

Firm Up for Free! 6 Fast At-Home Ideas P. 57

Jessica Alba
On Laughing,
Loyalty and
Learning to
Let Go of
"Perfect"

SELF

YOU
AT YOUR
BEST

3 Easy Ways To Lose Weight

Superfood
Recipes
That Fight
Stubborn Fat

The Best
Moves
For Every
Butt Type

How to
Think in
Order
To Shrink

More Pleasure in Bed!

Maximize Your Fun and His
(But Mostly Yours)

End Headaches,
Back Trouble
And All Your Other
Pain for Good!

SPECIAL SECTION, P. 85

Be Healthy and Happy at Any Size

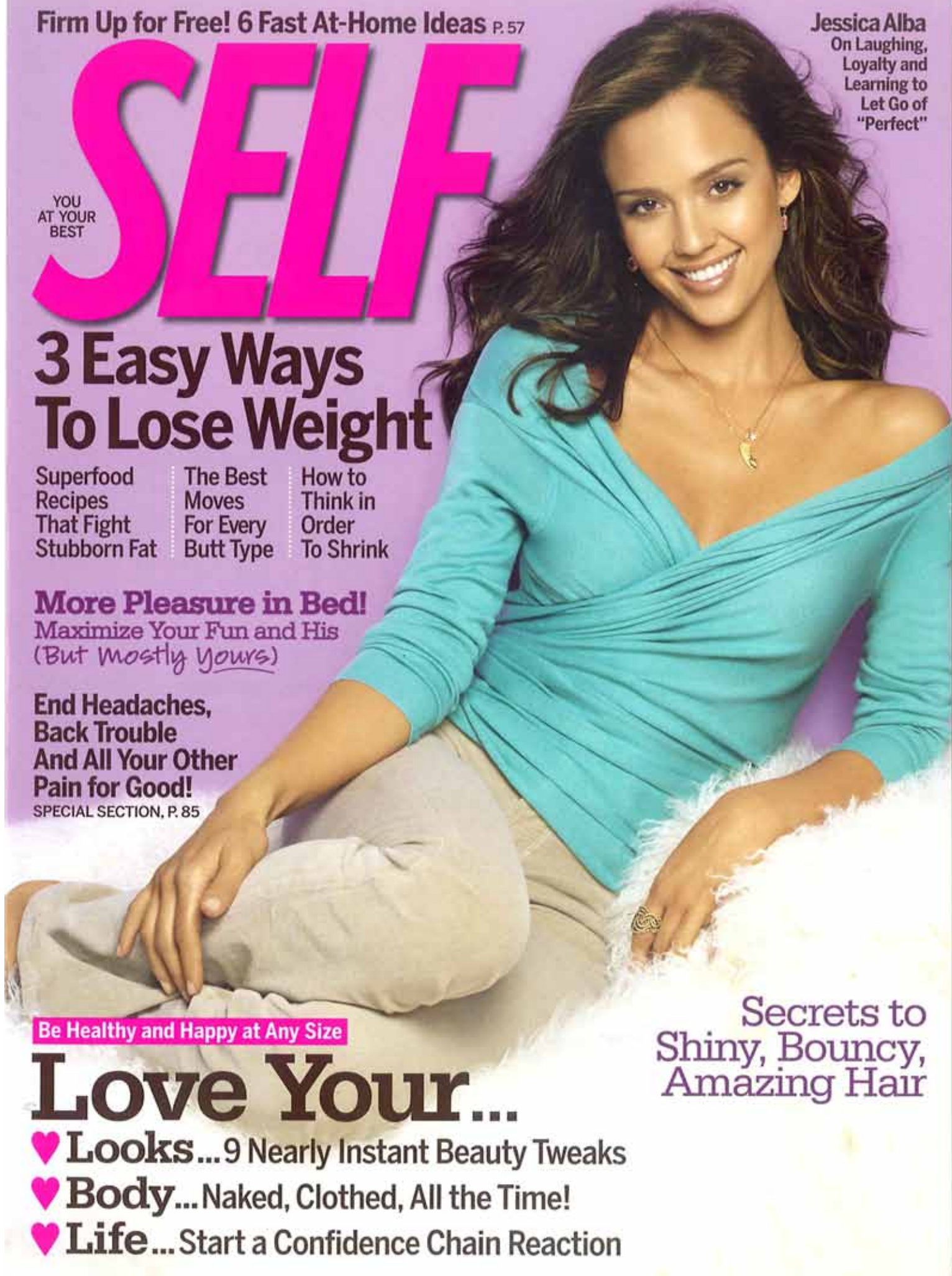
Love Your...

♥ Looks... 9 Nearly Instant Beauty Tweaks

♥ Body... Naked, Clothed, All the Time!

♥ Life... Start a Confidence Chain Reaction

Secrets to
Shiny, Bouncy,
Amazing Hair



Stay strong at the core

Ellery Hollingsworth, 18
Darien, Connecticut
SPORT Snowboarding

To develop the power necessary to practice and perform perfect crazy tricks—in 2009, she became the first female to land a cab 1080 in a superpipe—Hollingsworth strengthens her core. "It's a lot easier to bounce back from tough workouts when I'm at my strongest."

Hollingsworth sets her sights on gold in Oakley A Frame Snow Goggles, which keep her vision super clear (\$130; Oakley.com).



Unwind your mind

Lindsey Vonn, 25
Vail, Colorado

SPORT Skiing

Even for bona fide megastars such as Vonn, the pressure of preparing for the Olympics can be overwhelming. So how does this hopeful chill out? "I love to play brainteaser games," she says. Other de-stressors include listening to hip-hop music (preferably Lil' Wayne) and reading.

Keeping her "dry and incredibly warm" beneath her race suit: SubZero Mock (\$50; UnderArmour.com).



2010 SELF OLYMPICS SPECIAL

Snack for energy

Tanith Belbin, 25
Philadelphia
SPORT Figure skating

After years of training, the 2006 silver medalist has learned how to fuel her body. Belbin eats small meals throughout the day: In addition to breakfast, lunch and dinner, she squeezes in two or three snacks such as trail mix. "I replenish my body every couple of hours so I don't feel too full while I'm working out," she says.

No baggy sweats for Belbin. She favors Ralph Lauren's fitted fleece half-zip with hood (\$198; RalphLauren.com for stores).



Pamper your skin

Julia Mancuso, 25
Olympic Valley, California
SPORT Skiing

To beat the elements and put her best face forward, 2006 giant slalom gold medalist Mancuso uses this breezy beauty trick: "I dab three drops of rose hip oil on a cotton ball and rub it on my face before skiing and at night. It's the simplest way to keep my skin moisturized."



Be an early bird

Kikkan Randall, 27
Anchorage, Alaska
SPORT Cross-country skiing

Randall's secret weapon for getting fit (and becoming the first U.S. woman to win a World Championship medal in her sport): her alarm clock. "I work out first thing in the morning. That gives me more energy during the day, and it also means I won't be tempted to skip out because I'm too tired," she says.



Take a breath

Erica Mueller, 28
Steamboat Springs, Colorado
SPORT Snowboarding

"When I'm on top of a racecourse, I do my deep yoga breathing," Mueller says. "Yoga keeps me centered and in touch with myself." Mueller admits she's not much of a gym rat, so when she's not training on the mountain or fine-tuning her focus with yoga, she hits the trails running or biking.

Mueller munches on all-natural Key Lime Pie Larabars (\$2; Larabar.com).



Turn to try their favorite moves!