

SCALPEL-FREE BUTT LIFT  
SKIP THE SQUATS!

BLAST MORE FAT  
ON YOUR LUNCH BREAK

# SHAPE

SHAPE  
YOUR  
LIFE

LOOK  
BETTER  
NAKED  
IN 4 WEEKS  
p. 114

*EXCLUSIVE!*

FITTER  
THAN EVER  
AT 52!

ELLEN  
DEGENERES

"MY ALL-DAY  
ENERGY DIET"

PLUS: THE  
EXERCISE ROUTINE  
SHE DOES EVERY  
MORNING

WEIGHT LOSS  
MADE EASY

"HOW I LOST  
105 POUNDS!"

p. 122

A BETTER  
WAY TO  
TAKE YOUR  
VITAMINS

5 SLIM-DOWN  
SMOOTHIES

(WITH A HEALTHY TWIST)

ALL NEW!  
SIMPLE 4-STEP PLAN

FLAT  
SEXY  
ABS

BY MAY 31

25-SECOND  
HAIR  
MAKEOVER



May 2010  
Shape.com  
\$4.99 U.S.  
\$5.99 Canada  
Display until  
May 24, 2010



get the look for less



# 14 summer essentials

Look professional and fend off the heat in chic, minimalist shapes and neutral shades.



Better than basic: a metallic-striped silk tank from **Joie** (\$158; Olive & Bette's, NYC, 646-613-8772).



The mix of rose gold and silver accents on this **Timex** watch (\$120; [timex.com](http://timex.com)) gives it a warm sophistication.



Update office-worthy whites with architectural silver jewelry, like this **Dannijo** ring (\$82; [dannijo.com](http://dannijo.com)).



Layer this sleeveless jacket dress from **Yoana Baraschi** (\$299; Infatuation, Totowa, N.J., 862-684-4710) over a whisper-weight tank.



These **Nine West** heels (\$90; [nordstrom.com](http://nordstrom.com)) are deceptively comfortable, thanks to substantial straps and a platform.

KIM MEERS ROBERTSON, SHIRT; JACKET, AMERICAN APPAREL; TANK, OLIVE & BETTE; PANTS, CALVIN KLEIN; SHOES, NINE WEST; RING, DANNIJO; NECKLACE, LORIS MEUCHE; STILL LIFE, NICOLA GROSSELL; STYLING, STELLA REY/MARK EDWARDS; HAIR, MARIETTE; EDITOR, KATIE COO; MAKEUP, ...