

INSTANT ENERGY!

24 Fresh Ideas to **RECHARGE**
Your Mind and Body

fitness

Mind, Body + Spirit

**BURN
MORE
CALORIES**

The New Science Behind
A Faster Metabolism

*Pretty
Hair,
Glowing
Skin*

Solutions for
a Gorgeous
Summer

**Slim.
Sexy.
Confident!**

**Stick-With-It
Exercise
Strategies**

**Eat Your
Veggies**
7 Tasty,
Satisfying
Dishes

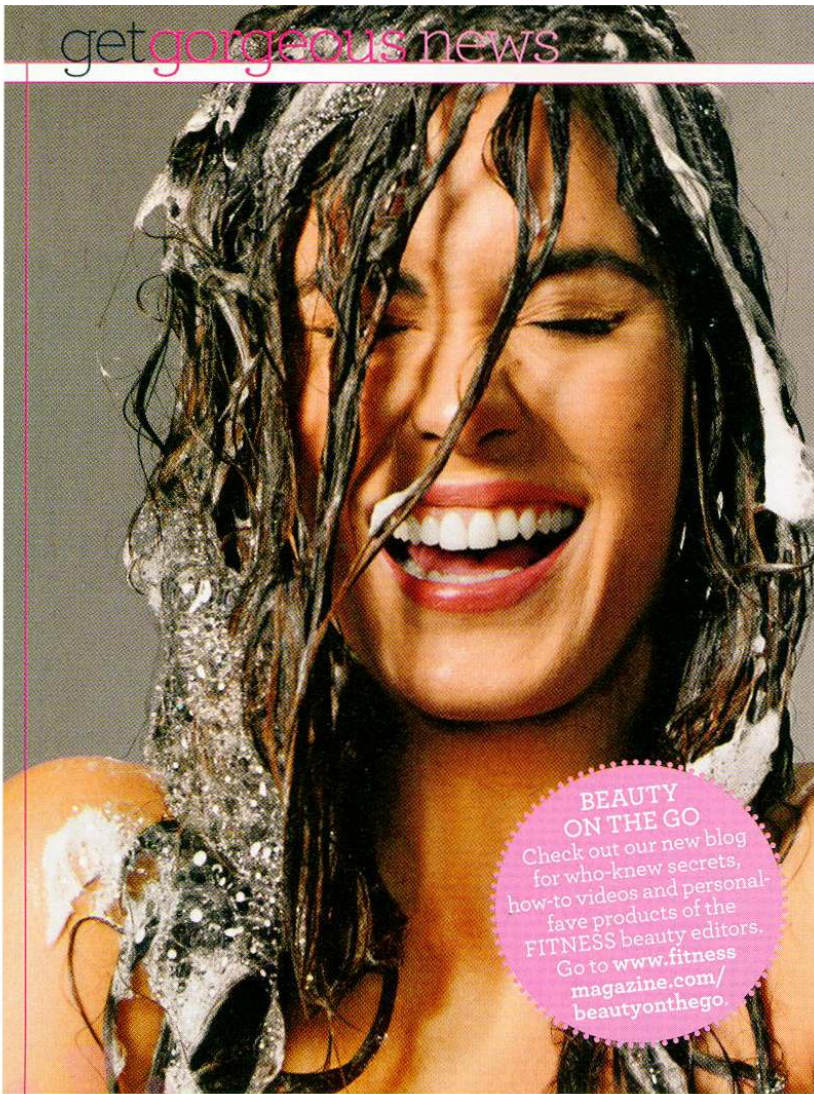
Your Fast Track to Tight
Abs, Butt and Thighs

**PIZZA, CHIPS,
ICE CREAM...**

Our Guilt-Free
Shopping List, p.158

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OPEN FOR DETAILS



BEAUTY ON THE GO
Check out our new blog for who-knew secrets, how-to videos and personal-fave products of the FITNESS beauty editors. Go to www.fitnessmagazine.com/beautyonthego.

Wash and Oh!

Give dandruff, dryness and product buildup the brush-off with this weekly scalp “facial.”

STEP 1: Fight Flakes

The same scrub you use on your body will also remove residue on your scalp, says Nick Penna Jr., the owner of SalonCapri in Newton, Massachusetts. Massage a tablespoon of a sea-salt-based product, like **Ahava Uplifting Butter Salt scrub** (\$24, ahavaus.com), into your roots. Then wash with a clarifying shampoo to rev up your circulation.

STEP 2: Lock In Moisture

If you have fine hair, use a deep conditioner, like **Paul Mitchell Tea Tree Hair and Scalp Treatment** (\$14.50, paulmitchell.com for salons), which is pumped with invigorating tea tree oil. For coarse strands, use a leave-in conditioner, such as **Nioxin Scalp Renew Density Restoration Treatment** (\$29.99, nioxin.com for salons).



ASK ELEANOR, FITNESS BEAUTY DIRECTOR

Q If I’m allergic to an ingredient in food, like nuts or milk, should I avoid it in my beauty products?

A It’s a smart idea, docs say. While there aren’t significant studies on this topic, assume you’re allergic until proved wrong, says Marsha Gordon, M.D., a St. Ives dermatologist in New York City. Check labels for your allergens. If the ingredients aren’t clearly listed, apply a small amount to your inner arm twice daily for about 10 days before you use it on your face. That is how long it takes for some hypersensitivity reactions to occur. If any irritation develops, avoid the product.

E-mail your burning beauty questions to getgorgeous@fitnessmagazine.com.



Gym Dandy

Stroke of Genius

Whether they’re buried at the bottom of your gym bag or resting on the locker-room counter, makeup brushes can become germ magnets. Leave it to an architect—French-born Philippe Di Méo—to design a practical set for active girls. Each brush in the **Sephora I.T. Makeup Brush Collection** (\$14 to \$40, sephora.com) comes with a protective cap that shields bristles from dirt and debris. The wands are color coded, so you can pack what you need and leave the rest at home.



save your skin STAT!

Fresh Protection Snacking on antioxidant-rich broccoli may help lower your risk for skin cancer by reducing inflammation, researchers at Johns Hopkins University in Baltimore found. Eat the veggie raw for the highest concentration of cell-protecting sulforaphane.