

POWER UP, SLIM DOWN
Finally What to Eat When

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FLAT

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MOVE
WORK

Pasta
Pizza

ROCK YOUR RACE
Running Tips for
Your Fall or Spring

When Being "Healthy"
Turns Humid

Hair
Summer
Trends

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Wig
Colors

Who the
Cover Look? ➔

Go *Figure*

sixty

Percentage of American women who admit to feeling self-conscious about their legs. Check out fitnessmagazine.com/lovelegs for a confidence-boosting leg workout, then apply a tinted lotion like **Karora CC Cream for Face & Body** (\$35, karoracosmetics.com) to blur imperfections. You'll be slipping into short shorts in no time.

Source: Luis Navarro, M.D., the medical director of the Vein Treatment Center in New York City