

Your Summer Starts Here!

Women's Health

**Our Crazy-Fast
Plan to Get...**

Fit. Strong. Lean.

HOT ABS

4 Moves for
Real Results

**Wake Up
Happy**
Try These
Easy Mood
Boosters

Avengers:
Infinity War star
Zoe Saldana
on why she feels
"bolder, braver, and
super inspired"



POWER FOODS

- More Energy
- Better Sleep
- Less Stress

Beauty Awards

**Feel Fab
at Work,
the Gym,
*Anywhere***

25

**Awesome
Swimsuits**
(Every Body!
Every Budget!)

Letter from the Editor

WHEN I WAS IN THE EIGHTH GRADE, my dad began inviting me to join him on his weekend morning workouts: a few miles of jogging or a couple of sets of tennis. He'd knock on my bedroom door at 6:30 a.m., and soon we'd be on the sidewalks of my hometown, Kansas City, Missouri, gasping up and down our favorite hills, "the Steepsy Weepsy" and "the Rockhill Monster." (Those odd but beloved names are all ours...you won't find them on any map or running app.)

As much as I remember the routes—I still run them every time I go home—my favorite memories from our weekend sweats are the conversations we'd have afterward over lattes at a local coffee shop. We'd talk about school, my upcoming sports games and practices, friends, life goals, and frustrations. In a chaotic household with two parents working long hours, four kids, and two golden retrievers, I felt like the center of the world on those mornings. I knew I was loved, listened to, and completely supported. What a gift!

In our "Runs in the Family" feature on page 130, six women share their own reflections on how their relationships with their fathers have influenced their lives in positive ways. Whatever your childhood was like, I hope the story inspires you to seek out mentors...and to become one for a young woman.

For the record, it took major commitment from my dad to get a tired tween out of bed and into her sneakers. My motivation was 100 percent that latte waiting at the end. That's why I love "Think Your Way Out the Door" on page 63: It gets real about the fact that whether you're an athlete training for a big event or an everyday superwoman leading a busy



life, sometimes finding your exercise fire is Really. Freaking. Hard. We have some game-changing behavioral tips to get you moving on those "nah, not today" days.

And if your workout motivation is more the swimsuit variety—nothing wrong with wanting to look awesome at the pool—we've got you covered there too. Check out our ultimate guide to one-pieces and bikinis on page 54. Maybe one (or three!) will move you to participate in our first-ever, results-guaranteed Power Up for Summer challenge. Start today, and be sure to join our Facebook group for high fives and support from the WH community all month long. Because another lesson my dad taught me during our sunrise workouts all those years ago? Fitness is always more fun with someone by your side.

Liz

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As Seen on My Insta



GLOW GETTER

Fit and fab, HBFIT founder Hannah Bronfman was the muse for our annual Beauty Awards. See all the winners starting on page 115.



JUST DO YOU

We go deep on what self-care means in 2018 on page 89. My version? Finding 20 minutes to enjoy this magical face mask every Sunday. Drunk Elephant T.L.C. Sukari Babyfacial, \$80, sephora.com



FAMILY FIRST

My dad is a lawyer, a runner/golfer/tennis player, the most patient person I know, and above all else, an amazing human being.

YES AND YES

Good things are just beyond your comfort zone. See what happens when you "Flex Your Bravery Muscle" on page 110.

Who or what inspires you to go harder, longer, farther? We'd love to hear from you!

Share your thoughts on Insta and tag #WHStrong and me (@lizplosser).

WITHOUT CHALLENGE, NOTHING CHANGES

Beauty & Style

The New Rules of SPF

Every day, there's a headline about how fill-in-the-blank is wrecking your skin (and life). Your phone? Maybe. The sun? Definitely. Your staple sunscreen? Probably not. Here's a look behind the hype and at the truth.

BY DEANNA PAI



FYI: an estimated 90% of skin aging is caused by the sun. Lather up before you dive in!

THE CLAIM Consistent sunscreen use prevents you from getting your daily dose of vitamin D from good old sunshine.

THE REAL DEAL This is sort of true, since sunscreen prevents UVB rays (which cause a reaction that results in vitamin D production) from reaching your skin cells. But before you run outside sans SPF, know this: There are other means of soaking up vitamin D. “You shouldn’t skip sunscreen in an attempt to get D,” says Emmy Graber, M.D., a dermatologist in Boston. Instead, obtain it through your diet or a supplement. It’s available in only a few food sources—like fatty fish, including salmon and mackerel, and egg yolks—so consider a supplement that contains at least the recommended daily value of 600 IU. If you’re worried about a vitamin D deficiency, which can result in loss of bone density, your primary-care doc can check your levels with a quick blood test.



THE CLAIM In addition to UV, other forms of light, like blue light from phones and devices and infrared rays emitted by said devices, are giving you wrinkles and dark spots.

THE REAL DEAL Yes, blue and infrared light might (might!) lead to skin aging, according to studies. But the exact extent is still TBD. In fact, says Graber, both wavelengths can actually be beneficial in a controlled setting. Case in point: Derms tend to use these types of light in-office to treat acne and other skin issues. (Again, that’s in the hands of a professional.) Still nervous? New sunscreen formulas, like **Coola Organic SPF 30 Full Spectrum 360° Sun Silk Drops** (\$46, sephora.com), protect against all wavelengths of light, including UV and infrared. Graber also recommends antioxidants, particularly vitamin C and ferulic acid, because “they make your skin cells stronger and more robust against damage.” Apply an antioxidant serum like **Drunk Elephant C-Firma Day Serum** (\$80, sephora.com), which pairs C and ferulic acid, twice a day.

ALICIA AGUILERA/ENRI MÜR (WOMAN); COURTESY OF VENDOR (PRODUCTS)