

# SELF

YOU  
AT YOUR  
BEST

**Drew  
Barrymore**  
"Getting  
involved in  
a cause is  
incredibly  
worth it"

**Special 25<sup>th</sup>  
Anniversary  
Issue!**

**Feel Healthy,  
Happy & Sexy!**

**The Quickest All-over  
Reshaping Plan (It Works!)**

**25 Health Qs  
You Couldn't  
So We Did It**

**fitness flash**

**The Ideal Weight  
For Your Body Type**

**Amazing Hair  
Makeovers!**

**Bonus Fitness Cards:  
De-jiggle Your Arms**

**JUST PUSH PLAY** Pilates promotes muscle toning, balance and flexibility, but one-on-one lessons can be pricey. SELF tried out a new trio of DVDs by Power Pilates (\$20 each; [www.powerpilates.com](http://www.powerpilates.com)). "The form pointers and visual cues made it feel like a private session," one editor says. Put your money in the bank and hit the mat at home.

**Fantasy  
Giveaway!**  
Is your  
Silver  
Ticket  
inside?  
See p. 38



SEPTEMBER 2004 \$3.50  
CANADA/FOREIGN \$4.50