

FOODS THAT FIGHT STRESS Feel-good swaps that get instant results

SHAPE
YOUR
LIFE

A
FLATTER
BELLY
IN JUST
3 MOVES
P. 114

SEE RESULTS FAST

**BLAST
MORE
CALORIES
IN LESS TIME**

The 20-minute
workout that
WILL change
your body

**The scary
TRUTH
about germs**

Read this
before you touch
anything, p. 156

**THESE
jeans make
you look
slimmer**

p. 70

THE OFFICE'S
**JENNA
FISCHER**

"I ditched
the trainer
and got
THIS body
on my own" p. 49

JUMP-START YOUR DIET

**LOSE A
POUND BY
FRIDAY**

Easy tweaks
that shrink
your waist in
JUST ONE
WEEK

**KICK OFF
THE FLAB!**

The home boxing
workout that
gets you slim

BONUS!

20 ways to feel healthier every day
Real-life advice and inspiration

\$4.99 U.S. \$5.99 Canada
November 2009 Shape.com
Display until November 23, 2009



STAY SAFE AT NIGHT

You don't have to give up your post-work run when daylight saving time ends on November 1. Just slip on these high-visibility performance pieces.



A mesh band inside the **Brooks Vapor-Dry² racer cap** (\$20; brooksrunning.com) wicks sweat away from your scalp; the decal reflects headlight beams.

Press the LED light on the right sleeve of the **Saucony Vizi-Pro HD SonicLite jacket** (\$90; saucony.com) so oncoming drivers can see you.

The moisture-wicking **K-Swiss reflective tank** (\$50; kswiss.com) keeps you dry and has a light-catching pattern on the chest.

The scroll design around the legs of these **Athleta reflective Walkabout tights** (\$69; athleta.com) keeps you visible from all angles.

180s UltraLite gloves (\$20; 180s.com) have reflective details on *both* sides. Tiny raised buttons on the fingers allow you to easily use a touch-screen MP3 player or phone.

Pull on a pair of **Puma Complete Velosis running shoes** (\$125; pumarunning.com) for their reflective uppers and plush cushioning.

