

FINALLY! Cellulite solutions you can really count on, p.72

SHAPE
25TH
ANNIVERSARY
SPECIAL

150
CALORIE
SNACKS
THAT WON'T
BLOW YOUR
DIET

GUARANTEED!

21 DAYS TO YOUR BEST BIKINI BODY

An all-new plan to
firm up & lose weight

Stressed?

10 real-life
fixes

(no meditation
involved!)

June 2005



\$3.99 U.S. \$4.99 Canada
Shape.com

5 SEXY BUTT MOVES

TRAINERS
SWEAR BY

INSTANT
FIGURE FIXERS

Ultimate Swimsuit Makeovers

We make real
women look
10 lbs thinner

DANIELA
PESTOVA

My simple
rules for
staying
bikini-fit

The Perfect Summer Wardrobe

15 easy style updates

YOU grill GIRL

Sure, you could throw a steak on the fire, but how about fruit, vegetables and fish? Here's how to enjoy barbecue even if you've gone lean and light.

BY ROBIN MILLER, M.S. PHOTOGRAPHY BY QUENTIN BACON

The backyard barbecue has long been the culinary domain of men, but 20 percent more women are wielding tongs today than even just a few years ago. Clearly, grilling isn't about boys and their brewskies anymore — and there's a good reason why. "There is no other cooking method that's so intrinsically healthy and simple. You don't need much fat, and yet you end up with meals that have bold, rich flavors," says grilling expert Elizabeth Karmel, author of *Taming the Flame* (John Wiley & Sons, 2005) and creator of *girlsatthegrill.com*. "Lean meats, fish and poultry cook quickly on the grill, so they stay moist and tender." Even vegetables taste better on the barbecue. "I've seen people literally eat a pound of grilled veggies in a single sitting, something that rarely happens with steamed broccoli," Karmel says. Why? When grilled, foods develop a slightly sweet crust that intensifies the flavor. So fire up the grill and get started. →

HOT SEX TIP!



FREE GIFT GIVEAWAY!
*Call Today

My Boyfriend's **SECRET** for Amazing **SEX!**

—a letter from T.J.

As a faithful reader of your magazine, I had the most amazing experience with my boyfriend recently. We were dating for a wonderful 6 months when suddenly, he began having confidence issues in **AND** out of bed. I was concerned the relationship was about to end.

Then one day he completely surprised me. Confident, aggressive, he made all the right moves. I felt sensations I never felt before, in places I forgot existed. Honestly, it was the **BEST SEX I'VE EVER HAD!**

His secret weapon ... a magical product called **Connection™**, a topical lotion that's applied to your "intimate" areas. The all-natural mix of herbs brings blood flow straight to the source. It achieves harder, stronger erections while MY orgasms go through the roof!

So... please print this letter. Anyone who wants mind-blowing intimacy **ALL THE TIME** needs to get **Connection!** Call **1-800-659-0291** Today or visit www.maxxel.com. To get a **FREE MONTH SUPPLY** with your Risk Free Trial.

T.J.

Limited Time Only!
CALL TODAY and Receive \$100
in SEXUAL INTIMACY GIFTS
with your RISK FREE TRIAL

"I felt sensations I'd never felt before... in places I forgot existed."



Individual results may vary. These statements have not been evaluated by the FDA. The product is not intended to diagnose, treat, cure, or prevent any disease.

eat right bonus

5 GRILLING ESSENTIALS

EVERYTHING YOU NEED FOR BACKYARD BLISS.



You don't need expensive equipment to make great grilled foods, says outdoor cooking expert Elizabeth Karmel, author of *Taming the Flame* (John Wiley & Sons, 2005). Here are her five essentials, all under \$25:

1 Silicone angled BBQ basting brush

"Brushes get ratty quickly. This one I created has silicone bristles that are easy to keep clean." Grill Friends, \$10; bbqproshop.com



2 Heavy-duty plastic bags

"Great for marinating meats or coating veggies with olive oil. Zipper-lock brands are more secure." Hefty OneZip, about \$4 for 48, at grocery stores



3 Instant-read meat thermometer

"To ensure perfectly cooked meat and safety, choose an analog type over a digital one — they're less likely to break." Farberware, about \$10; at grocery stores



4 12-inch locking chef's tongs

"Long enough to keep your hands out of the flame, but short enough to easily flip your food." Oxo Good Grips, \$10; bedbathandbeyond.com



5 GrillMat

"Since there was nothing like it on the market, I invented this heatproof silicone mat to grill delicate filleted fish like trout or sea bass." Grill Friends, \$21; Cheftools.com