

The stay-slim food that costs pennies • A proven immune booster

SHAPE

SHAPE
YOUR
LIFE

**5
SNEAKY
HABITS
THAT ARE
MAKING
YOU FAT**
P. 96

BYE-BYE BELLY FLAB!

FOUR WEEK AB

MAKEOVER

Firm up your middle
for good in just
10 minutes a day

**BLAST
400+
CALORIES**

before breakfast

*** Makeup
your skin
will love, p. 80**



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October 2009 Shape.com
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BONUS!

Lead a happier, healthier life
35-page special section (flip this issue over)>

**JENNIFER
LOVE
HEWITT**

"My #1
weight-loss
trick:
Burn the scale!"

BEAT THE JIGGLE

TAKE AN INCH OFF YOUR HIPS

3 moves that get
results FAST

**Trust
your gut**
This crash course
may save
your life, p. 146

**HOME
HEALTH
REMEDIES
THAT REALLY
WORK**

ROOMS WITH A VIEW

Stroll through galleries and sleep next to masterpieces in these culture-packed quarters.

> **HOTEL MURANO**
Tacoma, Washington
From the 104-foot sculpture at the entrance to the Greek-inspired statue in the lobby, this hotel's glass collection will make you ooh and

aah. Step outside to see even more art—you're just blocks from the Tacoma Art Museum. (From \$149; hotelmurano.tacoma.com)

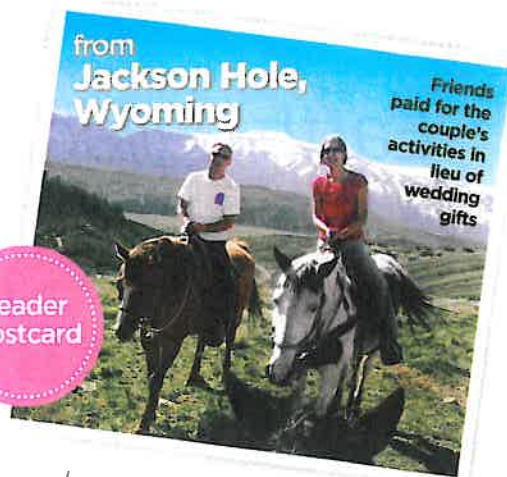
> **RENAISSANCE ARTS HOTEL**
New Orleans
Each one of this century-old hotel's original paintings, portraits, and drawings—which are hand-picked by the curator of the on-site Arthur Roger Gallery—is for sale.

Guests can also dine in the indoor sculpture garden. (From \$89; renaissanceartshotel.com)

> **THE SAGAMORE**
Miami
This hotel puts a special emphasis on video art—mini movies that convey a social message. Guests can watch any production 24/7 in the private screening room, or catch a viewing under a cozy cabana in the outdoor video garden. (From \$215; sagamorehotel.com)
—MARISSA STEPHENSON



These hotels give new meaning to the term "art therapy."



Our honeymoon included 11 days of horseback riding, kayaking, and biking in the mountains.

—LAURA MORGAN, COLORADO SPRINGS, COLO.

Wish you were here? Send your favorite active-getaway memory to postcards@shape.com.

travel q&a

Q When will I be able to surf the Web in-flight?

A On some flights, you already can boot up your BlackBerry as soon as the attendant gives the okay. Gogo Inflight Internet, a partnership between airlines and broadband provider Aircell, currently offers Wi-Fi on select Delta and American routes and plans to offer the service on certain United flights by year's end. (Smaller carriers Virgin America and Airtran offer it on all flights.) "With a laptop or newer smart phone, you can surf the Net, check e-mail, and IM—basically, everything you can do on the ground," says Tom Weigman, Gogo's vice president of wireless services. Prices top out at \$13 and are based on the length of your trip. Check gogoinflight.com for info. —JUNO DEMELO
Send your travel questions to travelq&a@shape.com.



travel toys for grown-ups Tune out snoring seatmates and loud talkers with digital devices that will keep you entertained for hours. —J.D.

> for fit gamers



The **Nintendo DS Lite** (\$130; target.com) lets you play more than 800 games. Upon arrival, pop in *Quick Yoga Training* and follow along as your virtual instructor demonstrates 180 poses.

> for bookworms



Though the new **Amazon Kindle** (\$299; amazon.com) weighs less than most paperbacks, it can hold more than 1,500 e-books. If reading on the plane makes you motion sick, break out your earbuds and switch to text-to-speech mode.

> for movie buffs



Pack the **Sony DVP-FX730 DVD player** (\$130; sonystyle.com) and you'll never get stuck watching the in-flight film. With up to five hours of battery life, it can play two or three movies without recharging.