

DROP A DRESS SIZE THIS MONTH The quick, slimming workout

SHED

SHAPE
YOUR
LIFE

**YOU
CAN
WALK OFF
CELLULITE
IN JUST 30
MINUTES**

SUCCESS STORY!

LOSE 30 LBS. WITHOUT DIETING

The surprising way
one reader took
control of her weight

SHAPE TESTED

Sexy heels that
won't hurt
your feet

Eat this, sleep
better **TONIGHT**, p.103

October 2008

*BXBYLBO *****AUTO**5-DIGIT 81302
SHP0293102117/0 MAY10
AU3 WSHPB OCT08 0027 #506 #100784
VERDE PR
PO BOX 59
DURANGO CO 81302-0059

**BROOKE
SHIELDS**
43 & fitter
than ever!
**STEAL
HER
SECRETS**

**GUILT-FREE
DESSERTS**
ALL are
200 calories
or less! p.154

RESULTS IN 4 WEEKS

FLAT ABS FAST!

A do-anywhere plan
that takes inches
off your middle

20+ PAGE BONUS
**LIFESAVING ADVICE YOU CAN'T
AFFORD TO SKIP** FLIP THIS
ISSUE OVER >

\$3.99 U.S. \$5.99 Canada
Shape.com

rosy outlook

Toast to your health with these **Riedel Limited Edition Crescendo** glasses (\$70 for four; riedel.com).

15% OF THE PROCEEDS GO TO THE LIVING BEYOND BREAST CANCER FOUNDATION (LBBC.ORG)



flat-out fabulous

Get sleek strands with the **HairArt H3000 Deluxe Ionic Tourmaline flat iron** (\$100; beauty.com).

10% OF THE NET PROCEEDS GO TO THE NATIONAL BREAST CANCER FOUNDATION (NATIONALBREASTCANCER.ORG)



lifesaving suds

Use a **Save the Ta-tas Boob Lube Bar** (\$15 for three; savethetatas.com) to do a breast self-exam.

5% OF SALES GO TO THE BCRF AND REVLOX RUN/WALK (REVLOXRUNWALK.COM)



time to shine

Perfect your pout with **Revlon Super Lustrous Lipgloss in Pink Pursuit** (\$7; revlon.com for stores).

10% OF SALES GO TO THE BCRF IN PARTNERSHIP WITH THE ENTERTAINMENT INDUSTRY FOUNDATION



under-statements

The satin finish on this **Rebecca Taylor** camisole and panty set (\$175; Rebecca Taylor, NYC, 212-966-0406) feels luxurious against bare skin.

100% OF THE PROFITS GO TO THE TRIPLE NEGATIVE BREAST CANCER FOUNDATION (TNBC FOUNDATION.ORG)



tee time

Make a stand on the greens with **Wilson Hope** golf balls (\$10 for 6; wilsongolf.com for stores).

A PORTION OF SALES GOES TO THE BCRF



easy rider

You can get any bike from **Ellsworth** made with a Project Pink frame (from \$2,195; ellsworthbikes.com for stores).

\$50 FROM EACH SALE GOES TO SUSAN G. KOMEN FOR THE CURE



FINDING A CURE

Thirty-five years ago, only 75 percent of women survived for five years after a diagnosis, says the National Cancer Institute. Today that number has jumped to 90 percent, thanks in part to organizations like the Breast Cancer Research Foundation, Susan G. Komen for the Cure, the City of Hope Foundation, the Vera Bradley Foundation for Breast Cancer, the National Breast Cancer Foundation, and the World Cancer Research Fund International (all of which are helped by the sale of products featured here).

© 2008 The Coca-Cola Company. "Hope", "The Golden Buzzer", "Be Positive, Bring the Change", "Be Stronger", and the visual properties attached thereto are trademarks of Atlanta-based Product Brands, S.K. Wynn, Switzerland used under license by The Coca-Cola Company.