

SELF

**Shiny
Hair**
Tips p.62

FLAT ABS ASAP!

One Simple Secret p.83

Fun Sex Dares

Steam It Up Tonight!

Eat healthy and love it

- Delicious Dinners
- Chocolate Recipes
- Best Takeout

**"Safety"
Advice
That Kills
Women**

**"The yoga
pose that
changed
my body"**

**Vampire Diaries'
Nina Dobrev**

Prizes Galore!

We're giving away
cool stuff
everywhere you
see a tag



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chance to win
a beach vacay!

**The Quickie
Workout**
Little Moves,
Amazing Results



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Fit Body

flash

Muscle maker

You just killed a cardio session. Now what? Make your recovery count (more than by stretching or walking it off) and you may get 10 percent stronger, researchers from California State University in Fullerton find. If you tack on 20 minutes of moderate-intensity activity to your main set, you can boost blood flow, which helps fibers repair and rebuild. And that's the kind of result you're after.

Way to row!

Our favorite machine just got its own #CoolNewClass! In ShockWave, at Equinox gyms, teams race on the rower and power through strength training circuits, à la boot camp. Go to Self.com/fitness for a DIY cheat sheet.



SNAP TO WIN!
One Yogamat
Clothing Manipur
Jacket (\$135)
See it at Self.com.

Chomp this

If swallowing chalky chews on race day makes you want to gag, try snacking on a few raisins instead (before, during, whenever!) to refuel quickly, a study from the University of California in Davis suggests. The dried fruit works like carb supplements, giving muscles a speedy energy hike that can help you go farther faster.

Fat blaster

Any interest in losing 4 pounds of blubber? Us, too! Researchers from the University of New South Wales say you can with this cardio quickie: Sprint for 8 seconds, then ease off for 12. Work up to 20 minutes with this high intensity interval training (HIIT) routine, three times a week over 84 days.

It's just natural

Not so surprising but worth remembering when it starts to get chilly: Walking outdoors in the country or near the coast makes you more happy and relaxed than city strolling does, notes a survey from the group Natural England. Stuck inside? At least pick the treadmill near the window.

Trek in amazeballs Alaska.

You might crash Facebook uploading all the epic pics from this trip of a lifetime. **Country Walkers'** six-day adventure takes you rafting on the Kenai River, kayaking in a bay (dolphin alert!) and hiking on the historic Iditarod Trail and through a coastal rain forest; you'll cover 4 to 10 miles daily. Along the way, you'll stay at a posh mountain hotel, a wilderness lodge and a seaside resort. Expect to eat your weight in fresh king crab, scallops, halibut and wild salmon in restaurants with jaw-dropping views. Your chances of spotting a brown bear or moose on this vacay? High to guaranteed.

TIP FROM THE TRIP Guides keep hikers happy with this not-strictly-for-the-trail mix:

COST From \$3,898 for six days. Includes most meals, local wine and beer. Dates: June 24, July 15 and August 12, 2013; Country Walkers.com

Combine $\frac{1}{8}$ cup each dried cherries, raisins, sunflower seeds and coconut flakes with $\frac{1}{4}$ cup each almonds and dark-chocolate chips. Serves 4. But we wouldn't fault you for not wanting to share.