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results of our latest reader polls



For some women, it takes practice to drop that towel.

**87%** of you aren't comfy being naked in the locker room.

**Try to hone your nude 'tude.**

You don't have to prance around butt-naked, but you don't have to hide, either. Start with baby steps: "Walk around your house in the buff and glance in the mirror to get used to your body," says Sallie Foley, coauthor of *Sex Matters for Women* (Guilford Publications). "Then try it at the gym, baring a bit more each time." You'll shed that teeny towel in no time!



**62%**

of readers say that Popsicles are the healthiest dessert.

**But 49% of you prefer cake, brownies and cookies.** We agree! Treat yourself to what you *really* want, in moderation. "The problem with so-called diet desserts, like Popsicles, is they leave you feeling deprived, so you end up eating three," says Lisa Young, R.D., author of *The Portion Teller* (Morgan Road Books). Instead, buy only one brownie at a bakery—and eat half. It will satisfy your urge without triggering a binge.



**60%** of you covet Jennifer Aniston's glamorously mussy hair.

**America's sweetheart does have gorgeous hair** season after season, style after style. What's her secret? A great cut helps, but she is also best buds with her hairdresser. Try buttering up yours with these tips from hair pro Edward Tricomi of New York City: **1** Ask for suggestions (and actually consider taking them). **2** Keep negative comments about life to a minimum. **3** Tip well—15 to 20 percent if you're happy.

**46%** of readers who exercise do it mainly to lose weight.

**If you want to drop pounds quickly, calorie-torching** activities such as running or Spinning will help. But don't fixate on what the scale says, advises Janet Lee, SELF's fitness director. "Focus on the myriad benefits—improved sleep, less stress, even better sex." When the pounds aren't budging, you'll be reminded that you're still reaping plenty from your workout.

**14%** of you wear "commuter shoes," then change into your heels at work.

**It's smart to save your knees and your best heels from wear** and tear, but how to avoid the dorky hose-and-sneakers look (à la *Working Girl*)? Give yourself a break with comfy and cute kicks. Cole Haan's Air Beau Skimmer (\$155) uses Nike Air technology and has a padded liner for extra cushioning. No more sneaking around!



**66%** think it's more important to be interesting than interested on a first date.

**"If you want to have a second date,** it's actually better to be *interested* than interesting," says John Gottman, Ph.D., executive director of the Relationship Research Institute in Seattle. Before you crack open the history-of-you archives, try asking a few broad questions. Chances are, he'll ask in return—and you'll both feel much more connected.



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