



I DON'T TRIP ABOUT THE NUMBER THAT IS ON THE INSIDE OF MY CLOTHES."

—ACTRESS AND COMIC MARGARET CHO

**MEAL-O-MATIC**  
**PMS SOS**  
**Smoothie**



6 ounces fat-free milk +



1 tbsp. chocolate syrup +



½ banana +



½ cup strawberries +



1 peeled kiwi

Add ice and blend for a snack rich in calcium and vitamin D.

—Lisa Young, Ph.D., R.D., FITNESS advisory board member

**It's Training MEN!**

As a personal trainer in *Burn After Reading*, is Brad Pitt worth his weight in, well, weights? Here's how he compares with three other recent big-screen gym buffs. —R.S.

	<i>BURN AFTER READING</i>	<i>MILLION DOLLAR BABY</i>	<i>DODGEBALL: A TRUE UNDERDOG STORY</i>
FILM			
WHO	Chad Feldheimer (Pitt)	Frankie Dunn (Clint Eastwood)	White Goodman (Ben Stiller)
WORK PLACE	Hardbodies Fitness Centers	The Hit Pit	Globo Gym America Corp
SPECIALTY	Tightening and toning residents of Washington, D.C.	Training professional male boxers, scrappy waitresses	Transforming the "overweight and under-attractive"
RESULTS	Overstretched hamstrings, finding CD filled with CIA analyst's memoir	Madonna-worthy biceps, winning knockout punches, paralysis	Rock-solid abs, dodgeball-tournament losses
HIRE HIM	If you prefer beauty over brains	If you want to master the speed bag; it could end badly if you go pro	If you have a taste for shiny, spandex bodysuits

**EDITORS' SELECTS**

**Buy J.CREW YOGA COLLECTION** Preppy meets stretchy in this new line of soft cotton/spandex-blend pants, camis, shorts and more. Our favorite: the adorable yellow-striped canvas yoga bag that has straps for a mat. (\$14.50 to \$78, jcrew.com)

**Play ALL STAR CHEER SQUAD** (for Wii) Learn and practice cheer and dance moves for "tryouts," build your team, and compete against other squads. Spankies not included. (\$30, in stores October 20)

**Visit SHOPITTOOME.COM/RUNNING** Snagging deals on the latest kicks, sports bras and more just got easier. Sign up at this new free Web site, enter your sizes and favorite brands, and receive customized e-mail sale alerts.

**Save SMART STRIP POWER STRIP** With outlets for appliances that stay on all the time

**fitness**



"gives me a ton of energy and fills me up!" —Kattrin Sieber, 31, media-relations officer



"I'm hooked." —Suzanne Ahlf, 47, musician

"Granola bars, because they taste like candy even though they're not." —Sue Altman Weinstein, 30, doctor



"A Golden Delicious apple. It's a bigger boost than coffee, and more nutritious." —Kristina McPhee, 42, meeting planner



\$47.95, bitsltd.net)

**Clean METHOD'S SMARTY DISH** Save our waterways with this dishwasher detergent that skips bleach, phosphates and other toxins. (\$6 for 20 loads, methodhome.com)

