

FOUND! THE PERFECT HAIRCUT FOR YOU

SPECIAL  
Readers  
Request  
Issue

YOU  
AT YOUR  
BEST

# SELF

15-PAGE GUIDE! DON'T MISS THIS!

## 1 Month Total-Body Makeover

- Lose Lbs and Still Feel Full
- Tone Head-to-Toe in 8 Moves
- Be Motivated by Big Prizes

100% NATURAL  
HEADACHE STOPPERS

Yes! All Your Sex  
Questions Answered  
Trust Us, Nothing Is Off-Limits

108 ways to  
Get Inspired!

Make a Change, Tackle Your To Do List, Improve

EAT HEALTHY  
WITHOUT HATING IT  
Our So-Simple Plan, p.186

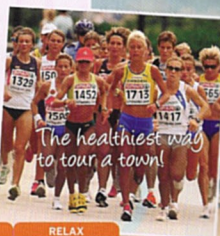
BONUS  
Want a  
Trainer?  
Custom Ad  
at Self.

## 15 minutes to your best self

GOT 13 MINUTES?

### Book a fun-run vacation

You don't need to be a marathoner to cross the finish line in an exotic locale. The short and sweet races below are well worth a trip and spare you energy for sightseeing. —Suzanne B. Bopp



The healthiest way to tour a town!

	RUN	REVEL	RELAX
OTZJAVA	Quaint buildings and blazing foliage create a pastoral setting for your exertions as you run the Ottawa Fall Colours 5K and 10K. (October 7; Somersault.ca)	Ask for zabaglione for dessert at Mamma Teresa. You've earned it! The brick haven serves the Italian recipes Mamma brought from Parma in 1957.	Sip sparkling wine at check-in and relish the Belgian chocolates left on your pillow before bedtime at sleek Arc Hotel. From \$151 (double occupancy).
ALBUQUERQUE, NM	Hug Route 66 on a 5K or half marathon through downtown. The longer route leaves the city for a path by the Rio Grande. (October 21; DukeCityMarathon.com)	At The Artichoke Cafe, order the namesake veggie with lemon-caper aioli. Savor house-made pumpkin ravioli and a celebratory pack from the wine list.	Slide under a down duvet at Mauger Estate B&B, an 1897 Queen Anne residence within walking distance of Old Town. From \$99 (double occupancy).
BARBADOS	The flat 10K takes you by white-sand beaches, through the coastal capital of Bridgetown and along the shallow Constitution River. (December 1; RunBarbados.org)	Sway to a steel drum band at a post-race beach party. Then amble to the Waterfront Cafe, popular with locals, to enjoy jerk pork, shrimp curry and live jazz.	At the Savannah hotel, you can luxuriate in your mahogany four-poster bed before swimming in its freshwater pools. From \$240 (double occupancy).

GOT 1 MINUTE?

### Simplify your salad

Lettuce rejoice: When you make these ingenious keepers part of your routine, it's easy to eat greens.



Fresh in the fridge

Slip washed lettuce (skip the spinner) in Silvermark's Microfiber Salad Dryer Bag to keep it crisp. No more wilt! \$12; Silvermark.com

Fresh at your desk

The FR & Fresh Salad Shaker has a utensil cubby, dressing cup and ice pack. Power lunch, indeed! \$7; Drucstore.com



Madge is  
gaga for  
gadgets!

GOT 1 MINUTE?

### HANG UP, ALREADY!

M.D.s aren't the only ones on call 24/7. "For lots of people, being out of touch, even for a 90-minute movie, induces anxiety," says Lisa Merlo, Ph.D., assistant professor at the University of Florida College of Medicine in Gainesville. Untether yourself from your cell phone by disconnecting for a spell each day. Then return all calls in one breezy batch. —Melissa Walker