

LOOK SEXY IN YOUR JEANS 3 simple moves to slim your bottom half

# SHAPE

SHAPE  
25TH  
ANNIVERSARY  
SPECIAL

LOOK  
5 YEARS  
YOUNGER  
QUICK  
TRICKS  
p.168

**GUARANTEED**  
**GET A BODY  
YOU'LL  
LOVE  
BY NEW  
YEAR'S**

**The 5-minute  
workout blasts  
anyone can do**

**\* Ready to  
be inspired?  
10 women, 10  
life-changing tips**

The workout  
that gets  
**KRISTIN  
DAVIS**  
these abs

**FIGHT  
COLDS  
WITH SEX**  
and other  
surprising ways  
to stay healthy

**SHAPE TESTED**

**20  
Hot Heels**  
that make  
your legs  
look long  
& lean  
instantly



\$3.99 U.S. \$4.99 Canada  
December 2006 Shape.com  
Display until December 5, 2006

# holiday gift guide



**FRESH PICKS** Green thumbs will dig **Red Envelope's Italian herb garden** with flavorful, antioxidant-rich chives, basil, and oregano (\$25; [redenvelope.com](http://redenvelope.com)).



**SWEET & LOW** Dreamed up by a chef turned nutritionist, **Gayle's Miracles truffles** taste decadent but contain just 30 calories apiece (\$15; [gaylesmiracles.com](http://gaylesmiracles.com)).



**HEART-SMART** Pair the **Olive Press gift box** (\$70; [theolivepress.com](http://theolivepress.com)) with the **Dalla Piazza oil drizzler** for perfect portion control (\$25; [zaccardis.com](http://zaccardis.com)).



**HAPPY MEAL** With the **Pop Art toaster** you can imprint one of six adorable designs onto your slice of whole-wheat bread (\$35; [target.com](http://target.com)).

## the gift of smart eating

Tools and treats to make their next meal healthier.

BY SHARON LIAO



**HAND AID** **Crabtree & Evelyn's Cooks' handwash and lotion** help skin stay soft even when you're on dishwashing duty (\$32; [crabtree-evelyn.com](http://crabtree-evelyn.com)).



**DRESSING FOR DINNER** Pull the cord of the **Chef'n Rev'n Herb processor** to chop fresh herbs or garlic, then add oil and vinegar (\$19.99; [tabletools.com](http://tabletools.com)).



**FOR GOOD MEASURE** Got a small kitchen? These **Chef'n Sleekstor collapsible measuring cups** fold flat for easy storage (\$19.95 for one set; [chefsresource.com](http://chefsresource.com)).



**CUTTING EDGE** No more separation anxiety. **Silicone Zone's Cut by Emblem flexible cutting boards** feature food-specific hues (\$9.95 for four; [surlatable.com](http://surlatable.com)).



**BREW BASICS** Give someone serenity with **Tea Forte's** cool pyramid-shaped **tea bags, porcelain cups, and serving trays** (\$79 for two tray-and-cup sets and 20 bags; [teaforte.com](http://teaforte.com)).

**DO-GOOD GIFT** Donating just \$10 to the **Vitamin Angel Alliance** buys 40 malnourished or chronically undernourished children worldwide a year's supply of vision-protecting vitamin A. Contributing \$50 covers 200 children ([vitaminangels.org](http://vitaminangels.org)).