

SELF

\$63,564
Worth of
Freebies!

BURN 500 CALORIES EXTRA EVERY WEEK!

Trick Your Body Into
Losing Weight Faster

Less
Effort,
Amazing
Results

Glowy Skin, Shiny Hair!

Tips You've Never Seen Before

EASY MONEY

Have More Fun, Save Big Bucks!

FLAT-BELLY SECRETS

Footloose's Julianne Hough
Reveals Her No-Crunch Toners

25 WAYS TO EAT HEALTHIER (without even trying)

Have friends over!

Tasty, Slimming Recipes
of Together Tonight p.124

How to
Tasty, S...
T...



NEED A
BEACH
VACATION?

Snap This
Tag Now!
Plus, More
Prizes
on Every
Story

See p.12
for details

\$3.99 US
NOVEMBER 2011
\$4.99 FOREIGN



Your Style flash

Watches are shown at actual size.



ROUND THE CLOCK

A small circular face and a finely woven band bestow a ladylike look. Seiko, \$375; SeikoUSA.com for stores



PRECIOUS TIME

The oblong face melts seamlessly into the band, creating a bracelet effect as unique as it is chic. Bertolucci, \$2,500; Saks Fifth Avenue



TANK YOU!

This ultrathin classic tank won't weigh down your wrist. And it will wow forever—pass it down to your daughter! Cartier, \$2,750; 800-227-8437

Wind it up

Slip on one of the season's sleek, timeless tickers and you'll want to watch the minutes pass by.



FACE-LIFT

Shiny mother-of-pearl takes this watch from timepiece to jewelry. \$350; ESQByMovado.com



DOUBLE TAKE

Dual dials (one's a 24-hour clock) are a stylish nod to the 1950s. \$275; Bulova.com for stores



TOP OF THE HOUR

A generous face and band—and numbers that pop in navy—keep all eyes on the clock. \$2,700; TAGHeuer.com for stores



TIME-SAVER

A '60s-inspired mesh strap lends vintage appeal at a no-need-to-wait-for-it price. \$50; Timex.com



SNAP TO WIN!

The Seiko watch on this page. Details at Seiko.com.