

fitness

FLAT ABS! • FIRM BUTT! • SLEEK THIGHS!
5 **MUST-DO** MOVES

...d, Body + Spirit

**No Gym?
No Prob!**

**REAL
RESULTS**

With Our Ultimate
Slim-Down Plan

**Eat Better
for Less**

30 Quick Ways to
Trim Lbs & Costs

**Cardio Without
the Cramps**

22 Rules to Sweat By

Love Your Body

How to Quit Yo-Yo Dieting for Good

**Best New
Sneakers for
Your Workout**

**Instant
Calm**

Stop Stress
in Seconds

Top
Beauty
Buys of
2010

**Satisfying
Soups &
Stews**

(Big Flavor,
Low Calories)

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Makeup in Motion

Whether you're coming from or going to appointments, get a flawless face with these mistake-proof moves.

Ace your base. When you're applying foundation on the run, use a tinted moisturizer, like **Sephora Perfecting Tinted Moisturizer SPF 20 Oil-Free** (\$21, sephora.com). Because it contains a small amount of pigment, you won't make a mess.

Brighten your gaze. For eyes that look instantly wide awake, use a fuss-free shadow stick, such as neutral **Make Up For Ever Pearly Waterproof Eyeshadow Pencil** (\$18, sephora.com). Draw three dots across your eyelids and blend.

Color your pout perfect. Rather than matte lipstick, opt for translucent gloss or tinted lip balm, says Rania Eysie, a makeup artist at SalonCapri in Newton, Massachusetts. "You don't have to be as precise when swiping it on."

There's an App for That

Score swifty hair, pretty nails and smooth skin with these free downloads.

MyUV Alert Protect your skin with this Coppertone iPhone app; it shows the intensity of the daily UV rays in your jog zone, so you'll know when to be extra diligent about SPF.

OPI Try It On Test nail polish shades using your iPhone by customizing the on-screen hand to your skin tone and sampling more than 200 hues.

Glamzy Take the "Huh?" out of creating smoky eyes or choosing the right lipstick. This Android app is chock-full of how-to tutorials and insider secrets.

Gym Dandy

True Colors The guessing game is over. These one-shade-suits-all makeup marvels adapt to every skin tone.



Stila Custom Color Blush (\$20, stilacosmetics.com) reacts to skin's pH to give any complexion a flattering flush.

Infused with hydrating rice protein, **Almay Smart Shade Anti-Aging Concealer** (\$8.99, drugstores) goes on white, then morphs into the perfect cover-up.

Multitasking **Clarins Instant Blush Magic Colour** (\$26, clarins.com) is a sheer balm that brings out the natural radiance of your lips and cheeks.

SAVE YOUR SKIN! Always driving? A Saint Louis University study found that 74 percent of melanoma lesions were on the left side of patients' bodies, which gets the most sun. Coat car windows with UV film (uv-shield.com) and use SPF. *stat!*