



**CHIC
& EASY
SUMMER
HAIR**

**LOVE
YOUR
BODY
IN A
SWIM
SUIT**

29 Styles
That Boost
Confidence—
Instantly!

**Crush Your
Running
Goals**

Recipes That
Rev Energy

**Rock-
Hard
ABS**

**BLAST
BELLY FAT IN
5 MOVES!**
Tracy Anderson
Gets It Done

**CONQUER
CRAVINGS
NOW**

**THE ONE
SURPRISING
TRICK TO
LASTING
WEIGHT LOSS**

New Gadget Alert

Fitbit Versa, \$200 (Special Edition, \$230); fitbit.com

This new smart-watch helps you hit your fitness goals and makes everyday life easier—score! On top of tracking, the Versa lets you control your music and pay for purchases, and it sends you calendar prompts (no more missed classes!).



Customize the wristband and clockface to fit your style.



Nothing “Beets” This Latte

Trendy java is on the rise! Americans spent \$3 million on matcha lattes last year alone. The next buzzy beverage: beet lattes. Why do we love them? Beets contain phytonutrients called betalains that have antioxidant and anti-inflammatory properties, says dietitian Tanya Zuckerbrot, RD.

We Love Watermelon!

Not only is it refreshing to snack on, the juicy fruit provides a major hydration boost for skin.



Sephora Collection After-Sun Mask (\$5; sephora.com) This two-piece sheet mask (for face and décolleté) provides instant relief after a hot day.

Bliss What a Melon Reviving & De-Stressing Overnight Mask (\$16; at Target) Slather on this creamy mask, then hit the sheets. Rinse in the morning for a refreshed, radiant complexion.



Glow Recipe Watermelon Glow Pink Juice Moisturizer (\$39; sephora.com) The hyaluronic acid-spiked gel melts into skin, leaving it plump and glowy. Smooth it on day and/or night. It smells like a watermelon Jolly Rancher—yum!



BEEET: LARS KLOVE / GETTY IMAGES; MARIAPLO / GETTY IMAGES; PRODUCT IMAGES COURTESY OF MANUFACTURERS