

# SELF

Cameron wrote *The Body Book*. Who better?

## Burn Fat Faster

Cool Science!



**Tone & Tighten**

No-gym moves to get a boot camp body

## Sporty Sex

How many calories can it actually burn?

3 moves to get 'em, styles to show 'em off

**Resilient Skin, Strong Hair**  
Beauty news, p. 94

# 5

## Meals That Help Slim You Down

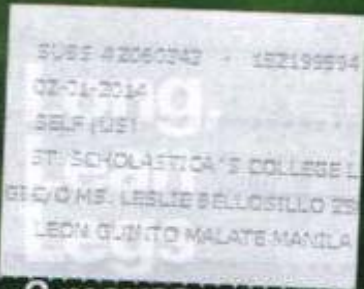
Yes, pasta included

**#1 reason to reel in your rant**

**Super Sips**  
Drinks that boost weight loss

**Cameron Diaz**

# Secrets to being fit, fun, happy!



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# CONTENTS

02/14

**READY TO TONE?**  
Look like you wake up and go to boot camp with this 24-minute plan! (And unlike that *Bridesmaids* scene, no one will yell at you for copying these moves!)  
Page 84

## COVER STORIES

- **Burn Fat Faster** .....40
- **Tone & Tighten** ..... 84
- **Sporty Sex** .....62
- **Long, Lean Legs** ..... 70
- **Resilient Skin, Strong Hair** 94
- **5 Meals That Help You Slim Down** ..... 78
- **#1 Reason to Reel In Your Rant** .....60
- **Super Sips** ..... 54
- **Cameron Diaz's Secrets to Being Fit, Fun, Happy!** ..... 66

## FLASH

- Who Knew?** .....23  
The sneaky white-wine trap
- Try It** .....24  
Food shop this way, lose weight.
- Weekender** .....26  
Run in your undies! (C'mon. It's a Saturday...)
- It's a Thing** .....28  
This trend warms winter chill.



## YOU+LOOKS

<b>The Eyes Lie</b> .....	31
Look like you got eight hours.	
<b>In the Time It Takes...</b> .....	32
Our quickie home mani trick	
<b>Beauty Chat...</b> .....	34
Kate Hudson doesn't age, so you'll want her skin and makeup secrets.	
<b>Obsessed</b> .....	36
Chic backpacks: Wear 'em with heels.	
<b>Want It? Work It!</b> .....	70
We call this one a gam changer.	
<b>Strong</b> .....	94
Hair, skin and nails tough as, um, nails	

## YOU+BODY

<b>Girls Rule</b> .....	39
Friendly competition: Best your guy.	
<b>Your Body on Exercise</b> .....	40
Torch up to 15 percent more calcs.	
<b>Trainer to Go</b> .....	41
Get fit anywhere with a wall!	
<b>How Did I Work Out Without This?</b> .....	43
Snowboarding gear so cool, you'll wear it on and off the slopes	
<b>Fit Girl</b> .....	44
Elettra did less cardio, more of this and saw her bod look even better.	

<b>Fast Food</b> .....	46
Tasty brunch, with your diet intact	
<b>Chef Showdown</b> .....	50
Which Super Bowl app is a winner?	
<b>Health News</b> .....	54
Sips to burn fat, feel happy and more	
<b>Which Is Worse...</b> .....	57
Bad romance? Should you break up before V-Day or wait until after?	
<b>Candid Cameron</b> .....	66
Cameron Diaz on nailing the healthy-living thing (and why she wouldn't have a career if she were 22 today)	
<b>Food Love</b> .....	78
Introducing SELF's new line of nutritious frozen entrées!	
<b>Tighten &amp; Tone</b> .....	84
The fun way to get a boot camp body (no scary instructor, no 5 A.M. alarm)	
<b>Fearless</b> .....	117
Lindsey Vonn survived two crashes, divorce and more. No stopping now!	
<b>Olympic Special</b> .....	115
Motivating advice from athletes whose bodies deserve a gold medal	

## YOU+LIFE

<b>Hey, Sugar!</b> .....	59
Weight, what? Food tastes better when you're in love.	

<b>You Got This</b> .....	60
Repeat after us: Quit your ranting and feel calmer long-term.	
<b>Turned On</b> .....	62
Sex as a workout? Our fearless editor does a test-drive.	
<b>What Makes You Tick?</b> .....	64
Be more productive without overhauling all of your habits.	
<b>Popping Xanax May Be Trendy...</b> .....	90
But it's more harmful than you think.	

## EVERY ISSUE

<b>Self.com</b> .....	10
<b>Can I Say Something?</b> .....	20
<b>Get-It Guide</b> .....	101
<b>BS Meter</b> .....	102

## COVER

**Photograph by Dewey Nicks** in Swampscott, Massachusetts. Creative director, Cynthia Searight; fashion director, Evyan Metzner; hair, Lona Vigi for Davines; makeup, Robin Fredrikaz for Diorshow; manicure, Galina Frishman for ID Salon, Wellesley, Massachusetts.

**CLOTHES** Sweater, Line & Dot. Shorts, Wildfox Denim. Necklace, Bianca Pratt Jewelry. Cuffs, Mayet. See Get-It Guide.

**GET THE LOOK** Garnier Fructis De-Constructed Beach Chic Texturizing Spray, \$6. Clinique Superbalm Moisturizing Gloss in Grapefruit, \$15

### SELF HEALTHY KITCHEN

Our new line of frozen meals is so fresh and flavorful, you won't believe they're premade. Page 78





## YOUR FEBRUARY SELF QUIZ

Tweet us your #SelfQuiz  
score @SELFmagazine.



- 1** When it comes to interval training, you tend to **push harder and recover faster** than your guy. True or false? TURN TO PAGE 39
- 2** For best results, wear a hat during **cold-weather workouts**. TURN TO PAGE 40
- 3** When should you apply foot cream for **maximum benefits**? TURN TO PAGE 32
- 4** Not all wine is poured equal; one type could make you **guzzle more**. Think it's red or white? TURN TO PAGE 23
- 5** Agree or disagree: You need to do 12 to 15 reps of **strength moves** to get stronger. TURN TO PAGE 44
- 6** This eyeliner shade **makes you look more awake**. Guess the hue. TURN TO PAGE 31
- 7** You **accessorized** with one of these every day in high school. Now it's back and super chic! What is it? TURN TO PAGE 36
- 8** Which is worse after an afternoon pig-out: **skipping your dinner** or eating as you usually would? TURN TO PAGE 57
- 9** What **household item** (you have one!) can make you really, really fit? TURN TO PAGE 41
- 10** Which type of light gives you a **big burst of energy**? TURN TO PAGE 102
- 11** Pulling *this* move on Facebook makes women **less happy**. TURN TO PAGE 60
- 12** Being head over heels in love can **make your food**—even plain old water!—taste better. True or false? TURN TO PAGE 59