

FREE WORKOUT CARDS! Sculpt your arms just in time to go sleeveless

# SHAPE

SHAPE YOUR LIFE

**WIN!**  
A LUXURY SPA VACATION FOR TWO  
p. 180

**SEXY BODY**

## healthy skin guide

Smooth, glowing BIKINI SKIN

Get it, p. 236

**GET FLAT ABS & A FIRM BUTT**  
by June 1

**\* Why your allergies are getting worse**  
New ways to find relief—fast

**WEATHER REPORT**

### WHAT'S THE UV INDEX?

Keep track and stay safe when the sun is the strongest.

The Environmental Protection Agency and the National Weather Service developed the UV index as a measure of the amount of the sun's UV radiation reaching the earth's surface on a given day. The readings range from 1 to 11+; the higher the number, the stronger the rays and the faster your skin will burn. To check the UV index anywhere in the continental U.S., go to [epa.gov/sunwise/uvindex.html](http://epa.gov/sunwise/uvindex.html). You can also buy a UV monitor, like the UV Hawk (\$30; [q3i.com](http://q3i.com)), bottom right. Clip it to your beach blanket—not only will it give you a UV rating, but it sounds an alarm when you're in danger of sun overexposure. A lower-tech option, the UV Intensity Meter & Lens Tester card (\$5; [scientificsonline.com](http://scientificsonline.com)), top right, gives you a UV reading when exposed to sunlight and can also be used to test the UV-blocking ability of your sunglasses.

## THE KELLY RIPA WORKOUT

She shows us the 6 moves that her body, p. 66



**THE HAPPY DIET**

lose weight, lose your sanity  
7 power foods

When trusting your gut ca... fe, p. 150



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