

Health

Happy Begins Here

**HOT
BODY
NOW**

7 No-Diet
Shortcuts

**Gorgeous Skin
Overnight**

**6 CRINGE-WORTHY
HEALTH PROBLEMS,
SOLVED**

Olympics
2016!
U.S.
SOCCER STAR
**ALEX MORGAN'S
GUTSY FIGHT
FOR RESPECT**

**UP YOUR
ENERGY
Big-Time**

**15
MINUTES
TO FIRM!**
Great Abs,
Legs & Butt

**THE
BEST
FUEL
FOR YOUR
WORKOUT**

TAKE A FRESHER HIKE

Want to go off the beaten path? Just click the "Hikes Near You" box on americanhiking.org.

JUST ADD WATER

Downpours are no match for the water-repellent Mountain Hardwear Ghost Lite Jacket (\$100; mountainhardwear.com).

VEST DRESSED

Core-warming threads like The North Face ThermoBall Vest (\$149; thenorthface.com) are perfect for midmountain cold spells; fold it back into its own pocket when things heat up.

SHADY LADY

Our favorite feature on the Oakley EVZero Path sunnies (\$160; oakley.com): special lenses that sharpen vision and enhance hues.

BLUE STREAK

Rough landscapes? The robust yet agile Salewa Alp Trainer Mid GTX hiking boots (\$199; backcountry.com) have your back—er, feet—for miles of happy trekking.

COURSE CORRECT

In case you get turned around, the Brunton Tag Along Zipper Pull Compass (\$15; amazon.com)—as well as an old-school map—will guide you.

DOCTOR YOU

Treat minor injuries on the go with the Adventure Ultralight & Watertight .5 Medical Kit (\$17; adventuremedicalkits.com).

LIGHT BRIGHT

Illuminate your way home with the BioLite PowerLight Mini (\$45; bioliteenergy.com). Bonus: It doubles as a phone charger.

SOCK IT TO ME

The merino-wool Icebreaker Hike Light Mini Socks (\$17; icebreaker.com) regulate foot temperature in both cool and hot climates.

DEAR DIARY

Channel your inner Cheryl Strayed and chronicle your exploits in this wood-covered, weatherproof journal (\$10 for a pack of 3; fieldnotesbrand.com).

BIG GULP

A 2-liter water bladder and plenty of storage space make the High Sierra Classic 2 Series Propel 70W Hydration Pack (\$80; highsierra.com) a must-have.

SKIN SAVER

Layer BullFrog Mosquito Coast Sunscreen (\$11; drugstore.com) over your regular sunscreen for lasting protection from bugs (and extra SPF).

SCAN TO SHOP!
SCRY THE HIKING TO DO LIST THE ITEMS ON THIS PAGE. SEE PAGE 48 ON HOW HEALTH.COM/SHOP-NOW.

Health
Gear Awards
EDITORS' PICKS

12 Best Bets for Hiking

What to pack for your next great (and safe!) outdoor adventure.

By ROZALYNN S. FRAZIER