

Super-Healthy Salads That Really Satisfy!

IT'S GOOD TO BE YOU™

Women's Health

LAST-MINUTE
2-WEEK PLAN!

SUMMER SHAPE-UP!

- ✓ **BURN** MORE FAT
- ✓ **BOOST** YOUR ENERGY
- ✓ **TIGHTEN** & TONE

**The Secret
to Faster
Weight Loss
No Dieting
Required!**

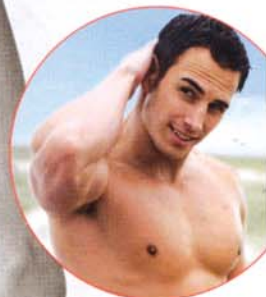
**EASY STEPS
TO A LONGER
LIFE—START
TODAY!**

GOT 20 MINUTES?

Get A Perfect Butt

**1,396 SURPRISING
NEW HEALTH, FITNESS,
NUTRITION & STYLE TIPS**

**BEAT
STRESS
NOW!**
The 100
Greatest
Time-Saving
Websites
(Log On & Say
Ahhhhh!)



*Drive
Him
Wild!*
p.124

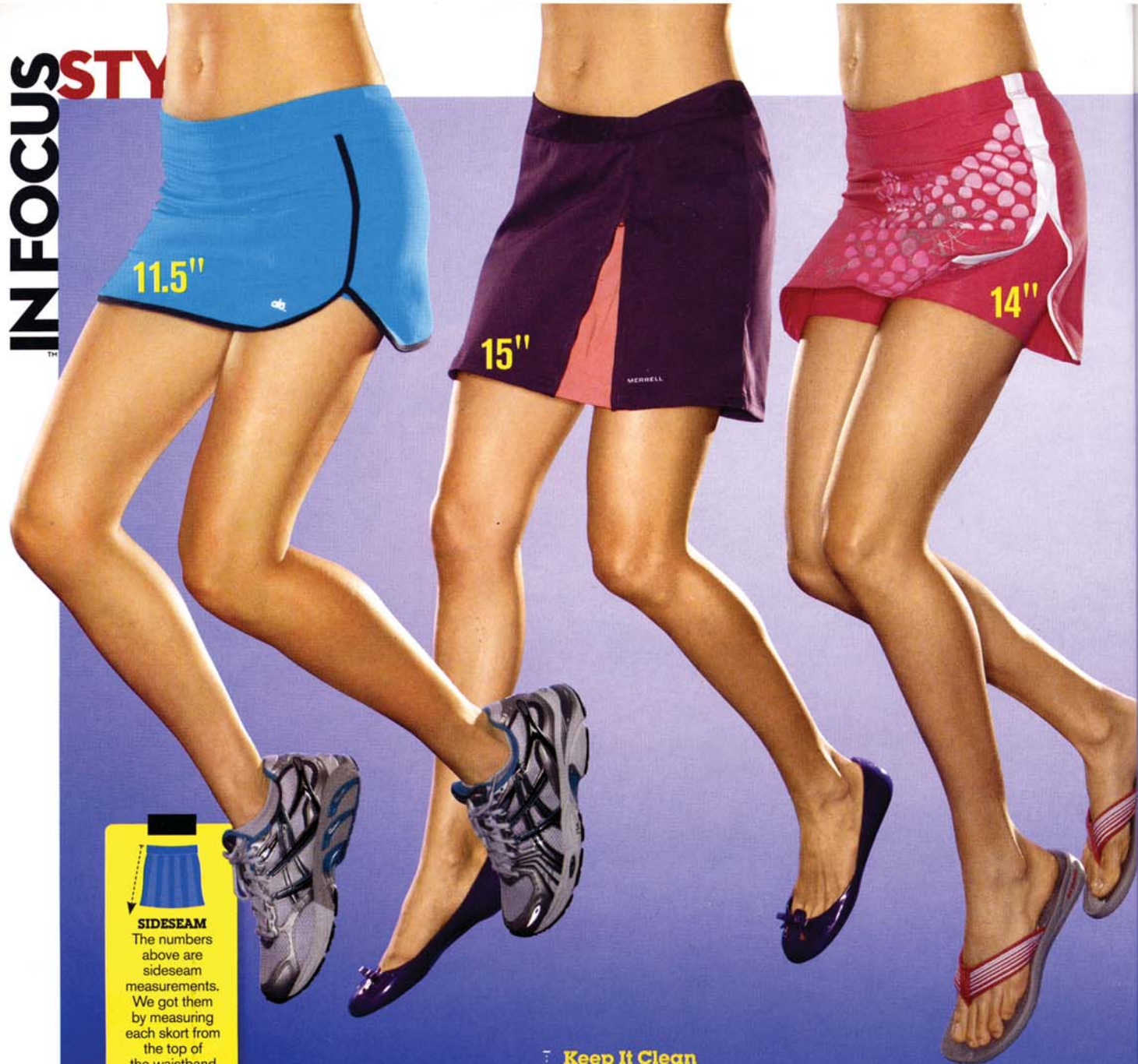
**GORGEOUS
SUMMER
HAIR & SKIN**

JUNE 2008

DISPLAY UNTIL JUNE 24, 2008

\$4.99US





SIDeseam
 The numbers above are side seam measurements. We got them by measuring each skort from the top of the waistband to the bottom of the hem.

skorts authority

» Free your legs from wintry bondage with these chic, comfy numbers

Keep It Clean

With a stylish cut and high-performance fabric, the **Alo sport skort** is ideal for biking, power-walking, or making a beer run at a bud's barbecue. Antimicrobial technology keeps germs and odors at bay—code for “You can dig it out of your laundry hamper when you're lazy and desperate.” (\$48, alosport.com; Asics sneakers)

Zip It

Got lawn seats to your favorite band? With the quick-drying **Merrell Bridge skort**, you don't have to fear wet grass, sweaty tush syndrome, or a spontaneous ice fight. A hidden pocket keeps ticket stubs safe, and a side zip reveals a little (or a lot of) extra color. (\$65, merrell.com; Grendha flats)

Best Buds

Shrinking violets need not apply: The **Soma Intimates Synerchi Bloom Bounce skort** is for the wildflower who wants to be noticed. Side slits offer mobility; the longer boy shorts prevent you from flashing your girlie bits. (\$45, soma.com; Columbia Sportswear Company flip-flops)



14"

15.5"

13"

Hot Pocket

Take off like you're on a NASA launch pad in the **Brooks Sports Run skort**. The stretchy fabric creates a great fit that maintains its shape, but—unlike your annoying ex—will never cling. Store your cell in the inside phone pocket for those rare occasions you run out of gas and need to call a cab home. (\$48, brooksrunning.com; Puma flats)

Smooth Operator

Leave the iron at home! The **Nike ACG Meadow Point skort**, made from wrinkle-resistant nylon, works for a loooong car ride—or a day crammed inside a knapsack. That means it can go everywhere, from a sunrise nature walk to a sunset booze cruise. (\$50, dickssportinggoods.com; Camper Damas wedge

Flippin' Great

Remember that skirt you wore to your fifth-grade roller-rink party? Think of the **SkirtSports RollerGirl skort** as the grown-up version. The full, flirty bottom accommodates curves, and the wide, nonbinding waistband guarantees that the only thing rolling will be your wheels. (\$56, skirtsports.com; Reebok shoes)

LOVE THOSE LIMBS

To paraphrase ZZ Top: You've got legs. Do you know how to use them?

Been blessed with killer gams? What the hell—go for it with short shorts. But the other 97 percent of us need to know a few things: **One:** The style of short (or skort) that looks great on everyone hits just above the knee (figure on one to two inches). It'll show enough leg to make pins look long, but still conceal a multitude of skin...uh, sins. **Two:** Contrary to popular belief, A-line cuts don't make wide thighs look thinner—sleek, straight-leg cuts do. **Three:** Remember the details: High-waisted styles will camouflage a less-than-toned belly (belts and pleats are a no-no, though); side pockets do cruel things to wide hips. Want to build up a flat butt? Look for shorts with back pockets.



INSEAM

These numbers are inseam measurements. We got them by measuring each pair of shorts from the crotch down to the bottom inside hem.



shorts

Daisy Dukes and platform clogs won't

necessarily win you a corner office, but, if you do it right, you can take shorts to work. The trick is to stick to a heavier (read: *not see-through*) fabric, such as cotton twill or poplin, and an appropriate length (translation: *no more than two inches above the knee*). Before wearing them to work, give your shorts a test run at home—sit down in them to see how far they ride up—because let's face it, few things are more mortifying than exposing cottage-cheese thighs to your boss and an unsuspecting world. Offset the casual bottom with a jacket and crisp cotton shirt, then pull it all together with a few chic accessories, like a print neck scarf, bangles, and Audrey-esque flats or chunky sandals. Perfection! Now go get that damn raise.



Fore Play

Put a little pep in your prep with **Lija** by Linda Hipp **Twill Venture knee shorts**. The sleek silhouette that lands at the knee flatters everybody, so you'll look chic, whether you're making like *Wie* on the green or trying to get your ball through a clown's mouth. (\$110, lijastyle.com; Ecco golf shoes)

Retro Active

Another way to get a runner's high: '70s-inspired **Brooks Sports Epiphany stretch shorts**. Mesh side stripes let in air while an inner liner wicks away moisture to keep you dry down below, so you can aspire to greater things—like how to get your paws on all seven colors. (\$36, brooksrunning.com; Brooks sneakers)

Boogie Fever

Get down and boogie-board in **Gramicci Kloofing board shorts**, then head back to your blanket for lunch. Thanks to quick-dry nylon and breathe-and-drain pockets, the only soggy thing around will be the PB&J jammed at the bottom of your cooler. (\$46, gramicci.com; Teva thongs)

HOW TO MAKE 'EM WORK... FOR WORK



Gap Puff Sleeve jacket, \$60, gap.com; Boden Chic beaded top, \$74, bodenusa.com; Worthington Sateen City shorts, \$30, jcpenny.com; Blu golden bangle set, \$36, maxandchloe.com; Shoes for Lovely People sandals, \$135, piperlime.com



Lying Low

Horny Toad Lois shorts are a summer staple. The low drape is made for comfort, whether you're playing Frisbee with Woofier or sitting through a *Friday the 13th* marathon. (All. Eleven. Installments.) (\$56, hornytoad.com; Eddie Bauer belt, FitFlop WalkStar sandals)

Going Long

You know how things mysteriously disappear near Bermuda? Well, slip into the **Birdie Weekend Bermuda shorts** and poof! Your thigh anxiety will vanish. The roomier, longer leg camouflages your lower half, and when the twill hits your skin, you'll feel like you're swinging in a hammock. (\$134, birdie.com; Eddie Bauer flip-flops)

High-Minded

If you've got the gams to carry off short shorts, may we suggest the **Moving Comfort Synergy runner**. The loose fit and 1½-inch inseam promise wedgie-free workouts. (Put another way: You'll look hot, but not bothered.) Plus, the non-roll waistband won't ride up. (\$29, activasports.com; New Balance sneakers)

GLISTEN UP

Look, that \$200 wax job from Magda of Bucharest can do only so much. Take legs the rest of the way by giving them a luminous sheen with a lotion that adds some shimmer, like **Per-fékt Body Perfection gel** (\$48, sephora.com). A sneakier trick: Rub a dime-size drop of a clear hair gloss, such as **Paul Mitchell Smoothing Gloss Drops** (\$15, perfumeshop.com), up and down those stems.

Happy Camper

Ready to head into the woods? Bring along the **Nike ACG Twilight trail shorts**. Buttoned side tabs come in handy when you need extra length, and the low-rise fit is sure to pitch his tent when you lean over the campfire to toast s'mores. (\$40, dickssportinggoods.com. Eddie Bauer belt, Timberland hiking boots)

*For more product info, see our **Buyer's Guide** on page 166.

stuff i love™

The latest It bag

Let's talk conservation: Take those plastic sacks you bring home from the deli. Do you really recycle them, or do they just end up in the trash? Simple solution: Keep an **Envirosax Mikado Collection** bag in your purse (it's only 4" x 1" when rolled) and use it. Make it your 2008 resolution. (\$8.50, envirosax.com)



FASHION DIRECTOR **VICKY MCGARRY** TELLS US WHAT SHE'S JONESING FOR THIS MONTH

Don't let the rain stop you

The **Brelli clear umbrella** is an instant style statement, and it's earth-friendly to boot. The handle and spokes are made of bamboo (one of the most readily renewable woods, by the way), and the see-through hood is made of biodegradable plastic. (\$28 small, \$38 large; thebrelli.com)



Warm and cool

From the It's About Time Department: The **Ugg Fluffie flip-flop** might seem paradoxical, but I assure you it is absolutely divine. Soft and cushy and super-casual, the sheepskin footbed actually keeps your foot cool and un-sweaty in the warmer months as the loft of the wool increases air circulation beneath your feet. (\$30, zappos.com)



WANT MORE?

SEE MORE OF VICKY'S PICKS AT WOMENSHEALTHMAG.COM/STUFFILOVE



MCGARRY: ALISON ROSA; STILLS: DEVON JARVIS