

40 no-gym-required moves • Summer hair Rx • Guilt-free burgers & more

# SHAPES

SHAPE  
YOUR  
LIFE

**WIN!**  
\$20,000+  
WORTH OF  
GIVEAWAYS  
p.52

RESULTS IN 2 WEEKS!

## A FASTER WAY TO BLAST FAT

You'll burn 600  
calories without  
breaking a sweat

\* Does eating  
after 8 p.m.  
pack on pounds? p.156

## GET MOTIVATED!

Secrets from  
**VENUS  
WILLIAMS**  
and 12 other  
Olympic  
athletes

FREE WORKOUT CARDS

## YOU CAN MAKE OVER YOUR BODY!

by Aug. 31

- Sculpt your abs
- Get leaner legs
- Firm your butt

Kick-start your libido by trying something new

3 WAYS TO SPICE UP YOUR SEX LIFE

Whether your lovemaking is lukewarm or sizzling, these adult accessories will add some extra heat.

SWEETSPOT LABS ON-THE-GO WIPETTES



These individually packaged wipes, available in four scents, are pH-balanced to gently freshen down there. (\$3 for 3; [sweetspotlabs.com](http://sweetspotlabs.com))

K-Y BRAND YOURS + MINE



When this set of two gender-specific lubricants are combined during sex, they create a tingling sensation. (\$19; [drugstore.com](http://drugstore.com))

TROJAN HER PLEASURE VIBRATING RING



Increase your stimulation for up to 20 minutes with this mini vibrator, which can be placed on top of a condom. (\$12; [drugstore.com](http://drugstore.com))

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The number of minutes the average patient spends researching his or her surgery, reports a new survey

Compare that with the four hours, on average, we spend planning a big vacation. "You can improve your odds of a good outcome if you do your homework first," says Thomas R. Russell, M.D., executive director for the American College of Surgeons, who advises investigating alternatives and asking prospective surgeons about their credentials and experience.

ask the expert

**Q** My doctor told me my cholesterol is fine but my triglycerides are too high. Is my heart at risk?

**A** Unfortunately, yes. Like cholesterol, triglycerides are a type of fat found in your bloodstream. **Having chronically elevated levels—higher than 150 milligrams per deciliter—can lead to a hardening of the arteries,** raising your risk for heart disease and stroke.

Many of the causes of high triglycerides (a diet high in saturated fat, for example) also boost your cholesterol level, so the two often go hand in hand. But other factors, including genetics; diabetes; diseases of the kidney, liver, and thyroid; and certain medications, such as birth control pills, can increase your triglyceride count too.

To get your triglycerides within a healthy range, limit your intake of saturated fat, found in animal fats, butter, and cheese. Eating plenty of whole grains and produce, plus regular exercise, can also help. If your level doesn't fall, your doctor may suggest a fish oil supplement or prescribe a fibrate drug, such as Tricor.



Gina Cuyler, M.D., is an internist, an instructor of clinical medicine at the University of Rochester Medical Center, and a fellow of the American College of Physicians.

Send your questions to *Shape*, Ask the Expert, 1 Park Ave., 10th floor, New York, NY 10016, or [asktheexpert@shape.com](mailto:asktheexpert@shape.com).