

# 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)

OCTOBER 2010 FITNESSMAGAZINE.COM



# 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!*