

TAKE INCHES OFF YOUR HIPS (NO SQUATS!)

# SHAPE

SHAPE YOUR LIFE

**SEXY ARMS**  
IN 2 MINUTES A DAY

**46 AND FAB!**

**MARISKA HARGITAY**

**"HOW I CURED MY CRAZY SUGAR CRAVINGS"**

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**HOW I DROPPED 6 DRESS SIZES**

**SEXY ABS, BUTT & THIGHS**

**3 NEW 5-MINUTE FAT BLASTS**

**THE BEST SNEAKERS READER TESTED!**



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November 2010  
Shape.com  
\$4.99 U.S.  
\$5.99 Canada  
Display until  
November 22, 2010

SHAPE tested

## a new exercise in stress relief

When you're overwhelmed, avoiding stress is easier said than done. Now there's an at-home biofeedback tool that



This small gadget also measures your fitness levels

can teach you to relax: the Mio FitStik (\$50; [mioglobal.com](http://mioglobal.com)). The device's chest strap measures your heart rate variability—fluctuations in heart beat—to gauge stress. That data is transmitted to a website, where you

can monitor your levels. "When my anxiety started to rise, I tried the recommended calming exercises, like taking deep breaths," says Marissa Stephenson, SHAPE's senior associate editor. "I plan to make that a habit from now on!"