

2011 WINTER SHOE REVIEW

# WOMEN'S Running

YOUR LIFE IN MOTION™

## Sleek Legs, Great Butt!

*20 Minutes to an Amazing Lower Body*

## Slim-Down Secrets

*From TV's Hottest Trainer*

## Holiday

GIFT GUIDE

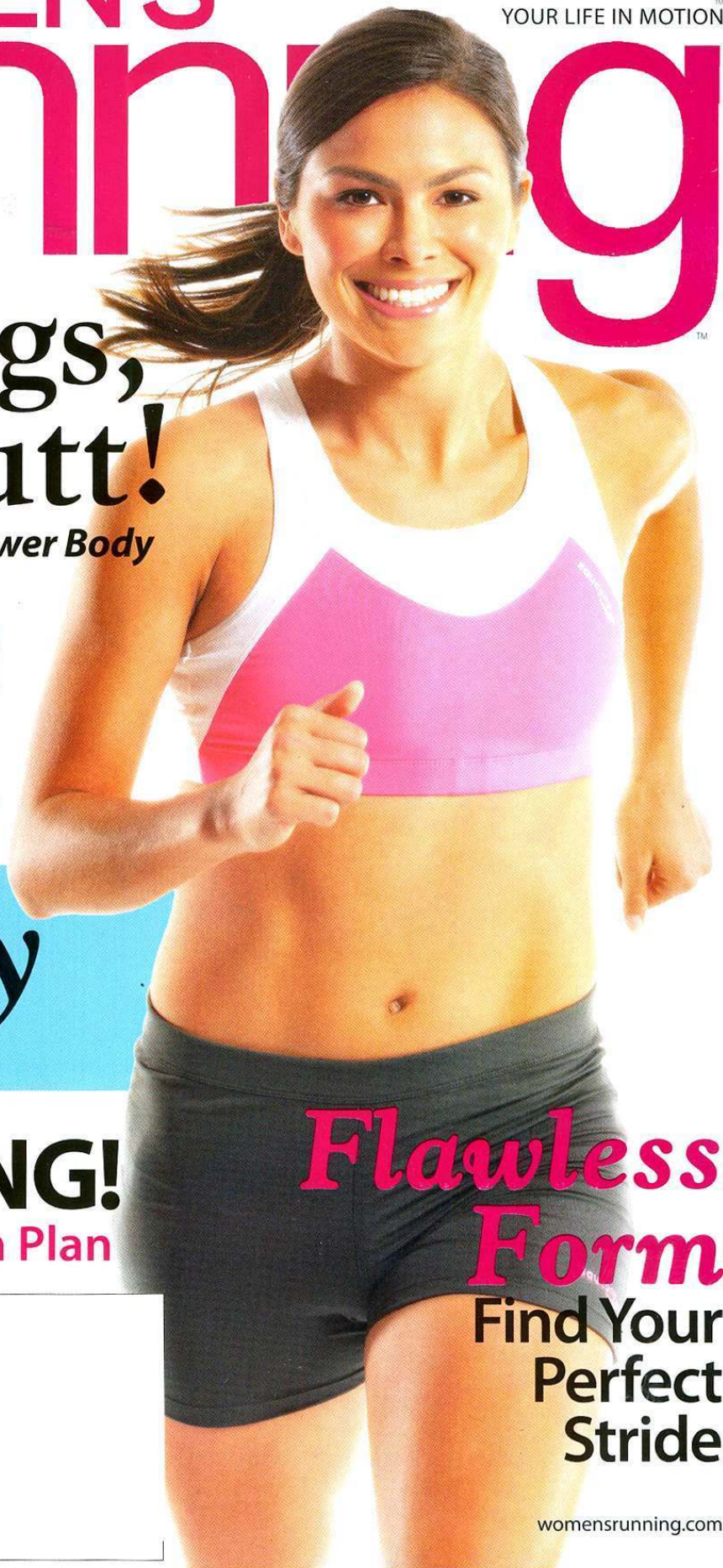
## GET RUNNING!

*Our Simple Walk-to-Run Plan*

## Flawless Form

Find Your  
Perfect  
Stride

womensrunning.com





# HOLIDAY Gift Guide

**Women's Running's** staffers share the goodies, gadgets and baubles we're hoping someone jolly brings for us this season. We've been good—we promise!

Photography by unionhouse | Jennifer Soos & Salvatore Brancifort  
Illustrations by Erin McGuire



Spa Finder  
Gift Certificates,  
\$25-\$1,000  
spafinder.com



Brookstone  
Tranquil Moments Pro, \$170  
brookstone.com



Puma  
Faas 550 Running Shoes, \$90  
puma.com

*“Now that my two kids are both (finally!) sleeping through the night, I love the idea of waking up to peaceful sounds in the morning.”*



Gaiam  
Chakra Bag, \$20  
gaiam.com





Adidas by Stella McCartney  
Shell Shoulder Bag, \$130  
adidas.com

# MELISSA MELLERT

Art Director



*"I'm a big animal lover. All Smashbox products are cruelty free"*

Smashbox  
Lip Enhancing  
Gloss, \$18 each  
smashbox.com



*"These keep my hair tangle- and frizz-free even during tough workouts."*

Living Proof  
Straight, \$29  
Frizz, \$26  
livingproof.com



80s Tees  
Bayside Tigers  
T-Shirt, \$20  
80stees.com



Go Fit  
Core Wobble &  
Balance Board, \$50  
gofit.net



Clarisonic  
Mia Sonic Skin Cleansing  
System, \$120  
clarisonic.com

*"80s Tees has hundreds of cool throwback shirts that make my runs more fun."*



Puma  
Statement Jacket, \$60  
puma.com



Trish McEvoy  
24-Hour Eye Shadow  
and Liner, \$32  
trishmcevoy.com



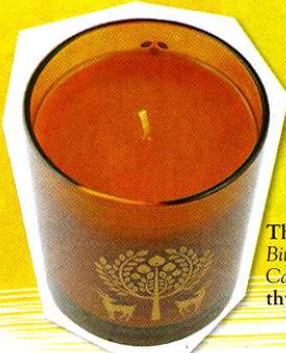
Spirit Hoods  
Black Wolf Navajo, \$140  
dailygrommet.com

When you purchase a Spirit Hood with the PRO BLUE logo, 10% of net profits will be donated to a non-profit organization dedicated to helping that particular Spirit animal.

Aveda  
Smooth Infusion  
Style-Prep  
Smoother, \$24  
aveda.com



It Cosmetics  
Heavenly Luxe Powder Brush, \$48  
Heavenly Luxe Dual Eyeshadow  
Brush, \$29  
itcosmetics.com



Thymes  
Bitter Orange & Cedar  
Candle, \$28  
thymes.com

*"I can go straight from work to playing soccer with no black streaks."*

Chanel  
Inimitable  
Waterproof  
Mascara, \$30  
chanel.com

