

SELF

MAGAZINE

March 2011

selfy stars



Patridge, whose new VH1 reality show debuts in April, credits her red-carpet glow to bronzer. "It's like vacation in a bottle."

SELF ASKS
What's your best energy booster?

Audrina Patridge
"My puppy, Lady, has such contagious energy, I can't help but feel up after playing with her."

TAKEAWAY TIP "Even short visits with animals may improve your mood," says psychologist Wendy Katz, Ph.D. So if you don't have a furry friend of your own, see if your local ASPCA needs volunteers to play with the animals at the shelter.



Lady, a teacup Yorkie, posing at home

Heather Hemmens
"I feel so strong after running. I just did my first half marathon. It was a challenge, but I loved being outside and pushing myself."

TAKEAWAY TIP Considering starting a track habit? Or ready to prep for your first 10K? Whatever your level, you'll find easy-to-follow tutorials and training plans from SELF experts at Self.com/fitness/2010/06/running-guide.

Hemmens is a black belt in the Korean martial art juik soo won. Maybe that's why she's so fierce on the CW's *Hellcats*!





When Flint, who costars on USA's *Royal Pains*, needs to pump up for a party, she blasts old-school tunes from AC/DC or David Bowie.

Jill Flint
"Hydration and rest do it for me. I'm a firm believer in drinking water, water and more water, as well as in the power of a nap."



TAKEAWAY TIP Not a fan of plain H₂O? Flavor a glass with slices of orange and fresh ginger, both of which have naturally invigorating scents. As far as snoozing, Nancy Collop, M.D., director of the Emory Sleep Center, says it's best to take a 10- to 30-minute catnap or slumber for two or more hours. "Anything in between could make you even more tired."



Autumn Reeser
"A yoga class before a long day keeps me going."

TAKEAWAY TIP "Yoga is energizing because improving your alignment helps you breathe more effectively, thus enhancing oxygen flow," says Elena Brower, founder of Virayoga school in New York City. She says a variation on Mountain pose is a good do-anywhere rejuvenator: Stand with feet hip-width apart, arms down, with palms facing forward. Lift and spread toes and engage thighs. Maintain this stance as you inhale, lifting arms overhead, then exhale, releasing arms to start.

She's the single-girl sidekick on ABC's *No Ordinary Family*, but Reeser and her husband are expecting their first baby later this year.