

"HOW I WALKED OFF THE WEIGHT!"

A TOP CHEF'S 144-CALORIE TREAT

# SHAPE

SHAPE YOUR LIFE

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p.148

4-WEEK MAKEOVER

## SCULPT SEXY CURVES

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**BEAT BELLY FLAB FOR GOOD!**

"THE ONE BAD HABIT I NEED TO BREAK"

90210's

AnnaLynne McCord

REVEALS HER BEDTIME WEAKNESS, p.60

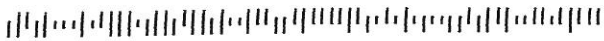
FLAT ABS & YOUR BEST BUTT EVER!

## GET A WOW! BODY

at 20, 30, 40+

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March 2010



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### super easy diet tricks

Drop pounds & stay full, p.176

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## KID-FRIENDLY TRIPS WE LOVE

Good-bye, Nintendo DS; hello, great outdoors: Children will go wild for these get-active vacations.

### > CRATER LAKE, OREGON BACKROADS

Guides divide many trip activities into age-appropriate versions, so you can tackle a challenging trek along the Pacific Crest Trail as your children (6 or older) take a gentler route.

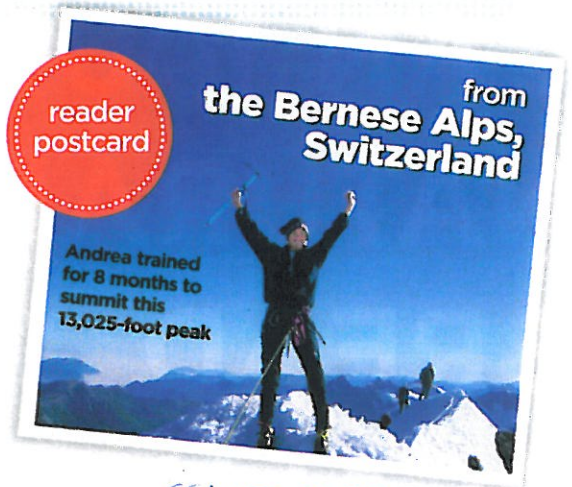
But there's plenty of family time too: You'll bike and raft together, then bunk down in a school-house-turned-lodge. (\$2,298 per adult, from \$1,379 per child for five days; [backroads.com](http://backroads.com))

### > IXTAPA, MEXICO CLUB MED

At Club Med's Ixtapa Pacific resort, 4- to 7-year-olds (there's plenty for other ages to do too) can learn the fundamentals of tennis, golf, soccer, and basketball using modified equipment—think lower nets and custom clubs—while you get a hot-stone massage or take a sailing lesson. (From \$1,295 per person for seven days; [clubmed.us](http://clubmed.us))

### > SAN JUAN ISLANDS REI ADVENTURES

You and your kids (8 and older) will enjoy exploring tide pools, kayaking the waters off northwestern Washington, and dining on locally sourced meals prepared by tour leaders, who will also set you up at night in furnished tent-cabins. (From \$1,899 per adult, \$1,699 per child for six days; [rei.com/adventures](http://rei.com/adventures)) —JUNO DeMELO



“I was on an adrenaline high for the entire five-hour climb to the top of the Eiger.”

—ANDREA STAUFFER, GERMANY

Wish you were here? Send your favorite getaway memory to [postcards@shape.com](mailto:postcards@shape.com).

### travel q&a

**Q** I'm going to Mexico. Is it safe to eat the local cuisine?

**A** It depends. One in 10 people will come down with traveler's diarrhea, a food-borne illness. But there are measures you can take to avoid it. “The number-one rule is: Boil it, peel it, cook it, or forget it,” says Louis J. Morledge, M.D., a New York travel-medicine specialist. If you sample fare from a street vendor, he suggests opting for foods that have been cut into small pieces and grilled. “Also, look for long lines—high turnover usually means the food's fresher,” he says. And because no amount of precautions can guarantee you won't get sick, he recommends seeing your physician before you go. She may give you an antibiotic to take in case you do come down with something. —J.D.

Send your travel questions to [travelq@a@shape.com](mailto:travelq@a@shape.com).



## camcorders that fit in your pocket

If you can fit your cell phone in your carry-on, you have room for one of these high-def models. —J.D.

### > for solo travelers

The **Sony Bloggie MP4** (\$170; [sonystyle.com](http://sonystyle.com)) has an extra-large screen and a lens that swivels 270 degrees to make self-shooting a cinch. It also comes with a rechargeable battery for up to 95 minutes of continuous recording.



### > for shooting pics and flicks

Leave your camera at home: Unlike most pocket camcorders, the **JVC Picmio** (\$200; [jvc.com](http://jvc.com)) captures high-quality photos as well as video. And thanks to an electronic image-stabilization function, neither will be blurry.



### > for super easy sharing

The newest **Flip Video MinoHD** (\$230; [store.theflip.com](http://store.theflip.com)) makes putting footage online as simple as clicking on “Share video.” Choose from hundreds of case designs, or use the pattern generator to create a unique look.



DAN DALTON/GETTY IMAGES