

Eat Out, Drop Weight and Save Money!

SHAPE

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Easy Sculpting Plan
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**#1 WAY
TO LOSE
THE LAST
10 LBS**

AND KEEP THEM
OFF FOREVER!

**9 SURPRISING WAYS
TO PROTECT
YOUR HEALTH**

**Get Slim
Without
The Gym**

Total-Body Toning Moves p.66

**Super Snacks That
Won't Make You Fat** p.118

TV'S
**HAPPY
ENDINGS'**

**Elisha
Cuthbert**

Her 5-Minute
Workout for
Killer
Curves



FEBRUARY 2012 / SHAPE.COM
DISPLAY UNTIL FEBRUARY 27, 2012



The Hot List

SIX COOL THINGS TO DO, BUY, AND SEE THIS MONTH

BY DANIELLE McNALLY



ABOUT FACE

2 EYE CANDY

Indulge in some goodies that won't pack on the pounds. Inspired by the desserts at his family's bakery in Italy, celebrity makeup artist **Vincent Longo's Amaretti Diamond Collection Gift Set** (\$44; vincentlongo.com) will have you looking good enough to eat. Simply brush on one of the four baked shadows, which resemble sumptuous, sugar-dusted treats, to bestow a subtle glittery veil on your lids. *BeLissimaa!*



CALL TO ACTION

4 RIDE ON

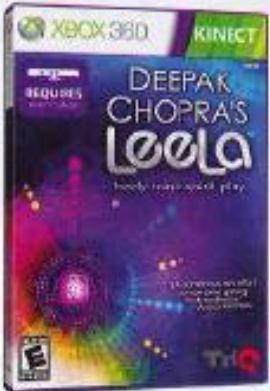
Love charity races, but running's not your thing? Spin your wheels instead. This month Equinox is hosting the fifth annual **Cycle for Survival**. The all-day indoor-rixy events raise money to fund research on rare cancers at Memorial Sloan-Kettering Cancer Center. Visit equinox.com to find out when teams (each member pedals for 30 minutes to an hour) are getting in the saddle in your hometown.



WATCH AND LEARN

1 EVERYBODY DANCE NOW

Zumba zealots, mark your calendars: On Friday, February 24, at 2 p.m. EST, SHAPE will air the **Zumba Fitness Concert** live from London on our Facebook page (facebook.com/shapemagazine). Follow along with more than 3,000 pros performing favorite Latin-based dance moves led by top instructors Beto Perez, Gina Grant, and Tanya Beardsley (meet her up close, page 140). Stuck in a meeting? No worries, we'll replay the event on shape.com all weekend long. Plus, similar shindigs are happening statewide later this year—stay tuned!



VIDEO NATION

3 GAME OM

The latest path to serenity is paved with pixels. A new video game, **Deepak Chopra's Leela** (from \$40; deepakchopraleela.com) for Nintendo Wii and Kinect for Xbox 360, uses a decidedly non-traditional medium to teach you how to meditate. While it has levels, there's no competing with other players to win: You'll advance by using your chakras—the body's seven energy centers according to Hindu beliefs—to connect on-screen patterns of colors and symbols in a tranquil, yoga-like flow. (The system's motion detector tracks your movements to make sure you get it right.) The Kinect version even uses the "depth sensor" feature to measure inhaled and exhaled breath. It's guaranteed to be more relaxing than *Call of Duty*.

FEEL-GOOD FIND

5 PERFECT TIMING

Every minute, one woman dies of heart disease. To put time on our side, Seiko is donating \$15 from the sale of each **Go Red for Women Solar Tressia Watch** (\$295; Macy's) to the American Heart Association—in support of programs that may help save the lives of our mothers, sisters, and best friends. For more info on how to keep your ticker in tip-top shape, turn to page 90.



MOVIE NIGHT

6 AND THE WINNER IS...

With Billy Crystal back to host, the **84th annual Academy Awards** (airing Sunday, February 26, at 7 p.m. EST on ABC) are bound to be entertaining. But despite Crystal's comedic skills, the nearly four-hour show can become snooze-fest in the middle. To throw a fête that's a real hit from start to finish, head to oscars.org. From voting ballots and recipes (silver-screen punch, anyone?) to Oscar bingo, it's got everything you'll need to win the Hostess With the Mostest award.



Visit shape.com/oscars for the red-carpet lowdown!

Eye Candy: NICOLA JARSELLI/STYLING: KOS; JENNIFER MARY GOWARD; K.C. OSCAR: VIVIAN KILLIP/GETTY IMAGES