

# SELF

3,437  
Freebies  
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Everything!**  
Sculpt Sexy Curves

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7-MINUTE  
TRICK**

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Graham's  
Secret to Burning  
750 Calories**

**THINNER  
INNER THIGHS**  
Look amazing  
in your jeans

\$3.99 US  
OCTOBER 2011  
\$4.99 FOREIGN



**fit body**

**TV tone-ups tested!**

Are you three easy payments away from your dream body? SELF weighs in on seven infomercial items to see if the hype holds up. By Jaclyn Emerick

**METAMORPHOSIS**

**THE CLAIM** "You will transform your body, defy your genetics and create the body you never thought possible."

**THE GIST** Identify your shape from four options based on how different women gain and store weight. Then, over nine DVDs, Tracy Anderson leads you through equipment-free cardio and strength exercises. Do one hour-long workout six days a week for 90 days. The extremely low-calorie diet is strict—hardly any grains or dairy—and falls very short on calcium. (SELF recommends 1,000 milligrams of calcium from foods like lowfat dairy.)

**TESTER'S TAKE** ★★★★★

*I've lost 21 pounds in 90 days! I feel strong and lean, I have more energy, and I'm sleeping better. It's a lifestyle change, but it's entirely worth it and so much fun!*  
—Kristen Saladino, senior market editor

\$90; TracyAndersonMethod.com

**10-MINUTE TRAINER**

**THE CLAIM** Clock all of your cardio and strength training in only 10 minutes a day for "amazing results in record time."

**THE GIST** Tony Horton, the guru behind celeb favorite P90X, created this intense workout. Do at least one of the five 10-minute DVDs daily for a month. You get a mix of cardio drills, such as side shuffling, a resistance band for sculpting moves and a meal plan of 10-minute dishes (a low 1,200 calories—SELF suggests a minimum of 1,400 for weight loss).

**TESTER'S TAKE** ★★★★★

*I lost a few pounds and an inch off my waist in a month, even though I didn't do the diet. The DVDs are so speedy, I could do two a day, and I have the defined arms to prove it.*  
—Marissa Stephenson, fitness editor

\$80; BeachBody.com

**3-MINUTE LEGS**

**THE CLAIM** "It's a three-minute miracle! Your jeans will be too loose within two weeks."

**THE GIST** Sit on this crazy contraption, which is meant to hold your form while you squat and lunge so you don't put pressure on joints, and follow the three-minute DVD routine five or six days a week for four weeks. It also comes with a walking program and a 1,200- to 1,400-calorie meal plan.

**TESTER'S TAKE** ★★★★★

*The first time I hopped on, I really felt the burn, even though I looked silly doing the moves. But the workout became less challenging the more I did it. It's probably better for fitness newbies, not a regular exerciser like me.*  
—Lindsey Benoit, senior public relations manager

\$114; Thane.com

**BENDER BALL**

**THE CLAIM** "The Bender Ball gives you a workout that's up to 408 percent more effective than ordinary crunches!"

**THE GIST** Position the inflatable 8-inch ball under your lower back, and follow the DVD's 15-minute medley of souped-up tummy toners. Use it on your lower body, too: A butt and thigh routine is included. There's a low-calorie meal plan online, but it falls short of healthy fats (which you need to absorb certain vitamins).

**TESTER'S TAKE** ★★★★★

*I didn't end up with a super sculpted stomach, but I feel stronger in my core. Because the workout is only 15 minutes, it's easy to do every day. And the ball is portable. I even brought it on a cruise!*  
—Hadley Garrettson, art assistant

\$13; BenderBall.com