

Stop Late-Day
Noshing

Fill Up
on Fiber

Choose the
Best Chips

Weight Watchers

May/June 2010

Find
Success
Now!

Meet the
new voice of WW!

**Jennifer
Hudson**

dishes on
her latest
role, p92.

40 light
easy
RECIPES

WALK FOR
RESULTS

**Boost Your Bones
& Your Brain**

Swimsuit Roundup

U.S.A. \$3.99/CANADA \$5.99

WeightWatchers.com

time to walk!

Gear Up and Go!

No matter when you walk, we've got the goods to make it easier.

morning



GET ROLLING This beeping alarm clock jumps off your nightstand and rolls around on your bedroom floor—forcing you to get out of bed to turn it off. CLOCKY, \$39, NANDAHOME.COM



COFFEE TO GO An airtight travel mug lets you swing your arms while you walk—without spilling a drop of your java. AUTOSEAL TRAVEL MUG, \$19.99, GOCONTIGO.COM

WISE WORDS With this doormat on your front step, your fitness goals stay in sight. FINISHLINE DOORMAT, \$32, AMAZON.COM



noon



SWEET SCENT Just a dab of solid perfume and no one at work will know you snuck out for a workout. PACIFICA PERFUME SOLIDS, \$9, PACIFICAPERFUME.COM



STEP OUT These shoes are cute enough for the office, yet have shock-absorbing soles for a comfy lunchtime walk. MIDORI MJ, \$80, KEENFOOTWEAR.COM

COME CLEAN

No time for a shower? No problem! Fake clean hair with a powder shampoo. FAUX DRY, \$20, BLOWNY.COM



night

BUGS BE GONE! Mosquitoes are attracted to body heat, so exercisers are tempting targets. Use sweatproof insect repellent to keep bugs at bay. OFF! ACTIVE, \$5.99, AT DRUGSTORES



CUTE & COZY This moisture-wicking tank and hoodie combo keeps you toasty on chilly nights. MATCH POINT TANK, \$57; GOOD KARMA ON THE GO HOODIE, \$89, SWIMSPOT.COM

BRIGHTEN UP Lights on this arm band blink to make you visible during evening walks. LED REFLECTIVE ARM BAND, \$15 FOR TWO, SAFETYBRIGHT.COM

