

# SELF

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FREEBIES  
INSIDE!

Gwyneth  
Paltrow's  
Healthy  
Eating  
Secrets  
What She  
Really Does  
to Get  
Those Abs!

## LOSE 10, 15, 20 POUNDS

- ✓ 21 Quick, Delicious Meals
- ✓ 400-Calorie Workouts

## EASY MONEY

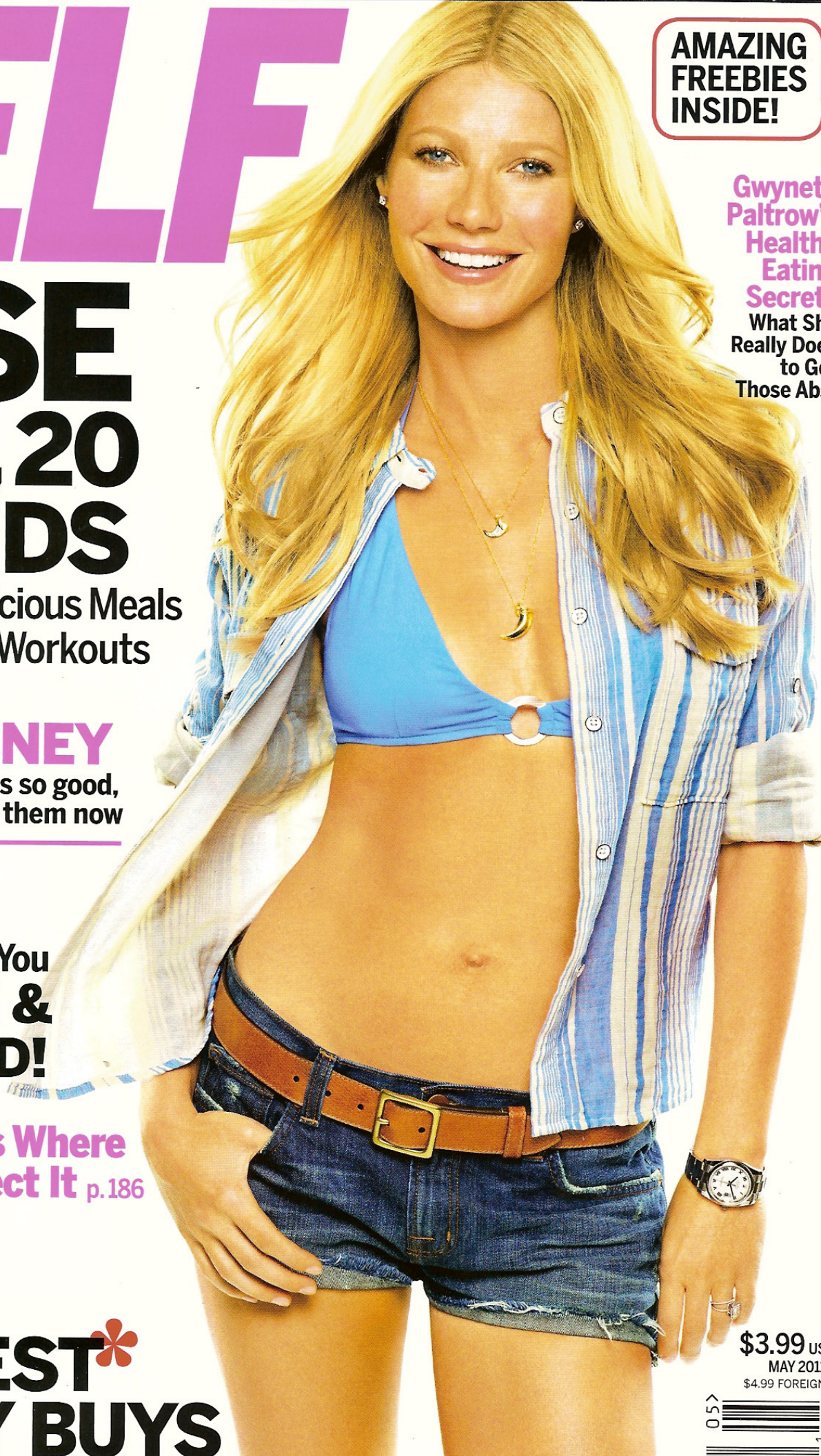
Save \$1,200 with tips so good,  
you'll want to tweet them now

### SPECIAL REPORT

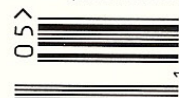
How Water Helps You  
**STAY SLIM &  
ENERGIZED!**

Find Happiness Where  
You Least Expect It p.186

# 87 BEST BEAUTY BUYS



\$3.99 US  
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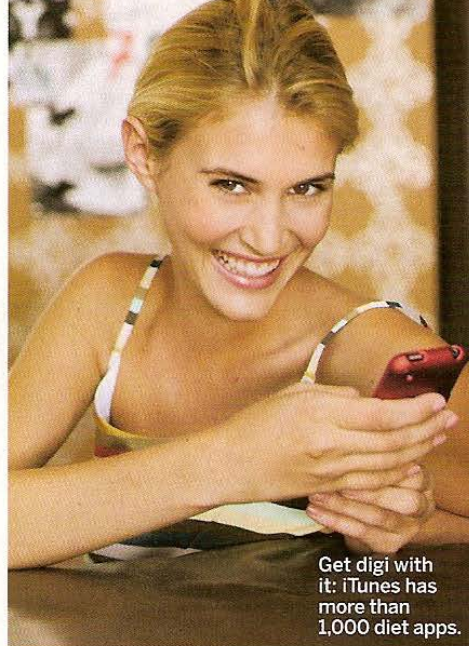




# Get-slim gadgets

Digital dieting tools are flooding the market, and studies suggest they truly *can* help you trim down. We tested four of the most intriguing to learn what's worth a go—or is a flat-out no.

By Natalie Gingerich Mackenzie



Get digi with it: iTunes has more than 1,000 diet apps.



## Visualize a smaller you

The weight-management

system from **NewReality** (\$197; NewReality.com) includes an MP3-like player with 10 audio sessions of pound-paring advice and glasses that emit lights to help you relax yourself slim.

**TESTER'S TAKE** "It did have a calming effect, and the repeated nutrition tips persuaded me to snack on more produce, not junk food. Even so, I didn't lose weight in the two weeks I used it." —Emily White, 28, Lebanon, Ohio

**PRO'S INPUT** "Easing anxiety can slow the release of cortisol, which makes you store fat," says Marjorie Nolan, R.D., spokeswoman for the American Dietetic Association.

**BOTTOM LINE** Skip it. Other at-home de-stressors (yoga, deep breathing) are cheaper.



## Mind your mouth

Using the iPhone app **80 Bites** (99 cents), you tap the touchscreen

with each forkful of food to track your bites. The app, codeveloped by an R.D., encourages you to aim for 80 bites a day (25 or fewer for meals, 12 max for snacks) to curb overindulging.

**TESTER'S TAKE** "The tapping was annoying and very obvious to others I was eating with, but it did show me a new way to keep my meal portions in check." —Cynthia Fox, 38, Brooklyn, New York

**PRO'S INPUT** "Tapping your phone between mouthfuls makes you pause, allowing you time to consider whether you're really still hungry," Nolan says. A subtler way to munch mindfully: Count how many times you chew each bite.

**BOTTOM LINE** It's worth a try until you learn the behavior: then you can count bites on your own.



## Narrow your focus and your middle

Unlike your average bathroom scale, the digital **Zero Scale** (\$60; TheZeroScale.com) keeps your weight a secret from you. It discreetly records the number when you first step on, then on subsequent days reveals only how many pounds you've gained or lost, allowing you to think about your progress without being distracted by what you still have left to lose.

**TESTER'S TAKE** "A 2-pound gain on Monday showed me what skipping workouts on weekends means for me. I hit the gym and I lost the 2 pounds—plus 2 more!" —Amy Barron, 29, Los Angeles

**PRO'S INPUT** Seeing feedback on your behavior without being overwhelmed by the big number helps you pinpoint little things that nudge up the scale. That way, you can try to make small, doable changes, says BJ Fogg, Ph.D., of the Persuasive Technology Lab at Stanford University.

**BOTTOM LINE** Give it a shot. (And don't forget to celebrate when you drop a few pounds.)



## Bet on yourself

Many weight loss websites are a gamble. At **Stickk.com** (free), you at least control the odds: Choose a slimming goal, a wager and a friend to keep tabs. Miss your target, and the cash goes to the friend or a charity.

**TESTER'S TAKE** "I set out to lose a pound a week, with stakes of \$20 going to my roommate. The bet inspired me to cook healthy dinners instead of snacking, and it paid off: I lost 2 pounds in 14 days!" —Nicole Gennari, 24, New York City

**PRO'S INPUT** Dieters who put cash on the line are about five times more likely to lose weight, a study in *The Journal of the American Medical Association* finds.

**BOTTOM LINE** Ante up—and spend your winnings on a cute new swimsuit!

click!

**TALLY HO!** Recording your diet in a digital log (like the nifty one at **Self.com**) may up your chance of success. Crunch your calories at **NutritionData.Self.com**.



## Flawless.

Flaws, blemishes, even dark circles virtually vanish with CoverBlend Multi-Function Concealer. Plus a multivitamin antioxidant formula strengthens and diminishes the look of lines and uneven pigment. Natural coverage, antiaging tool. Now that's flawless.



Exuviance

FREE samples at Ulta