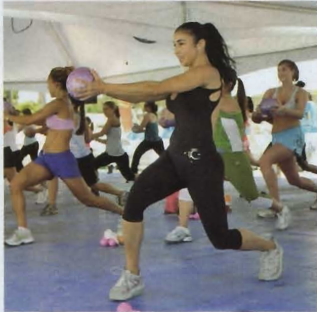


# The Hot List

THE COOLEST THINGS TO DO, BUY, AND SEE THIS MONTH. BY A.J. HANLEY



**BODY BEAUTIFUL**

## TOUR DE FORCE

● It's not too late to get beach-ready: Join the **SHAPE Bikini Body Tour** in Santa Monica Beach, California, on May 21 or South Beach, Florida, on June 4. Choose from 40 group fitness classes—including the Sexy Surfer Workout, Tabata, Ride Vinyasa, Wave Yoga, and Zumba—all taught by Equinox instructors. Check out a summer style fashion show, then let SHAPE executive style director Jacqui Stafford show you the styles best suited for *your* body. Try your luck at the spin-and-win wheel, and score a product-packed swag bag. Ticket proceeds will benefit the Skin Cancer Foundation. For info, go to [bikinibodytour.com](http://bikinibodytour.com).



**DOWNLOAD THIS**

## DANCE PARTY DO

● Looking for a new tune to add to your playlist? The latest single from **Mayra Verónica**, "Freak Like Me," will get your heart pumping on the dance floor or the elliptical. In the second single from her upcoming album, *Saint Nor Sinner*, the Cuban bombshell blends sensual lyrics with a pop twist. *Caliente!*

**DO THIS**

## Be a Pedal Pusher

● Save gas money (and the environment) while you blast 560 calories an hour by cycling to the office during National Bike-to-Work Week, May 16 through 20. (On steamy days remember to bring a few wipes and a change of clothes!) For more information and event listings in your area for the month, go to [bikeleague.org](http://bikeleague.org).



**WORD ON THE STREET**

## GLOW-VERBOARD

(glō'vər-bōrd) *adv.* being overzealous with sunless tanners and bronzers (think *Dancing With the Stars*, sans sequins).

**SKINNY SIPPING**

## CINCO DE MAYO MIXER

● Margaritas are a festive summer staple, but the cocktail can pack 500 calories or more. Lighten up your libation with Zilch (\$5 for 10; [zilchmixers.com](http://zilchmixers.com)), a sugar- and calorie-free margarita mix. Stash a single-serving packet in your purse. Then at your next party or backyard BBQ, just add it to water and tequila. Now that's something to drink to!



CLOCKWISE FROM TOP RIGHT: WILLIAM GARRETT; JAMES WOJCIK/ART-DEPT/TRUNKARCHIVE.COM

# SHAPE

SHAPE YOUR LIFE

## Searcy Abs!

Get 'em in 15 Minutes p202

MAY 2011 VOLUME 30 NUMBER 9

Lose Weight This Weekend

No Deprivation Required p186

ESSENTIAL GUIDE TO SUM

Eat Your Way Happy

Mood-Boosting



THE BIGGEST LOSER'S

Jillian Michaels

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