

Go Bare! The Ultimate Summer Skin Guide

SHAPE

SHAPE YOUR LIFE

Searcy Abs!

Get 'em in 15 Minutes p202

Lose Weight This Weekend

No Deprivation Required p186

Eat Your Way Happy

Mood-Boosting Munchies p42



THE BIGGEST LOSER'S

Jillian Michaels

THE TV STAR SHARES HER

20 MINUTE WORKOUT

GET FIT WITH YOUR GUY

Improve Your Sex Life & Your Body

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STEEP RIGHT UP!

Sure, you could leave things exactly as they are, but where's the fun in that?

Here's how to get a much-needed lift in your salary, social life, and in bed.

Get ready, get set...go!



ENTERTAINING
Annie Lee

MAKE HOSTING A PARTY A PIECE OF CAKE

TRY IT THIS WEEKEND

• If you've been spending too many nights with your DVR and a take-out container, listen up! **Throwing a last-minute, low-key get-together at home can be super easy, and it's the perfect way to connect with people you don't see very often.** You can actually hear what everyone's saying (not always possible if you're out at a noisy bar), and no topic is off-limits since you don't have to worry about nosy strangers listening in.

To get the party started, shoot off a quick email a few days before; invitations will make things seem too formal. And while you can simply hang out, you may have more fun if there's some sort of activity. One of my favorites is a clothing, jewelry, and purse swap. Everybody brings items they don't use anymore to trade. Or make it a spa night and have guests bring mud masks, pedicure supplies, and other beauty products.

As for food and drink, keep it minimal: Serve wine and finger foods, but add a special touch, say by drizzling truffle oil over popcorn. Make sure whatever you offer is bite-size and can be kept at room temperature. That way, you won't end up stuck in the kitchen or be faced with washing lots of dishes.



SEX
Dr. Belisa Vranich

REDISCOVER THAT HIDDEN PASSION

TRY IT TONIGHT

• Settling into a relationship has its pros—knowing he'll give you support after a horrible day at work, being able to admit you don't like watching bromance movies—but it can also turn a once-sizzling sex life into something predictable. Fortunately, the solution doesn't have to involve leafing through the *Kama Sutra* (although that would definitely keep things spicy!).

Instead, mix it up by zeroing in on one of your five senses. **When you concentrate on one sensation at a time, you build excitement and create a more intense experience.** Try this: Place a scarf over your eyes (by not being able to see, you'll be more aware of sound, touch, smell, and taste). Then, have him run a feather or ribbon over your body without applying too much pressure. The lightness will help you tune into the feeling on your skin even more. Afterward, switch places and do the same for him—you'll soon get that newly-together passion back!

“MORE OFTEN THAN NOT, YOU HAVE TO TAKE THE INITIATIVE.”



CAREER
Nicole Williams

ASK FOR A RAISE AND GET IT!

TRY IT THIS MONTH

• One of the biggest career traps women fall into is believing that if you do a good job, your boss will notice—and reward you with a raise. While this can happen, more often than not, you have to take the initiative. Don't be nervous—this won't be the first time your supervisor has heard the request. And this is the best time of year to do it—everybody is naturally in a better mood (read: more receptive) when the weather gets warmer.

But before you talk to your manager, step up your game: **Show up a little early, stay later, get as much face time with higher-ups as possible, and volunteer to take on an important project.** That way, when you do set up a time to discuss your performance with your boss, you'll be on her all-star list.

When you ultimately have your sit-down, remember that you're engaging in a business discussion. Talk about how you've contributed to the company's success, not how the extra money will help you pay for your upcoming wedding. Outline your strengths and don't be modest; play up anything you do that helps the company's bottom line. With that type of evidence, your boss will have a hard time saying no to you.