

SHAPE YOUR LIFE

YOUR PERFECT BUTT IN 3 MINUTES A DAY

YOU CAN DO IT!

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The sculpting plan that firms you up all over

***The busy girl's beauty guide**
Get gorgeous in 5 minutes flat, p. 96

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BONUS
Get that body in 30 & 45 minutes
Really keep you young
THE WORKOUT
WHAT TO EAT
SKIN-CARE ADVANCES

TIM CRUNCH
TRY THIS QUICK WORKOUT,
to you slim

have a feel-good wedding

Self-involved bridezillas were once all the rage, but thankfully, these divas have had their day. Today's hippest way to get hitched is a little less self-indulgent and a lot more meaningful. We've updated the old saying with tips that will transform your big event.

- ▶ **Something old** Honor your heritage by adding a subtle cultural theme to your celebration. You might, for example, serve Tuscan wine if you're Italian or hire a salsa or rumba band if your fiancé is Latin American. Log on to beaucoup.com for other ways to blend your past with your present.
- ▶ **Something new** Your married life may require an extra espresso machine or that fancy all-in-one slicer-dicer-shredder contraption, but if you feel like you have everything that you need, why not give a little back? Sites like changingthepresent.com or weddingchannel.com let you register for charity donations to organizations that either you or your gift-giver chooses.
- ▶ **Something green** Be environmentally conscious and chic: Use recycled paper for your invitations, send electronic save-the-dates, and offset your carbon

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