CONFIDENCE BOOSTING LESSONS

MARISA MILLER  
HOW SHE STAYS BEACH READY YEAR ROUND!

BURGERS PIZZA & FRIES THAT WON'T STICK TO YOUR THIGHS!  
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5 WAYS TO BEAT THE WINTER BLUES  
HINT: THEY'RE IN YOUR MAKEUP BAG  
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FLAT ABS, TIGHT TUSH, KILLER LEGS!  
SCULPT YOUR BEST BODY YET!

SEXTING  
IS IT HELPING OR HURTING YOUR LOVE LIFE?

February 2011 Shape.com \$4.99 U.S. \$5.99 Canada Display until February 21, 2011 0 2>



100-calorie snack



## LOVE at first bite

This Valentine's Day, treat yourself to **Happy Goat Handmade Goat Milk + Vanilla Bean Caramels** (\$10 for 14; [surlatable.com](http://surlatable.com) for stores).

The confections are individually wrapped, which makes it hard to munch mindlessly. Plus, the chewy texture means you can savor them longer than you would melt-in-your-mouth chocolate.

BRAVO PHOTO

## HOW ONE FOODIE STAYS FIT

➔ Baked Alaska, passion fruit cannoli, chocolate pudding cake... those are just three of the 12 treats *Top Chef: Just Desserts* judge **Gail Simmons** had to taste for the show's finale. "Weight gain would be an occupational hazard if I didn't work out and control my portions," she says. Read on for three more ways Gail, who's currently critiquing contestants on *Top Chef: All Stars*, finds balance.

➔ **Be sweet smart** "A little dark chocolate—70 percent cacao or higher—goes a long way. I'm also obsessed with Trader Joe's Nothing But Bananas, Flattened. They taste like candy, but the only ingredient is dried bananas!"

➔ **Stop last-meal thinking** "My mantra is, 'There will *always* be another meal—and it will probably be really delicious.' Reminding myself of that when I'm eating a rich dish helps me stop after a couple of bites."

➔ **Put things in perspective** "Would I love to lose 10 pounds? Sure; who wouldn't! But I refuse to let my life revolve around that. I'd much rather focus on the fact that I'm a smart woman, I've found a good man to love me, and I have an amazing job."



"I bring my running shoes wherever I go," says Gail