

# SELF

**CHRISSY  
TEIGEN**  
ONE HOT MAMA!

**10**  
MINUTE  
CARDIO &  
STRENGTH  
(REALLY!)

**POST-GYM  
BEAUTY**  
NO SHOWER?  
NO PROBLEM!

**GET MORE  
FROM  
YOUR A.M.**  
#BUTFIRSTCOFFEE



SHAZAM  
THE COVER  
FOR MORE  
CHRISSY!

April 2016  
\$4.99 US  
\$5.99 FOREIGN



08441

**109** WAYS TO  
FAST-TRACK YOUR  
FITNESS GOALS

**START  
IT UP!**



FOR THE DAYS  
YOU WON'T LET  
**PAIN**  
GET IN THE WAY OF  
**GETTING**  
IT ALL DONE.



Use products only as directed.

(SELF) STARTER

**Feel better, faster**

When you're sick, you want a diagnosis and treatment quickly. These new apps can help.



**Doctor on Demand**

It's like FaceTime with your mom, except the doctor isn't being dramatic when she tells you you've got bronchitis. After a video consult, your M.D. can call in an Rx. Available nationwide; medical consults are \$40 and may be less with insurance.

**ZocDoc** Filter by specialty (everything from sports medicine to gyno) and your insurance, then see who has the first appointment open. User reviews can help you choose a doc. Available nationwide, it will only set you back your standard co-payment.

**Heal** Meet the Uber of health care: a doc at your door within two hours. This new service is in California now, with at least 10 more metro areas coming this year. Visits cost \$99 max—they could be less than that, depending on your coverage.



**SUPER SCULPTOR**

**HIT THE BARRE**

This move, dubbed the pencil skirt by Jennifer Williams, founder of the hot boutique barre studio **Pop Physique**, tones your arms and legs simultaneously. Stand with feet together, right hand on barre (or a chair), a 1- to 3-pound weight in left hand. Rise onto toes, bend knees, then lift left arm to shoulder height (as shown). Squeeze thighs together as you pulse left arm up and legs down 16 times. Switch sides; repeat.