

BIKINI COUNTDOWN! 30 DAYS TO YOUR BEST BODY EVER

SHAPE
YOUR LIFE
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FLAT ABS FAST!

No Crunches
Required

**Eat This
& Burn
More Fat** P.71

Sexercise!
WHY YOU SHOULD
BE GETTING YOUR
DAILY DOSE P.36

INSTANT ENERGY
Real-Life Tips to Try Today

**Mariah
Carey**

*"How I Lost
30lbs and
Got My
Confidence
Back"*

WALK YOUR WAY SLIM

**Our Super
Calorie
Torching
Plan** P.80

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Ride and Go Chic

If you bike to the office, you deserve major props (way to burn calories *and* help the environment). But you also face a conundrum: What to wear? Start with this gear, which rolls from road to cubicle in style.

UNDER COVER The **MOTT 50 WRAP CARDIGAN** (\$95; mott50.com) is a fashionable way to shield yourself from the elements. Made of a bamboo and cotton blend, it's breathable and provides UPF 50 sun protection.

SMART CYCLE Can't find a bike rack? Take it inside! This super-portable **MONTAGUE BOSTON 8 BIKE** (\$1,099; montaguebikes.com for stores) weighs just 27 pounds and folds in half with the flip of a lever.

HEADSTRONG Before slipping on the sleek **GIRO REVERB HELMET** (\$60; giro.com), gather your hair into a low, loose braid to help fight frizz.

HOLD IT Choose a tote with a cross-body strap, which helps keep it from bouncing around. This **KIPLING SYRO BAG** (\$79; kipling-usa.com) is water-resistant and has zippered pockets for your wallet and phone.

BOTTOMS UP Pants with stretch are crucial for a comfy commute, and **HUDSON X EQUINOX JEANS** (\$154; hudsonjeans.com) hit the mark.

HIGH AND MIGHTY Hard outsoles and no-slip treads, like those on the **MERRELL EVERA MJ HEELS** (\$110; merrell.com), make it easier to push the pedals.



Bike to Work Week begins May 14. Go to bikeleague.org for info on switching to a two-wheel commute.

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