

# SHAPE



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### FIT FASHION

Above: Rachel Roy  
1992 Graffiti Tee (\$49, rachelroy.com). Mira Rae Zara Legging (\$98, mirarae.com). Everlast Hand Wraps (\$15, sears.com).

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Firm up and Zen out—all with this one single fat-burning routine.

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Scan for more motivation!

# get fit

## Train in the rain!

Bring the spring showers—a heightened dose of nature not only adds to the thrill of your outside play but sharpens your skills too. Such surprising benefits plus the latest waterproof pieces will inspire you to get wet while you sweat.

By SARA ANGLE





Our new **#BeAnOutsider** column kicks off this month to help you maximize your fresh-air fun and fitness—rainy-day runs, yoga in the sun, adventure treks, and everything else alfresco just got a little more OMG.

If you've ever felt the delicious relief of raindrops in the middle of a hot, sticky run, you get a hint of how adding water can transform your usual outing and elevate your senses. Part of choosing the pavement over a treadmill or the bike path instead of Spin class is to get a dose of nature with your workout—and that's powerful, mood-boosting, stress-soothing stuff. So you really don't want to skip any opportunities to soak up the scenery—or derail your outdoor training—even if the weather is on the wetter side. All you have to do is open up to the amazing feeling of experiencing nature in its most refreshing form. "When you tell yourself that rain isn't a big deal, the whole idea of doing wet workouts feels easier and more fun," explains Kristen Dieffenbach, Ph.D., spokesperson for the Association for Applied Sport Psychology. We've got the benefits, how-tos, and gear that you need to amp up for a rainy run, hike, or bike ride so you never need—or want—to miss a chance for some outside play time, rain or, well, rain.



#### PUDDLE PREP

Go ahead, play dirty—the gear to help you feel confident and dry quickly is on page 64.

### You can go longer and faster

When you exercise, your muscles naturally produce heat, which can increase your body temperature to upwards of 100 to 104 degrees, explains exercise physiologist Rebecca L. Stearns, Ph.D., at Korey Stringer Institute, University of Connecticut, which studies maximizing athletic performance and safety. Even just 2 degrees above normal and your performance can start to suffer because in order to cool down your body with sweat, some blood flow gets diverted from working muscles to your skin. But rainwater could act like a cooling system and prevent you from overheating. Minimizing your rise in body temperature during exercise allows you to work harder and more efficiently, and it reduces your risk for

heat illness, explains Stearns. Recent research in the *Journal of Sports Sciences* found that when runners' faces were sprayed intermittently with cool water during a 5K run in the heat, they shaved at least 36 seconds off their regular time and they had 9 percent greater activation in their leg muscles.

### You'll feel like you could conquer anything

"My coach calls rain rides 'toughness training,'" says Kate Courtney, a Red Bull professional mountain biker. "On the worst weather days, you can be sure that most people aren't out there getting after it, and the fact that I am really motivates me to keep going, and it gives me a huge sense of accomplishment once I'm done." →



Think of crappy weather as an obstacle, says Dieffenbach. Once you finish your workout, you'll have a feeling of pride and satisfaction knowing that you overcame an added challenge. Plus, it can be the simple shift that keeps your go-to loop feeling fresh. "I tell myself that it will be an adventure, a new way to experience my regular trail routes," says pro ultra trail runner Gina Lucrezi, a Buff headwear ambassador. "Once I'm out, I'm really loving running through puddles."

### It's extremely stress relieving

Outdoor workouts are serious head-clearers, and rainy ones may rank as the best at making you feel Zen. "Nonthreatening sounds like a gentle rainfall can be relaxing and comforting," says Joshua M. Smyth, Ph.D., associate director of the Social Science Research Institute at Penn State University. "There's a nice quiet solitude that I've found—often there aren't many people out in the rain so it's extra peaceful—like you own the road, trail, or even world," says Katie Zaferes, an Olympian and professional triathlete with Roka. "It makes you appreciate the beauty of the nature that surrounds you." And that might be just what you need to take your mind off how hard you're working.

### Your body learns to react better

Changing up your workout environment (say from running on flat, dry pavement to wet, slippery pavement) will make you more assured and quick on your feet. That's because

**Wear bright colors** and reflective pieces, and/or use a bike light so cars can see you.

### KNOW BEFORE YOU GO...

To stay safe and be seen in wet-weather workouts, stick to these three pro tips.

**If there's lightning**, call it and hit the gym instead.

**Wear layers and carry a dry bag** so you can shed on the go. Packing another dry layer to put on for the way home can also make you feel more comfortable.

every time you ace a more demanding version of your routine, it can motivate you to step outside your comfort zone, says Dieffenbach. "Each time you do, you'll not only build your confidence but likely get better at the mechanics." Think of a baby learning to walk, she explains. He or she may learn on a hardwood floor, and when faced with carpet, it can take some practice to adjust—but soon it becomes second nature. Her tip: Start off at a slightly slower pace than normal so you can watch out for manhole covers and rocks, which can be dicier in the rain. As you adapt to riding or running on slick roads and trails, your muscles will begin to anticipate the new challenge, says Dieffenbach. →



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# 1/RAIN REPELLER

## The Patagonia Stretch Rainshadow Jacket

(\$229, patagonia.com) moves with you on runs and rides so you never feel restricted. Thanks to pit zippers and lightweight, breathable material, you won't overheat on warmer days, and you can add layers on cooler days. The roll-away hood fits well over a bike helmet.

# 2/HIKER'S JACKET

This bright white Columbia Outdry Ex Eco Jacket (\$199, columbia.com) has an eco-friendly waterproof, breathable top membrane and sealed seams to keep you completely dry. Bonus: It's made of dye-free, recyclable fabric (21 plastic bottles are in each!).

# 3/SEAM-SEALED BAG

If you're headed out for a long day, pack fuel and a set of spare clothes in the Sea to Summit Sprint Dry Pack (\$100, seatosummit.com). The waterproof fabric, roll-down top, and reinforced seams ensure your stuff stays totally dry.

# 4/QUICK-WICK SHORTS

To avoid leg chafing from wet material during runs, go for shorts.

**Lululemon's Mind Over Miles Shorts** (\$58, shop.lululemon.com) combine mesh with wicking tissue-paper-thin fabric so they won't soak up water and weigh you down.

# 5/FACE SAVER

Leave the **UV Reflective Half Buff** (\$15, buffusa.com) around your neck or wrist and use it to wipe the rain from your face mid-workout. Or wear it as a headband for a pop of reflectivity that will also help keep water from trickling down your forehead.

## Suit up for showers

*These key water-resistant pieces can make your rainy-day workouts a carefree adventure.*

By SARA ANGLE

# 6/CELL SHIELD

Even in a downpour you can still tote your phone with the **Outdoor Research Sensor Dry Pocket Armband** (\$45, outdoorresearch.com). It's fully waterproof—including the headphone jack.

# 7/INTREPID TREKKERS

The **Altra Peak 3.0 Neoshell Low** (\$150, altrarunning.com) makes it easy to brave the road or trails with its special waterproof upper that forms a barrier to keep feet dry and warm. The outsole is made of sticky rubber and has two types of lugs designed to help your stability both uphill and down. For muddy or rocky trails, add the **Altra Trail Gaiter** (\$20, altrarunning.com) to keep out water and wet debris.

# 8/LIGHTWEIGHT LEGGINGS

The **North Face Hybrid Hiker Tight** (\$80, thenorthface.com) is the best of both worlds: a snug legging and rugged hiking pant. Quick-drying fabric at the thighs, butt, and knees helps you stay drier where rain hits the most.

# 9/DO-IT-ALL TANK

With a swimsuit-material bra top and mesh on the bodice, the **GracedbyGrit Show 'Em Whatcha Got Cami** (\$54, gracedbygrit.com) was made for surf or turf workouts. Adjust the side ruching for your perfect fit.

# 10/NO-SUN SUNNIES

UV light still exists on dark, rainy days. Protect your eyes with the **Costa Corbina sunglasses with Sunrise Silver Mirror lenses** (\$189, costadelmar.com). A special coating repels water—raindrops slide right off without streaks. ★

