



the working mom

Genevieve
Monsma
BEAUTY DIRECTOR

“My weekend essentials include only what I can fit in my Shih leather belt bag (\$195; shihshop.com). That way I always have two hands free: one to hail a cab and



“These **GoSmile** Touch Up Mini On-the-Go Smile Refreshers in Peach-licious brush away coffee breath.”

225 ALL-NEW health, fitness, and diet tips inside

SHAPE YOUR LIFE

START TODAY!
BLAST 300 CALORIES AT HOME
No machines, no gear!

Beat the top morning stressor, p. 45

FUDGY BROWNIES GET A MAKEOVER
(go ahead, eat two!)

SEE RESULTS IN 4 WEEKS
20 MINUTES TO A STRONG, SLIM YOU
Firm up all over with this speedy routine

THE 3 DIET MISTAKES
that pack on pounds

Amber Valletta
“The health threat all women need to be worried about!”

“HOW I GOT MY ENERGY BACK!”
p. 154

YOU VOTED!
50 beauty products worth every penny, p. 55

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inside the bags
use five *Shape*
—and see their
list-haves.
LY CARDELLINO



wear on my days off are
saler and **Bobbi Brown**
Lip Balm in Pink Raspberry
(bobbirowncosmetics.com),”

“I dab
Weleda
Sea Buckthorn
Hand Cream (\$10;
usa.weleda.com) on
my son’s
cheeks on
windy days.”



“Kids always have
runny noses, which is
why I stash a pack of
these **Sniff** tissues
(\$2; rickysnyc.com
for stores) in my bag.”