

# SHAPE

SHAPE  
YOUR  
LIFE

**LOSE  
YOUR  
BELLY!**  
EASY NEW MOVES

**Great  
Sex  
Tonight!**

**EAT  
THIS  
NOW...  
DROP  
SIZES  
LATER!**

**The #1 Way  
to Live Longer**



**HOTTER  
THAN  
EVER...**

**KATE  
HUDSON**  
HER SEXY  
BODY SECRETS

**Flawless Skin  
in a Flash!**

**YOU!**  
**A PERFECT 10**

- Lean-Body Foods
- Quick-Toning Moves
- Cellulite Blasters

**Sleep Tight  
Every Night**

On Kate: Fabletics activewear

NOVEMBER 2013 / SHAPE.COM

DISPLAY UNTIL NOVEMBER 25, 2013

\$4.99US \$5.99CAN





## THE GOAL

◀ Work out for 66 days straight.

Think three weeks is the magic number for locking in a habit? You probably need three times that, according to a study in the *European Journal of Psychology*. When researchers tracked people who were working to establish a new behavior—such as jogging daily—they discovered that the practice went on auto-pilot after an average of 66 days. If it sounds like a lot of work, consider this: An exercise streak may actually be less taxing (for your brain, at least) than trying to fit in sporadic sessions. “The first three times you do something, it takes a lot of mental energy,” says clinical psychologist Jennifer Taitz. But with repetition, the basal ganglia (the habit-forming part of the brain) just takes over, and what once required serious planning and willpower becomes easier. To boost your follow-through, the study authors suggest tying your workout to a cue. For example, go to the gym every day on your lunch hour, or jump rope while you wait for your morning coffee to brew.

Left: Rease Activewear bra top, Adidas by Stella McCartney shorts; Asics sneakers. Right: Lululemon bra top, Adidas by Stella McCartney shorts