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contributors



> Makeup artist **Brigitte Reiss-Andersen** has worked with country music star Faith Hill for a decade. "Getting her camera-ready has become a collaborative effort," says Reiss-Andersen. "We both come to

photo shoots with ideas and explore them together; she's always up for anything." Reiss-Andersen lives in New York City, where she enjoys swimming, playing racquetball with her husband, and spending time with her two children. She has also created looks for *Allure* and *Vogue*.



> "My work as a photographer has taken me all over the world, but I'd never been to Whistler before," says **Richard Truscott**, who traveled to the Canadian town to shoot "Snow Bound," page 150.

"The views were breathtaking and the weather was amazing—it was a beautiful setting, and adding the malamute dogs to the scene completed the picture." Truscott lives in London and enjoys golfing in his free time. His work has appeared in Italian *Elle* and *Marie Claire*.



> Her experience as a professional dancer led **Tracey Mallett** to create the ballet-inspired routine "The Fast Way to a Sleek, Sexy Shape," page 132. "Dance moves work every single muscle group, and adding a

resistance band makes them even more effective," she says. "Plus, who doesn't want the body of a dancer?" Mallett is a trainer, a fitness instructor, and the author of *Sexy in 6: Sculpt Your Body with the 6 Minute Quick-Blast Workout*. She lives in Pasadena, California, with her husband and two children.



> While writing "Holiday Shopping Made Easy," page 127, *Shape* assistant editor **Marissa Stephenson** got a head start on her gift list. "I found a present that's perfect for my boyfriend and a candle set I want to

buy for my mom," she says. "But the CityPass booklet is going on my wish list. I've been traveling a lot lately, and with these coupons I can afford to check out all the attractions in the cities I visit." Stephenson lives in New York City and stays fit by playing soccer and hiking upstate.

THE FAST
WAY TO A

SLEEK, SEXY SHAPE

Dance-inspired moves can give you that long, lean look, but doing them with one simple tool supercharges your results—in just five weeks.

BY JANET LEE
PHOTOGRAPHY BY CHRIS FANNING

➤ WHEN IT COMES TO INSPIRING BODY SHAPES, dancers rank pretty high. Their toned legs, perky backsides, and strong abs make us wish we could pull off gravity-defying leaps. But according to Los Angeles trainer Tracey Mallett, even those of us with two left feet can get in on the sculpting action. "You don't need years of dance lessons, just an exercise band and a little bit of balance," says Mallett, whose *Quick Blast Method* video four-pack is due out this month. "The band adds resistance while still keeping the ballet-like feeling of the moves, so you can get in shape faster." Do this workout, which she created, two or three times a week and you'll be looking and feeling like a high-kicking hottie before the holidays.

THE PLAN

➤ HOW IT WORKS

Do 1 set of each move, resting for up to a minute in between sets. Repeat the series once or twice, if you'd like. Add 30 minutes to an hour of cardio 5 or 6 days a week.

➤ YOU'LL NEED

A resistance band (start with light tension and increase it as you get stronger).



◀ step side grand plié

WORKS LEGS AND BUTT

Wrap the band around your upper calves and stand with heels together, toes turned out. Extend arms in front of hips, elbows slightly bent as if you're holding a ball [A]. Take a wide step out to the left and lower into a squat. At the same time, lift arms up and then out to each side at shoulder height [B]. Return to start and repeat, stepping to the right on next rep. Do 10 to 14 reps.



▼ cat paw

WORKS ABS

Lie faceup with legs raised 45 degrees and hold an end of the band in each hand over hips. Curl head and shoulders up and draw left toes to inside of right knee, pressing band against thigh [A]. Return to start and switch legs [B] to complete 1 rep. Do 10 reps.



▲ starfish

WORKS BACK, INNER AND OUTER THIGHS, AND BUTT

Lie facedown with band wrapped around ankles, toes pointed and turned out. Lift upper body and legs off floor and extend arms in front of you [A]. Keeping your midsection still, extend arms diagonally, palms facing down, as you draw legs apart [B]. Bring arms and legs together; repeat. Do 10 to 15 reps.

coupé tendu >

WORKS LEGS, BUTT, AND ARMS

Loop center of band under right foot, cross it and hold an end in each hand. Place right heel against left shin, knee bent and arms extended out to the sides [A]. Raise arms to shoulder level as you bend left knee and extend right leg forward. Return to starting position, do 5 reps, then repeat move, this time extending right leg out to the side 5 times [B]. Switch legs to complete set.



attitude >

WORKS LEGS, BUTT, AND ARMS

Keeping band on foot as in coupé tendu, hold an end in each hand and stand with heels together, legs turned out. Extend right leg behind you, a foot off the floor, and raise arms out to each side [A]. Keeping arms and torso as still as possible, bend right knee and lift leg several inches [B]. Lower leg slightly, keeping knee bent, and repeat. Do 10 to 15 reps, then switch sides to complete set.