



For golf & water sports

Polarized lenses reduce glare on the greens and the water. Kaenon Bolsa Polarized, \$179, kaenon.com



For relaxing at the beach

Larger lenses protect the delicate skin around your eyes from sun exposure and help prevent lines.

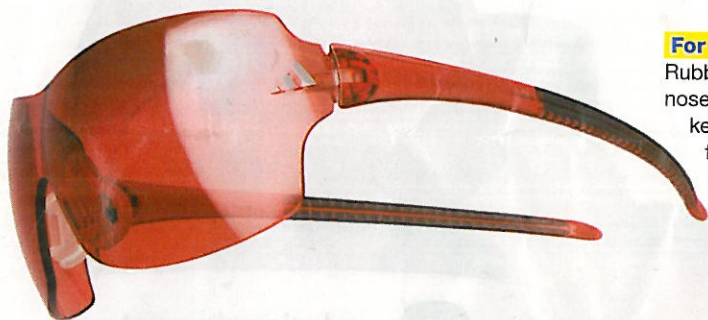
Dragon GG Blue Neon, \$105, dragonalliance.com



See Yourself Thinner!

A picture is worth 1,000 crunches on weightview.com. I've been slacking on my fitness goal to regain the svelte swimmer's body I had in college, so I decided to try the website, which virtually slims you down. I uploaded a recent shot of myself, expecting to get nothing more than a good laugh. Two days later I opened my in-box to find a picture of me with slimmer thighs, tighter arms and a more defined waist. That photo was the nudge I needed: I've now tacked 15 minutes onto my workouts and swapped my usual bagel and cream cheese for egg whites with toast. —Ayren Jackson-Cannady

Boost Your Eye-Q/ The summer's so bright, you've got to wear shades—but not just any pair will do. “Look for 100 percent UV protection to guard against wrinkles, macular degeneration, cataracts and skin cancer,” says optician Deborah Lochli McGrath, a spokesperson for the Vision Council. And be sure to match your specs to your activity.



For running & biking

Rubber grips on the nosepiece and earpieces keep your glasses from slipping when you sweat.

Adidas Xephyr, \$110, shopadidas.com

—Hillary Moloney

Dancing With the Stars did more for Brooke's abs than the \$42.95 tummy wrap she designed (it claims to reduce inches by making you sweat). “If she's not reining in calories and doing core exercises, she won't see results—even if she wears this wrap for a year,” says Pamela Peeke, M.D., author of *Body for Life for Women*.

Some “cleanse” diets simply starve your system, says Dorfman. “If Brooke wants to detox, she needs to strengthen her gut and liver so they can block toxins. She should eat probiotics—found in yogurt—and antioxidant-rich foods, such as colorful produce.”

Celebrity Tweet Club/ Celebs are all atwitter over the social-networking website. Many of their brief updates (called tweets) are about staying fit—but they don't always know what they're talking about. We put four stars' tweets to the test. —A.J.C.



Brooke Burke I'm using the Baboosh Body for cardio. If you want to lose belly inches, check it out! 12 minutes ago



John Mayer Almonds are not your best friend. They get most of their calories (about 65 percent) from fat. 2 minutes ago



Brooke Hogan Going to try this new cleanse diet. Need to slim down. 1 hour ago



Demi Moore I have only done the yoga DVD of P90X so far, and that kicked my a**! The husband is banging it out every day—I need to motivate!! 30 minutes ago

News flash, John: Almonds rock! “They contain heart-healthy fats that help reduce cholesterol. Plus, studies show that eating an ounce a day can help keep weight in check,” says Lisa Dorfman, R.D., director of sports nutrition and performance at the University of Miami.

Ashton's probably getting a great bod, because this 12-DVD set works, says Jade Alexis, a FITNESS advisory board member and a Reebok Global Instructor in New York City. “The 90-day program includes cardio, strength and flexibility training, but it's too intense for beginners.”