

EAT CLEAN, THE DELICIOUS WAY

Women's Health

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Healthier!
Richer!
Calmer!
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**BURN
FAT
FAST**

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Jillian



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NEXT-LEVEL TRAINING TIP

While there are perks to buddying up, keep this caveat about group sessions in mind: Zeroing in on the class rock star may actually drag you down. "You don't gain anything from comparisons," says Nikki. "I remind people all the time that your workout is all about *you*; it doesn't matter how that stacks up to anyone else." If you're feeling frustrated instead of motivated, put on the blinders and focus on your effort. Can you push harder? Can you do one more rep?

THE PERFECT WORKOUT PONY

Nikki has it. And hairstylist Adir Abergel (who's worked with Maria Sharapova) shows you how to get it.

WATCH YOUR POSITION

Place your pony high (above the crown) or low (at the nape). This will ensure the least tension when the free weight of your pony whips around during your workout.

DIVIDE AND CONQUER

Create two sections by dividing the half above your ears and the half below. Secure the bottom portion where you want your final pony to sit; finger-comb the top section back and combine it with the bottom pony using a second elastic. Yes, this is more involved than a typical tail, but it creates a more secure hold that doesn't look severe.

BUST THE FUZZ

Brush a smidge of molding paste or pomade at the hairline to tame flyaways without too much slickness. Try Oribe Rough Luxury Molding Wax (\$36, oribe.com).

“IT'S NOT ABOUT HOW YOU START. IT'S ABOUT HOW YOU FINISH. MAKE EVERY MINUTE COUNT.”