

Health

Sanaa Lathan's Secret

The Affair's new star gets real about beauty confidence, overcoming panic attacks & embracing happiness

Pure

JOY!

TRUE
FRIENDS,
FUN FOOD
& FINDING
YOUR
BLISS

PICNIC
LIKE
A PRO

EASY & DELICIOUS
PACKABLE EATS

LOVE
YOUR
ARMS
IN A
TANK
TOP

MELT-
PROOF
MAKEUP

YUP!
EVEN YOU
CAN
MEDITATE

Trending

What the Heck Is a Fat Ball?

They sound odd, but these bites have been all over social media—and with good reason! The typically vegan and gluten-free snacks incorporate ingredients high in healthy fats, like nuts and chia and hemp seeds, which keep you satiated. “Chia seeds contain fiber, protein, as well as omega-3 fatty acids, which have anti-inflammatory benefits,” says Frances Largeman-Roth, RDN, a New York City–based nutritionist and author of *Eating in Color*.

Try them at home by using Largeman-Roth's recipe (right).

PB-Chia Energy Bites

Active time: 15 minutes
Total time: 45 minutes
Makes: 15

- $\frac{1}{2}$ cup smooth peanut butter, at room temperature
- $\frac{1}{3}$ cup chia seeds
- $\frac{1}{3}$ cup hemp seeds
- 1 Tbsp. coconut butter
- $\frac{1}{4}$ cup unsweetened cocoa powder

1/ In a bowl, mix the peanut butter with chia and hemp seeds and coconut butter. Cover with plastic wrap and refrigerate for 20–30 minutes, until firm.

2/ Remove from the refrigerator and use a tablespoon to scoop the mixture. Use clean hands to form into balls; roll in the cocoa powder. Enjoy immediately, or place in an airtight container and store in the fridge for up to four days.

PER SERVING (1 ball):
106 Calories, 9g Fat
(2g Sat.), 0mg Chol.,
3g Fiber, 4g Pro.,
5g Carb., 1g Sugar
(0g Added Sugar),
53mg Sod., 1mg Iron,
37mg Calcium

Prime face with your regular SPF, then add colorful swipes.



It's Baaack! Neon Sunscreen

Of course you wear sunscreen to prevent cancer and aging, but the mineral sunscreen company Bare Republic is giving you another reason to swipe on SPF—six scented Neon Sunscreen Sticks (\$9 each; target.com). They all contain SPF 50, pack nourishing ingredients (such as pomegranate seed oil), and are just plain fun. While you should still slather on your favorite sunscreen first, these sticks give you the ability to get creative (and make for colorful IG pics). Use Lightning Yellow to draw on under-eye stripes, or opt for a mermaid vibe with Electric Blue and Goblin Green. If you're going to a concert or festival, pick up a three-pack so you can go all-out.



TASTE TEST

Awesome Oats

Overnight oats have become quite the trend, and people love them because they make meal prep so easy. You simply mix rolled oats and milk in a container, let them sit in the fridge while you sleep, and wake up to a tasty, fiber-rich breakfast.

Now lots of brands are getting in on the action by selling perfectly portioned containers that can be prepped as overnight oats or heated up just like instant oatmeal. Our fave: Purely Elizabeth's Vibrant Oats (aka; purelyelizabeth.com). The handy cups contain oats (duh!), plus superfoods like turmeric, spirulina, and flax. *Health's* assistant editor Anthea Levi swears by these because they're delicious and keep her full until it's time for lunch. Score!

Boost Your Brain

Here's added proof that working out can do more than just help you feel good in your jeans:
A new study has found that being in good shape slows the deterioration of vital neural fibers (white matter) in the brain that are responsible for cognitive decline such as memory loss.

SOURCE: *Journal of Alzheimer's Disease*

Cool for the Summer

These chill products will become your go-tos as the mercury rises. Some rely on ingredients like mint to do the cooling, while one features a crystal applicator that refreshes.

Mask and chill
Soap & Glory
The Fab Pore
Pore-Refining Mask
(\$4; at drugstores)



Soothe and depuff
Physicians Formula
RefreshMint
Cucumber
& Bamboo
Eye De-Puffer
(\$10; at drugstores)

Try a frosty spritz
Kate Somerville
Tight'N Cryogenic
Tightening Gel
(\$98; sephora.com)



Roll on something icy
Odacité Aventurine
Kiss Lip Serum
(\$44; odacite.com)



Does Your Face Need a Workout?

You hit the gym to tone your body, but would you consider doing that for your face? That's the idea behind FaceGym, a U.K.-based fitness studio that's bringing its facial workout stateside (available in NYC now). The "Signature Workout" is a high-intensity circuit where an aesthetician uses fast-whipping strokes to detoxify skin and deep pressure sweeps to contour face muscles. So does it work? According to Mona Gohara, MD, associate clinical professor of dermatology at Yale School of Medicine, any sort of muscle massaging "can leave a transient glow and even plump skin." A lifting technique to try at home: Make a peace sign on each hand and make upward strokes around your mouth and toward your ears. Repeat five times.

Wacky Exercise Trend: PLOGGING

The concept behind this Swedish-born fitness craze is that you pick up trash while getting your run in. We love the idea of multitasking (and keeping the planet clean), but this may not actually be a great idea. "Running around with a trash bag can distract you from staying in proper form, upping the risk of injury," says Emily Abbate, a certified personal trainer and host of the *Hurdle* podcast. Instead, plan to run and clean up your 'hood at different times. You'll do a better job at both if you can fully focus on the task at hand—er, feet.

3 Things We're Loving Right Now



1/ Gaiam Foldable Yoga Mats
(\$25; gaiam.com)

Trying to pack a mat into your luggage or even a gym bag never ends well, but this light (and super cute!) patterned version folds compactly (12 in. x 9.8 in. x 1.5 in.) for optimal totability.



3/ Awesome Chalk Ultra Grip Spray
(\$18; sweatwellth.com)

The worst part of lifting heavy? Bar blisters. This spray-on chalk takes care of that, using a protective barrier to help nix unwanted wounds. Bonus: There's hyaluronic acid in the formula to moisturize hands.

2/ PodPocket (\$20; podpockets.com)

We didn't know we needed this silicone sleeve until we slid our Apple AirPods case into it. The handy hook attaches to your gym bag (or key ring), keeping your wireless buds within arm's reach at all times.



WHAT SHE SAID

"The gift of age is that you actually get to have the boldness to be that woman [you dreamed about being as a young girl]. And I am experiencing that now."

—Tracee Ellis Ross

Health +

YOUR SELF-CARE TO-DO LIST: GET MORE SLEEP!

According to our Joy Survey (page 90), most people only get four full nights of sleep every week.

So not OK! Skimping on rest makes it much harder to embrace all the happy things in life.

Below, four tips to help you get a full eight hours, seven days a week.

Establish a schedule

Keep your bedtime and wake-up time within a one-hour window every single day, suggests Rebecca Robbins, PhD, a postdoctoral fellow at the Center for Health Behavior Change at NYU Langone: "When we stay up late or sleep in, we can throw off our circadian alignment, making it more difficult to get to sleep the next night."

Have a p.m. ritual

Identify a practice that's extremely relaxing to you, and then make it a nightly habit. "Is it reading a book? Using some aromatherapy? Taking a warm bath with special podcasts?" asks Robbins. "These little rest rituals can go a long way in helping the body know when it's time to shut down."

Get sweaty

Exercise releases endorphins that can drive down stress and improve sleep quality, says Robbins. There's debate over whether a late-night workout can mess with sleep, but if it's your only option, Robbins says go for it. There's some evidence that exercising before bed might be preferable to not exercising at all.

Eat right

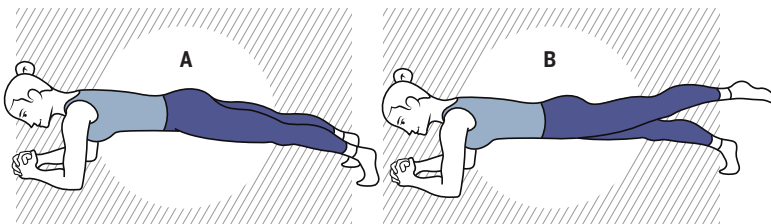
Eat a hearty breakfast and lunch, then keep dinner light and simple. "Eating starts up the digestion process, so if it's too close to bedtime, you could have trouble falling asleep," Robbins says. Her go-to p.m. meal: a lean protein like grilled chicken with a heaping side of vegetables.



HOT
MOVE

Priyanka Chopra's Booty-Boosting Move

With all the butt-kicking Priyanka Chopra does on ABC's *Quantico*, it seems only right to highlight her, um, assets. After all, those glutes are the foundation for the running, jumping, and kicking the actress does on set. A move that can help amp up your backside: the Plank Attack. "It forces you to engage your core, while the leg repetitions lift your butt," explains Isaac Calpito, a SoulCycle and SoulAnnex instructor in New York City who has trained Chopra in the past. Be consistent with this move and your strength, endurance, and perkiness will soar.



► Start in a forearm plank with hands clasped, abs tight, and toes tucked (A). Hold the position for 30 seconds. Next, lift left leg, pulsing it up for 20 reps (B).

Lower left leg, and then lift right leg and repeat that pulsing motion for another 20 reps. Repeat the entire sequence from start to finish 3 times.

Show Your Support!

In honor of Pride Month, we're offering a few fun ways to stand in solidarity with the LGBTQ community.

JOIN A PARADE

Search online for pride parades nearby. Even if your area doesn't host a huge one, there will likely be smaller events happening around town. Remember, there's strength in numbers—so simply showing up means a lot.

DONATE WHAT YOU CAN

Here's a devastating stat: LGB youth are nearly five times more likely to have attempted suicide than heterosexual youth. Which is why we love The Trevor Project, an organization that provides crisis intervention and suicide prevention to members of the LGBTQ community. Even a \$5 donation can help them reach more teens and save lives. Head to thetrevorproject.org to give.

WEAR IT ON YOUR SLEEVE (OR YOUR LEGS!)

Let the world know you're an ally by slipping into rainbow-colored workout gear. One of our faves? These Scout Designs Vintage Rainbow Leggings, \$78; scout-designs.com.



Make these soft, fitted bottoms your new go-to.