

REPAIR YOUR SKIN WHILE YOU SLEEP

MORE

APRIL 2008

SAVVY SEXY CONFIDENT LIVING IT UP AFTER 40

TEN YEARS
OF SMART
TALK FOR
SMART
WOMEN

10 men
you're glad
you didn't
marry

SCENE-STEALING
SPRING DRESSES
(only grownups need apply)

REINVENT
YOURSELF

Find a career
that works for
your life

HELEN MIRREN

at 62: "I've never
worried about
getting older."

LOVING
OUR
BODIES,
losing our
hangups

Travel
to Italy
without
leaving
town

\$4.00

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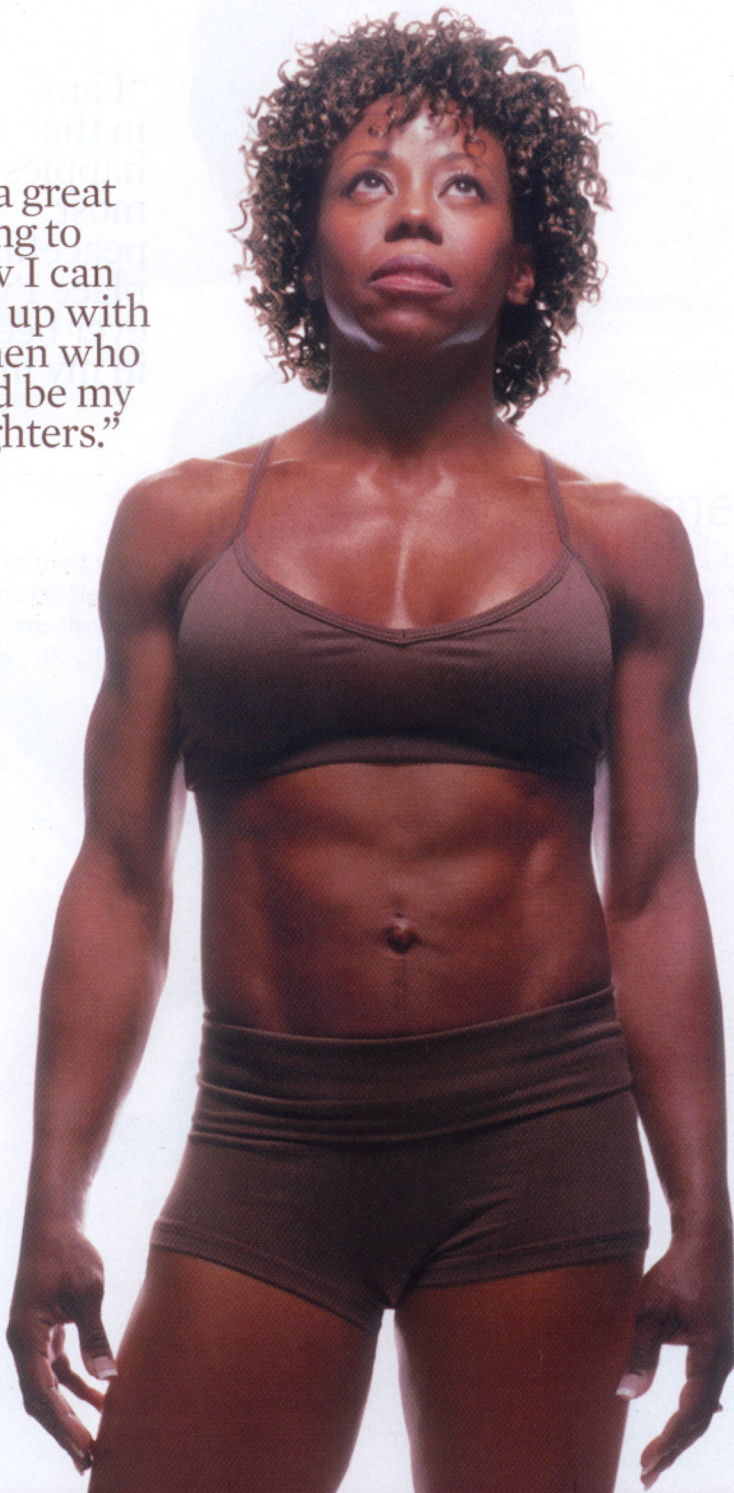
BODY ACCEPTANCE—AT LAST

SOON AFTER TURNING 40, THESE WOMEN LEARNED HOW TO WEIGH WHAT REALLY MATTERED. (HINT: IT HAD NOTHING TO DO WITH A SCALE)

●●● AS TOLD TO BARI NAN COHEN

PHOTOGRAPHED BY SHAY PERETZ

“It’s a great feeling to know I can keep up with women who could be my daughters.”



The New Feminine

TRINA WIGGINS | 46 |
PEDIATRICIAN, LAS VEGAS, NEVADA

“In high school and college I never wore anything sleeveless. I was a competitive gymnast, but in the 1970s and 1980s my toned, athletic look was not considered attractive. Around more feminine women, I felt intimidated.

“When I met my husband in medical school, I was still of the mind-set that my body was not right. Sometimes people made comments, and I was very sensitive to them.

“I stayed in shape through my twenties and thirties, and I had twins at 33. When they were two months old, I would put my stationary bike next to the bed, feed one a bottle of breast milk and breast-feed the other while I rode the bike.

“Then, when I was 40, my sister encouraged me to enter an aerobics competition—a contest where you do a choreographed routine, make a speech and model an evening gown. I signed up for the 40-and-over division, but during warm-ups one of the organizers asked me to compete in the open division instead. I went for it, and I won. I’m

still competing. The average age of the competitors is 28 or 29, so it’s rewarding. It motivates me—and inspires other women.

“My dad always told me, ‘Be proud of what you have. If you don’t like yourself, how can you expect someone else to like you?’ Finally I’ve embraced that. When I was younger, it was important what other

people thought of me. I couldn’t care less now. All I need now are positive vibes, positive energy.” →



Wiggins in New Orleans at age 24 (above) and today