

The Best Toners for Abs, Butt and Thighs p.61

THE OFFICE'S
JENNA FISCHER
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15minutes TO YOUR BEST SELF

GOT 8 MINUTES?


Be active, grow closer

Cuddling inside is a cold-weather perk, but cohibernating all season gets stale. So try a sporty pursuit in a sultry setting. Hot stuff!

SAIL A LOVE BOAT Charter a yacht with your first mate through Key West Sailing Adventures in Florida. A cooperative spirit fostered at sea can spill over nicely to life back on land. \$295 per night; Hotels.com

TAKE A NATURE WALK Navigate a tangle of trails in tandem at the 613,000-acre state park surrounding Borrego Ranch Resort & Spa in Borrego Springs, California. Come nightfall, skinny-dip in your casita's private pool. \$455 per night; BorregoRanch.com

GO WILD IN THE WEST Ride horses in the snow at Hidden Meadow Ranch in Greer, Arizona. Later, retire to your romantic log cabin to reconnect by the glow of the fireplace instead of the TV—there isn't one! Starts at \$415 per night, meals included; HiddenMeadow.com. —Liz Miersch



TINY TIP
To extend your cell phone's life, don't charge it until it hits one battery bar. Your battery can be juiced only so many times.

GOT 6 MINUTES?

Make waves

Create cascading beachy hair even when landlocked with this advice from Jet Rhys, a stylist in San Diego. Apply a curl-friendly cream such as Samy Big Curls Curl Defining Crème, \$6, to wet hair and separate it into five sections. Tightly twist and hold each portion as you blow-dry. Mist with hairspray and shake out waves. All set! —Alex Samuel

GOT 1 MINUTE?

Feel extra efficient

When you're besieged by meetings and appointments, jot them on your to-do list, crossing them off as you would more tangible tasks. Give yourself credit at day's end instead of wondering where the time went! —Cristina Tudino