



Aveeno Active Naturals Calming Body Wash (\$7.49)

IN THE SHOWER

Need a post-workout reward? Aveeno's new Active Naturals body washes, made with natural essential oils like ylang-ylang, lemon grass and lavender, will turn your shower into a spa-like experience. They're soap-free, which means they're gentle on sensitive skin. "Soap can be irritating, especially if the pH is too high or too low," says Dr. Jensen Yeung, a Toronto-based consulting dermatologist for Aveeno. "These are within the optimal range of five to eight pH, which is the same as our skin."



In the gym

According to new research by University College London and Loughborough University in the United Kingdom, aerobic exercise is better at suppressing appetite than non-aerobic exercise. Cardio workouts increase levels of peptide YY (an appetite-curbing hormone) and decrease ghrelin (a hormone that stimulates appetite). Weightlifting only affects ghrelin, so its impact on hunger is less pronounced. No matter which aerobic activity you choose, be sure that you work within your optimal heart rate training zone, says Sara Moyle, a Toronto fitness trainer. "If you're not using a heart monitor, know that you should be able to carry on a conversation during aerobic conditioning—but not easily."

BEST BODY NOW!

Make the most of the day (and night) to get summer-ready.



Interchangeable weighted midsole trainers (\$165, NGR Shoes)

ON THE STREET

Is your workout limited to the time you spend at the gym? Slip on a pair of NGR (No Gym Required) Shoes and help tone your lower body—and burn up to 50 percent more calories—anywhere you walk. The shoes' weighted midsole technology adds resistance without bulk and increases muscle endurance the more you wear them.

WHILE YOU SLEEP ▶

The struggle to beat cellulite—which affects 85 percent of us—doesn't stop at the gym. A new topical product can help smooth out dimpled skin, even while you sleep. Biotherm Celluli Laser Intensive Night is based on the premise that the body's fat-burning mechanisms and circulation slow down at night. It contains ingredients like grape seed extract, rutin salts and caffeine, which are thought to prevent fat and water retention.



Biotherm Celluli Laser Intensive Night (\$66). For details, see Shopping Guide.