



THE OPRAH
MAGAZINE

**“I’m always
amazed by
how easy it
is to impact
another life”**

31 WAYS YOU
CAN MAKE
A SERIOUS
DIFFERENCE

**Can you eat your
way happy?**

NEW SCIENCE ON FOOD
THAT’LL CHANGE
YOUR MOOD

Makeup for Grown-ups!

EVERYTHING YOU NEED TO AGE GORGEOUSLY



Sweat Equity

Six handy workout helpers (personal trainer not included).

1. Bring It On

Transition from office to gym with this bright carryall. It's got a padded laptop compartment, a removable pouch you can use as a crossbody bag, and a cinchable sack to transport smelly clothes. (Easy Tote Puffy in neon lime, \$160; godashdot.com)

2. There's the Rub

Hello, new exercise buddy! Thanks to a stiff, rubbery exterior, this stainless steel water bottle with built-in straw doubles as a foam roller, letting you hydrate and soothe the tight hamstrings with one nifty contraption. (Grace 27-ounce foam roller water bottle in Juicybot, \$50; mobot.com)

3. Cool Runnings

When a long jog is the last thing you want to do, knowing you can pound the pavement in these elegantly color-blocked leggings might be just the motivation you need. (Lululemon x Roksanda Break New Ground tight, \$168; lululemon.com)

4. Absolutely Jab-ulous

You'll be punching pretty in these tie-dyed boxing gloves. And the gel-infused foam will help prevent sore knuckles. (Sanabul Funk Strike gel boxing gloves in Classic Swirl, \$50; sanabulsports.com)

5. Heavy Duties

Swap your space-stealing ten-piece dumbbell set for a single kettlebell. This one has six weight options (from 12 to 42 pounds), so you can turn your decluttered living room into a sleek health club. (KettlebellConnect, \$199; jaxjox.com)

6. Take a Spin

If you're a committed stationary cyclist, strap on these shoes. When paired with attachable SPD cleats (sold separately), they're compatible with most big-name studio bikes, which means your feet need never touch rented footwear. (Slipstream performance cycling shoes in merlot, \$130; tiemathletic.com)



1



2



3



4



5

Once powered up, this tech-savvy kettlebell has a 14-hour battery life.



6