

* SPECIAL WEIGHT-LOSS ISSUE

fitness

Mind, Body + Spirit

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FLAT ABS FAST
WITHOUT CRUNCHES!

FEBRUARY 2009 \$3.50
FITNESSMAGAZINE.COM



Bare Essentials

The key to confidence can be something as little and lacy as your underwear. Get smart about the styles that best show off your shape. BY CAROLINE HWANG

If you have

CURVES



Skip skimpy. You look sexiest when your chest is fully supported and your bottom is well covered. Top: **Carrie Amber Intimates** Bella bra, \$20, and boy shorts, \$13, yandy.com. Above: **Julianna Rae** Indulgence bra, \$86, and panties, \$58, juliannarae.com.

A SLIGHT BELLY



A sheer cami will hide a tummy prettily; a frilly bra draws the eye up. Stop waist-band overhang with high-cut briefs. Top: **In Bloom by Jonquil** Camidoll cami and shorts, \$130, saksfifthavenue.com. Above: **Figleaves** Balcony bra, \$30, and boy shorts, \$12, figleaves.com.

A SMALL CHEST



Make the most of what you've got with flirty triangle bras or padded polka dots. Top: **Affinitas Intimates** Ingrid Triangle bra, \$24, and thong, \$12, laurensilva.com. Above: **Elle Macpherson Intimates** Captive Contour bra, \$80, and panties, \$50, ellemacphersonintimates.com.

SIZE MATTERS

Figure fixes don't get any easier than this: "A properly fitting bra will make you look taller and thinner by raising your bustline," says Susan Nethero, founder of Intimacy boutiques. The band on a bra provides 90 percent of the support, which is why it should be firm and level around your torso. "If you've got strap marks on your shoulders, you probably need to go down a band size and up a cup," she adds. For more tips, go to myintimacy.com.