

SELF

FREE!
Spa Stuff
Worth
\$49,345

WIN AT WEIGHT LOSS!

Exactly What to Do to
Reveal Toned Abs, Legs & Arms

SEE
RESULTS
IN
14 DAYS!

GLOWING SKIN, INCREDIBLE HAIR

30 Quick Summer Beauty Tips

SPECIAL FOOD ISSUE

Eat Healthy The Easy Way

- Grocery List: 68 Best Picks
- Tasty, No-Cook Recipes
- Wow! 400-Calorie Dinners

Sexier Sex Tonight

Have More Fun in Bed
(Or Wherever!)

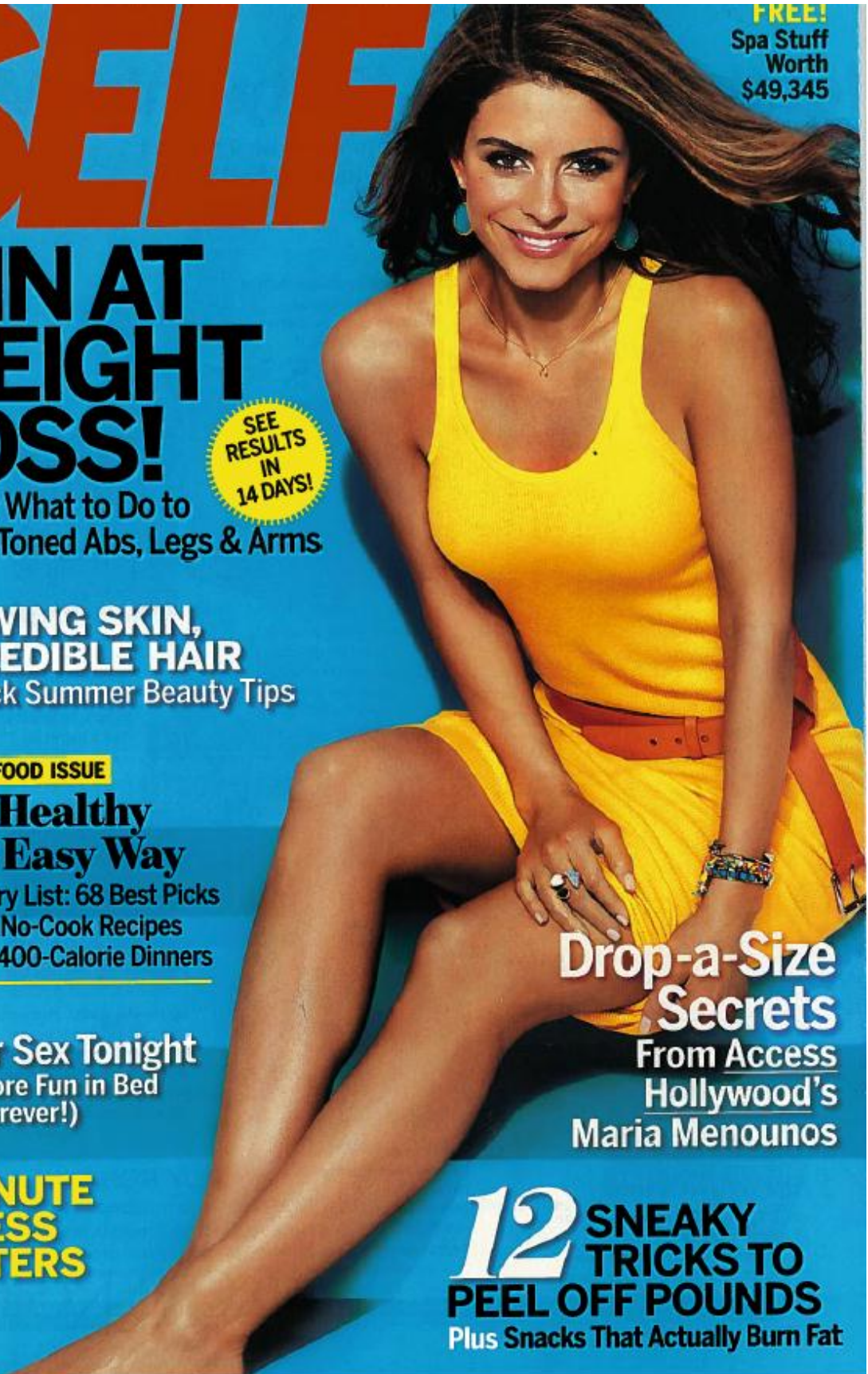
2-MINUTE STRESS BUSTERS

Drop-a-Size Secrets

From Access
Hollywood's
Maria Menounos

12 SNEAKY TRICKS TO PEEL OFF POUNDS

Plus Snacks That Actually Burn Fat



selfy stars



When she's not on two wheels, Deeley is on two feet as the host of Fox's *So You Think You Can Dance*.

SELF ASKS

What gives you a lift?

Cat Deeley

“Hopping on my bike for a ride.”

TAKEAWAY TIP That's a favorite pick-me-up for us, too! To get hair as sexy as Deeley's while wearing a helmet (it's a SELF must!), try this trick from Jorge Serrano, of the Chris McMillan salon in Beverly Hills: Pre-ride, finger comb Shu Uemura Satin Design Polishing Milk, \$33, through damp hair and make two braids. After, unbraid, tousle and finish with a texture spray.

For a similar style, visit Store.TrekBikes.com.



Jamie Chung

“Running, especially before an event. It keeps me at ease on the red carpet.”

TAKEAWAY TIP “Exercising three to four hours before going out can help reduce stress,” says Pete McCall, an exercise physiologist in San Diego. “And don't scale back in intensity—a hard workout calms nerves. But remember to refuel with food afterward.” You want to be blissed out, not wiped out!



Chung kicks with Wesley Kruger and goes on *The Contender* on May 26.



Catch Teegarden in the final season (Summer!) of *Friday Night Lights* on NBC.

Aimee Teegarden

“A manicure—catch up session with my best friend. So relaxing!”

TAKEAWAY TIP Have a party with your pal and your polish! “Überbrights are hot this summer,” SELF beauty director Elaine D'Amico says. “If you love the color but wish it were a tad tamer, mute it with a matte top coat.”



“To get pumped up, I like any tunes by Bruno Mars,” this *Gossip Girl* says.

Tika Sumpter

“Hitting the dance floor. You should see me shake it!”

TAKEAWAY TIP Perfect your shimmy in a Zumba dance class before busting it out on the summer wedding circuit. Grooving to lively Latin beats, you'll sizzle about 414 calories per hour. It's so much fun, you'll hardly notice! Find a class near you at Zumba.com.



CLOCKWISE FROM TOP LEFT: ALISON DYER/CPH/SHOOTING; STEFANIE KEENAN/WIREIMAGE; ADAM FEDERLY/CORBIS OUTLINE; ALBERTO E. RODRIGUEZ/GETTY IMAGES; ZOOBAC/FLASH NEWS; STILL LIVES; CNP DIGITAL STUDIO (3); ALBUM ART; COURTESY OF ELEKTRA RECORDS.