

**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**

APRIL 2010 Shape.com



\$4.99 U.S. \$5.99 Canada Display until April 19, 2010

READER TESTED!

**The 13 best new sneakers
that make you fitter—faster!**

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), 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) 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) 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) 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). The protective sleeve makes it nearly unbreakable!

less is more

To clean your locks, use a **One Solid Shampoo Hair Biscuit** (\$7; 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