

**FREE
TONE-UP
POSTER
p.60**

Health

MELT 12 LBS *In 28 Days!*

WITHOUT HUNGER p.96

OVARIAN CANCER

The New Way to
Slash Your Risk

8 ENERGY FOODS

Slimming SECRETS AT 30•40•50+



GORGEOUS
SKIN ALL
OVER

Kelly

Preston

*What keeps her
happy*

FLIP OPEN 

Yes You Can!

- Get Stronger
- Cook Healthier
- Feel Amazing
Every Day



Stacy London, of TLC's *What Not to Wear*, is a co-founder of Style for Hire, a national network of certified personal stylists.



Stacy says: "Kira, who runs her own PR firm—and marathons!—only shopped for work and the gym. But she longed for great nighttime clothes, too. I suggested a one-shouldered dress with an abstract print, a sexy but comfortable date-night look. Then I added her own black belt to show off her rockin' bod."

Give Me Some Saturday *style*

Kira Kohrherr, 32, had just two looks: work and workout. Enter **Stacy London!** She took Kira's wardrobe from corporate to cool.



Kira's own
black belt

Her
work skirt

American Eagle Outfitters jacket (\$50; ae.com); Loft tee (\$37; loft.com); Pretty Ballerinas flats (\$189; prettyballerinas.us); Roberta Chiarella bracelet (\$298; robertachiarella.com)

Gadogado dress (\$165; gadogado apparel.com); Ami Clubwear shoes (\$29; amiclubwear .com); Vanessa Mooney earrings (\$45; 858-551-2660); Heather Belle bangles (\$70; heather belleco.com); Anna Pelliassari cuff (\$97; annapelliassari.com)

Stacy says: "Kira's purple skirt can work outside the office, too. Paired with a cool graphic tee and denim jacket, it makes a cute outfit for brunch or the movies. And, hey, it's the weekend, so have some fun! I mixed in the sparkly flats and a rhinestone cuff to complete this look and up the fab factor."



Love her
booties!

Rebecca Taylor blouse (\$395; 662-281-0541); 7 For All Mankind jeans (\$169; 7forallmankind.com); Gida Bavari purse (\$280; gidabavari.com)

Stacy says: "I found these peep-toe ankle booties in Kira's closet—so perfect for evenings out. To create a longer, leaner silhouette, I paired them with a beautiful sequined blouse that defines her waist and skinny jeans to show off her fantastic legs. The blue studded purse adds personality and a needed pop of color."



keep it!

LAYERING CARDI
Drapey yet structured, it's a must-own for work and weekends.

toss it!

FRUMPY FLORAL
Kira, who's petite, needs a hipper print in a just-above-the-knee length.

Attention, Shoe Shoppers!

Step out in a pair of this season's hottest shoes. Here, **Stacy London** shares her favorite cute and comfy kicks.

Stacy says: "Pumps can take you from office to evening to weekend. Try a bright peep-toe for date night, or a modern take on the Mary Jane at work."



Stacy says: "Ankle boots are a great way to work in a more substantial (and more comfortable!) heel. Look for lacing, buckles, and rich colors."



Stacy says: "Need height but can't walk in heels? Wedges are for you! Find everything from work-ready patent leather to casual-weekend canvas."



Stacy says: "Oxfords are still going to be huge this fall. Add them as the finishing touch to a menswear look, for a tailored office outfit."

