

NEW FIXES FOR STUBBORN FAT p. 70

**Sheryl Crow**  
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# 15 minutes

to your best self

## GOT 10 MINUTES?

### Redo your to do list

If your task list seems to keep getting longer instead of shorter, cross off more with these easy organizational tips:

- Write to do's in your datebook as if they are appointments. This forces you to truly estimate how long a project will take, so you'll be less likely to put it off, says Julie Morgenstern, a time-management expert in New York City.
- Keep your list handy, so you can tackle a project if you find you have time to kill. Gubb.net, a new online tool that's free, lets you create, store, manage and share multiple lists (errands, books, groceries). You can text message lists to a cell phone (yours or another's). Use that last function to delegate! —Beth Janes

## GOT 1 MINUTE?

### Get kissable!

Freshen up in a flash with a new dual-ended lip lacquer that contains a gloss on one side and a refillable stash of breath mints on the other. Lucky Chick Mint Jewel Lip, in six shades at select Victoria's Secret stores, \$16. —Ilana Blitzer

## GOT 4 MINUTES?

### Change bags

Americans use roughly 90 billion plastic bags a year, the Progressive Bag Alliance, a pro-recycling coalition in Jacksonville, Florida, notes. If you're a dog owner you likely reuse them. If not, order a cotton canvas tote from ReusableBags.com (\$4 and up). —Sheila Monaghan

