

# SHAPE

LOVE MY SHAPE



Lose belly inches  
New formula for fast results

23 Fresh ways to eat this season

Kate Hudson  
The workout her body craves!

Happy healthy summer  
100+ Ideas to make yours amazing

Sexy hair  
No-fuss styles you'll LOVE

Look hot & strong  
Firm thighs  
Tight butt  
Sculpted back

June 2016  
shape.com



live healthy travel

UNDERWATER WONDERLAND  
The Caribbean has beautiful and diverse underwater adventures. Here's how to make the most of them.

The best vacation under the sun  
Take a trip to one of these fitness-focused Caribbean islands and you'll tone your body, relax your mind, and restore your energy.

118 JUNE 2016 SHAPE.COM

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ROCK AND ROLL  
Rocky coastline and beautiful views.

### CAYMAN BRAC Rower's oasls

Kayaking is one of the best ways to explore the rugged coastline of Cayman Brac, one of the three Cayman Islands. Launch your boat from the south coast, which is protected by a reef that provides the calmest paddling conditions on the island. As you glide along, you'll spot colorful fish and sea turtles. (Double kayaks for \$25 an hour or \$60 for four hours, southerncrossclub.com) Back on land, give your arms a rest and hike the Lighthouse Footpath, which winds its way up the 153-foot bluff on the island's eastern end, where you get a breathtaking panoramic view of the Caribbean Sea. Then head underground with a local guide to explore Cayman Brac's deep caves. (Free, tourandexplore.com) Stay at Le Soleil d'Or, which has a boutique hotel, a rustic farm lodge, and beach houses, along with a 20-acre organic farm from which the resort's chef's source ingredients. Plus, guests enjoy free kayak rentals. (Rooms from \$320 a night, goldensuncayman.com)

If you're craving a bit more hustle than what this quiet locale has to offer, paddle jump over to lively Grand Cayman, where you can run the white sands of the

famous Seven Mile Beach, then reward yourself at one of the island's hot-diving spots. Stay at the Caribbean Club, an impressive boutique hotel just steps from the sea. Book an in-room massage for after your workout. (Rooms from \$250 a night, caribclub.com)

122 JUNE 2016 SHAPE.COM