

STRETCH YOUR WAY SLIM AND STRONG p.138

**Vanessa
Hudgens**

25 Things
You Don't
Know About
Her p. 40

SELF

YOU
AT YOUR
BEST

Reveal Your Best Body!

Our Easy Plan to Look Trim
And Toned in Just 1 Month

Happier, Hotter Sex p.158

BE A NATURAL BEAUTY
48 TIPS TO HELP YOU GLOW

**Instant At-Home
Health Checks!**
14 Signals Not to Ignore

ALWAYS TIRED?

Find More Energy!

The Everyday Stress Buster
That Brightens Your Mood p.170

AND THE WINNERS ARE...

**Readers Choose
the Top Buys
for Skin, Hair
and Makeup**
(Many Under \$10!)

Yes! You Can Have

Diet Success

Tap Into Your Body's Calorie-Burning Powers p.144

FREE!
440
PRIZES
INSIDE



15minutes

GOT 2 MINUTES?

Eat smarter on insane days

Stock your desk drawer with smart edibles to snack nutritiously when you're smacked with deadlines or to up the eat-right rating of a rushed lunch.

Crispy Green Crispy Pears Meet the siren song of your sweet tooth with crunchy, freeze-dried fruit. Each ½-cup bag contains one fourth of your daily fruit servings, 8 grams of sugar and 39 calories. CrispyGreen.com

Chocolate Mint Luna Cookie When must-have-chocolate moments strike, reach for this whole-grain treat. It has 15 percent less sugar than your standard chocolate cookie, which will help keep blood sugar more stable. And the 4g of fiber will fuel you until quitting time, for only 130 calories.

Go Appetit Cool Soup Rich Vegetable Gazpacho Round out your sandwich with this tangy 100-calorie soup, or slurp it as a vitamin C-rich snack. Pour over a cup of ice to chill before sipping. GoAppetitStore.com

Barney Butter Almond Butter Almond butter on whole-grain toast hits the spot. Squeeze a serving (90 calories) from neat snack packs—no messing with a measuring spoon. The spread has half the saturated fat and double the vitamin E and fiber of peanut butter. BarneyButter.com

Annie Chun's Rice Express Black Pearl Rice Pair a salad or grilled chicken with uniquely nutty whole-grain rice made without added oil or salt, and only 140 calories per serving. Nuke it for a minute and dig in! —Merritt Watts

GOT 11 MINUTES?

Snag a summer rental in Europe!

If you're dreaming of a vacation abroad but aren't sure you can swing it, it's time to pull your head out of the clouds—and start packing! Stay in an apartment or villa for a Euromazing sojourn on a petite budget. "Rentals let you live like a local, and they're cheaper than hotels," says Lynn Jennings, author of *Your Own Private Tuscany: A Guide to Italian Vacation Rentals* (Trafford Publishing). Use a trusted agency (find lists at SlowTrav.com) and ask the questions below before you book.

WHAT IS INCLUDED IN THE PRICE? Linens, electricity, gas for the stove and hot water should be covered. Beach towels, air conditioning and cleaning services usually aren't. "Make sure the owner stipulates exactly what you're paying for," Jennings says.

MAY I SEE PHOTOS OF EVERY ROOM? Be sure to request date-stamped pics of the interior and the outdoor areas to avoid a bait and switch, says Suzanne Aaronson, cofounder of SuzannesFiles.com, a travel and leisure website.

WHO IS AVAILABLE IF I NEED HELP? Overflowing toilets and lockouts are even more annoying in foreign surroundings than they are at home. "Insist that you have 24-hour access to an agency representative in case anything arises," Aaronson advises.

MAY I HAVE REFERENCES FROM CLIENTS? Email three recent renters directly to inquire about the property. If they gush, you're good to go! —Abigail Libers

Look at the deals we found!

Rent with three pals; these digs cost \$75 or less per person per night.



Italy

FlorenceVillas.com



France

VilleEtVillage.com



Spain

RentVillas.com

THINK GREEN

GOT 2 MINUTES?

WRAP IT UP!

Give the gift that keeps on living...a present in pretty, plantable packaging. —Andrea Bartz

GROW UP This gem-sized box is made with seeds for bijous of another sort—sweet blossoms! \$3; Porridge Papers.Etsy.com

BUDDING IN When this handmade bag has seen its day, tear it up and bury it; it's embedded with 15 types of wildflower seeds. \$3; FlowerSeedPaper.com

PETALS PERFECT Stick this sumptuous paper in soil. It is studded with seeds for blooms. Tag, \$2; wrap, \$7 per sheet; PlantablePapers.com



Smile! You can make your fantasy trip a reality.

15minutes

GOT 2 MINUTES?

Eat smarter on insane days

Stock your desk drawer with smart edibles to snack nutritiously when you're smacked with deadlines or to up the eat-right rating of a rushed lunch.

Crispy Green Crispy Pears Meet the siren song of your sweet tooth with crunchy, freeze-dried fruit. Each ½-cup bag contains one fourth of your daily fruit servings, 8 grams of sugar and 39 calories. CrispyGreen.com

Chocolate Mint Luna Cookie When must-have-chocolate moments strike, reach for this whole-grain treat. It has 15 percent less sugar than your standard chocolate cookie, which will help keep blood sugar more stable. And the 4 g of fiber will fuel you until quitting time, for only 130 calories.

Go Appetit Cool Soup Rich Vegetable Gazpacho Round out your sandwich with this tangy 100-calorie soup, or slurp it as a vitamin C-rich snack. Pour over a cup of ice to chill before sipping. GoAppetitStore.com

Barney Butter Almond Butter Almond butter on whole-grain toast hits the spot. Squeeze a serving (90 calories) from neat snack packs—no messing with a measuring spoon. The spread has half the saturated fat and double the vitamin E and fiber of peanut butter. BarneyButter.com

Annie Chun's Rice Express Black Pearl Rice Pair a salad or grilled chicken with uniquely nutty whole-grain rice made without added oil or salt, and only 140 calories per serving. Nuke it for a minute and dig in! —Merritt Watts

