

**YOUR DREAM BODY  
IN ONE WORKOUT A WEEK**

**WHAT TO EAT FOR  
GORGEOUS HAIR**

# SHAPE

SHAPE  
YOUR  
LIFE

**FIGHT  
STRESS  
WITH  
CHOCOLATE**  
ALL-NEW  
RESEARCH  
p.153

**RESULTS IN 4 WEEKS!**

**HOW TO  
WALK OFF  
BELLY  
FLAB**

*EXCLUSIVE!*

**Chelsea  
Handler**

**"HOW I GOT  
THESE SERIOUSLY  
SEXY ABS" p.58**

**BONUS! FREE  
WORKOUT CARDS**

**TAKE 2 INCHES  
OFF YOUR THIGHS**

**SLIM DOWN IN JUST  
15 MINUTES A DAY**

 **SPRING  
SKIRTS  
THAT WILL  
SHAVE OFF  
10 POUNDS**

**20**

**SNACKS  
THAT HELP  
YOU LOSE  
WEIGHT**

**(YUMMY CUPCAKES  
AND MORE!) p.106**

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# 2010 green awards

## light lunch

Say good-bye to paper sacks and plastic bags and carry your meals and snacks in the **Aladdin Sustain lunch set** (\$20; [aladdin-pmi.com](http://aladdin-pmi.com)), which includes a 100 percent recycled tote and containers.



## sweet rewards

This year **Green & Black's Organic chocolate** will become Fair Trade-certified—including this new peanut bar (\$4; at drugstores). The company has pledged millions of dollars to support local cocoa farmers.



**it's in the bag**  
The **Looptworks Weilong travel bag** (\$45; [looptworks.com](http://looptworks.com)) is made of water-resistant nylon that would have been thrown out as scraps—but this new company "upcycled" it instead to create a trendy tote.

## undercover support

Buy a pair of supersoft organic cotton **Pact underwear** (from \$18 each; [wearpact.com](http://wearpact.com)) and the company will donate 10 percent of the sale to nonprofits, like Global Green.



## disappearing act

Indulging in a salty snack just got more satisfying. When you toss this bag of **SunChips** (\$4; at grocery stores) into a compost pile, the packaging fully decomposes in about 14 weeks!



## earth perk

Farmers for **Starbucks Organic Shade Grown Mexico coffee** (\$12 a pound; [starbucks.com](http://starbucks.com)) grow their beans under the canopy of Chiapan tropical forests—helping preserve the trees and the endangered birds in them.



## sustainable sipping

Replace plastic containers and nix worries about leaching chemicals by carrying a glass **Lifefactory bottle** (\$22; [lifefactory.com](http://lifefactory.com)). The protective sleeve makes it nearly unbreakable!

## less is more

To clean your locks, use a **One Solid Shampoo Hair Biscuit** (\$7; [target.com](http://target.com)). The concentrated formula, the equivalent of three 8-ounce bottles of shampoo, comes in recycled cardboard and a reusable tin.



UNDERWEAR: NICOLA I GROSELL