

SELF

1,007
FREEBIES
FOR YOU
INSIDE!

No Time to Exercise?

**ONE EASY
MOVE TO
SLIM
ALL OVER!**

**7 NEW WAYS TO
WEAR YOUR HAIR**

A Look for Every Day

**SKINNY
SUMMER
COCKTAILS**

97 Calories. Yum!

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GET IT AT ANY AGE!**

Tasty Foods That Fight Fat
and Erase Years, Too!

**WEIGHT
LOSS
THAT
STICKS!**

**Tips From
The Biggest
Loser Star**

**Alison
Sweeney**

**5 secrets
to more
energy** Starting Now! p.124

AUGUST 2011 \$3.99 US
\$4.99 FOREIGN





FOOD & DIET

7 Best Skinny Cocktail Mixers

SELF tested dozens of low-cal mixers and found slim sips that taste as delicious as the originals. —*Kate Parham*



One person likes this. Be the first of your friends.



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Best Powder Margarita Mix

Zilch Sugar Free, \$5 for 10 packets;
ZilchMixers.com

Drink deets Stir one of these handy packets into a glass with 1.5 oz tequila, 3/4 cup water and ice, and ta-da! Instant, tangy yet sweet margarita.

Mix: 0 calories per 1.4 g packet

Cocktail: (with 1.5 oz tequila) 97 calories

Devon Jarvis

GET SELF EVERYWHERE!



NEWSLETTER SIGNUP



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