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Bold brows is really in for the season. See  
what other #trends you should be following!  
<http://t.co/9KSWkhwg>  
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### Ten Simple Things You Can Do Every Day That Will Improve Your Body Shape for Life

By Mary Ann Browning



There is no magic secret or miracle pill that will allow you to achieve and maintain a perfect body for life. If there were, we would all have gorgeous bodies, and never have to watch what we eat or run a single lap on the treadmill. As a personal trainer, and the President of [...]

TAGS: BODY IMPROVEMENT, CARDIO, EATING WELL, EXERCISE, FITNESS, HEALTH, MARY ANN BROWNING

### Nature As Your Own Gym

By Rebecca Kordecki



Has your workout routine left you in need of some fresh air? Try stepping outside! Read on to learn how to turn any outdoor space into your very own personal gym – open 24 hours and free of charge. All it requires is a touch of imagination, a sprinkle of will power, a dose of [...]

TAGS: AEROBICS, BICEP, EXERCISE, HEALTHY, OUTDOOR, PUSH UP, REBECCA KORDECKI, TRICEP, WORKOUT

### Eating Well When On Vacation

By Jared Koch



It's very challenging for most people to stay on the healthy eating track when vacationing. As the author of *Clean Plates Manhattan 2011*, a healthy and sustainable eating restaurant guide, I often encounter the question, "What should I do if I am not at a 'Clean Plates-approved' restaurant?" Clean Plates guidelines are a great set [...]

TAGS: CLEAN PLATES MANHATTAN 2011, FOOD, HEALTHY, RESTAURANTS, VACATION

### Slenderize Your Backyard Barbecue with These Easy Tips

By Tanya Zuckerbrot



Nothing says labor day like pool parties and BBQs. But with fattening items like hotdogs and creamy side salads (think potato salad and coleslaw) on the menu—you may find yourself with a little extra pudg hanging over your bathing suit. With a few simple changes you'll be able to enjoy the end of summer without wreaking havoc on your waistline. These tips save big on calories and grams of fat, but sacrifice none of the flavor or fun! I've even provided one of my favorite F-Factor recipes that's sure to be a hit all summer long. Happy BBQ!

recipes that's sure to be a hit all summer long. Happy BBQ!

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## The Best Shopping Sites

By Mary Wheeler

We hunted down the best and most innovative sites to get all your shopping needs done in a fast, convenient way.

TAGS: AMAZON, BLOOM, DEALS, DEREK LAM, EBAY, FAB, FASHION, GAP, IPHONE, MARCHESA, MODAOPERANDI, NORDSTROM, RACHEL ROY, RAG & BONE, SHOP IT TO ME, SHOP MY LABEL, SHOPPING, STYLEBOOK APP, SUDDENLEE, THE FIND MOBILE APP, THEFIND, WEBSITES, ZARA

## Transitional Dressing – Shoshanna Gruss Must Haves (Summer to Early Fall)

By Shoshanna Gruss

As summer comes to an end, feel beautiful and confident as the season transitions into colder temperatures. Here are some of my wardrobe and beauty must haves for the upcoming season. And remember, don't be afraid to experiment – trust your instincts and find what works for you!

TAGS: CHARLOTTE RONSON, DANNIJO, EDIE PARKER, FALL, FASHION, JEROME DREYFUSS, LEOPARD BAG, MADISON HARDING, MAKEUP, NICHOLAS KIRKWOOD FOR ERDEM, PROENZA SCHOUPLER, SAMANTHA RONSON, SHOSHANNA, VANESSA BRUNO

## Fashion Week SS2012: Favorite Fashion Round-up

By Melissa Meyers and Caitlin Osborne

Fashion Week was a whirlwind of outrageous styles, sky-high heels, glamorous parties and celebrity sightings. We spied Emma Roberts, Alexa Chung, Lindsay Lohan, Jessica Stam, Beyonce, Heidi Klum, Johnny Weir, Nigel Barker, Olivia Palermo, Ramona Singer, Whitney Port, Sarah Jessica Parker, Kelly Rutherford and Kourtney Kardashian, among others. Everyone loves to spot the celebs at [...]

TAGS: ALEXA CHUNG, BEYONCE, CHRISTIAN SIRIANO, CUT25, DIANE VON FURSTENBERG, DONNA KARAN, ELIE TAHARI, EMMA ROBERTS, FASHION WEEK SPRING 2012, HEIDI KLUM, HELMUT LANG, JESSICA STAM, JILL STUART, JOHNNY WEIR, KELLY RUTHERFORD, KOURTNEY KARDASHIAN, LINDSAY LOHAN, MICHAEL KORS, NARCISO RODRIGUEZ, NIGEL BARKER, OLIVIA PALERMO, PAMELLA ROLAND, PRABAL GURUNG, RACHEL ROY, RAG AND

**PageDaily** RT @PierceMattiePR: #FF Lifestyle Gurus: @Nate\_Berkus @colincowie @Melissa\_Meyers @stevenward @SardarAfkhami (about 1 day ago)

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**PageDaily** Want to make a trendy braid? @Bumble has a grooming creme to give a schic twist on braided hair. For more #Fall trends: http://t.co/ajVop979 (about 1 day ago)

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Did you know @century21stores opened a new location in the Upper West Side today? Check out their #fashion deals! We totally approve. (about 5 hours ago)

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Check out our round-up of our favorite #hair, #makeup and #nail trends for this past #NYFW! http://t.co/YIbLERDl (about 6 hours ago)

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Loved meeting @SofiaVergara today...Her line for @KmartFashion rocks! (about 9 hours ago)

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### Collecting Contemporary Art – Tips from an Expert

By Leslie Gerber-Seid



I asked talented art consultant Leslie Gerber-Seid to share some of the most frequently asked questions she gets AND to give us the answers. Read on for some great tips and guidance to help you navigate collecting in the contemporary art world.

TAGS: ART, CONTEMPORARY ART, LESLIE GERBER-SEID

### Our Fascination With Reality TV

By Carmen Harra



The reality show spectrum has taken over television, and, by extent, our lives. The Real Housewives of every city in America have become household names and the Kardashians have become idols of international success. Given this recent and undeniable "reality frenzy," we can't help but ask ourselves: why are we so obsessed with reality TV? [...]

TAGS: KARDASHIANS, KRIS JENNER, REALITY SHOWS, REALITY TV, RUSSELL ARMSTRONG, THE REAL HOUSEWIVES

### Our Favorite Frozen Treats: Best Gelatos and Sorbets

By Melissa Meyers



With the handful of heat waves we experienced here in New York this summer, we had to try just about anything and everything to keep cool, which means we've tried our share of frozen desserts, too! Summer may be almost over but that doesn't mean you can't enjoy these cold, sweet treats anytime of the [...]

TAGS: CIAO BELLA, DESSERT, FROZEN TREAT, GELATO, HAAGEN-DAZS, IL LABORATORIO DEL GELATO, SANT AMBROEUS, SHARON'S SORBET, SORBET, SUMMER

### Donatella Arpaia Launch Event AND Her New Martini Cocktail Recipe

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### Limited Edition of Court-side Must-haves Where Fashion Meets Basketball

By Samantha Leigh

**STYLE.  
POWER.**  
RACHEL ROY.  
AMAR'E STOUDEMIRE.

Shiny jerseys and over-sized basketball shorts are the farthest thing from fashion for court-side divas. But we have good news: representing your favorite basketball team just got a lot more interesting if you are a fashion lover and fan. Fashion designer Rachel Roy and basketball player Amar'e Stoudemire have teamed up to create a pro look for sports-loving fashionistas.

### Ralph Lauren Spring 2012 Roundup

By Lindsay Brooke Weiss



The Ralph Lauren fashion show symbolizes the end of New York Fashion Week. Well, for me at least (I won't be heading to Europe for the shows, but I will be reporting about them right here.) Skyline Soho was filled with a semi-intimate batch of editors, celebs, and of course, the Lauren clan. This season's show proved to be no different than any other. Each piece, in some way, was quintessential "Ralph".

### Ask Melissa: LAVO New York, Fave Place For Lunch Salads in NYC



By Melissa Meyers

I am always running around the city scouting new trends, writing, taping video, attending meetings, and of course seeing my kids when they are home from school. Eating a satisfying and yummy lunch is so important to help me get through the day. One of my favorite lunch spots is LAVO (a mix of great [...])

### A Touching and Poignant Book to Read in Remembrance of 9/11: "Where You Left Me" by Jennifer Gardner Trulson



By Melissa Meyers

A Touching and Poignant Book to Read in Remembrance of 9/11: "Where You Left Me" by Jennifer Gardner Trulson

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**Beth Schoenfeldt, Contributor**

Co-Founder Collective-E, friend &amp; mentor to entrepreneurs, contributing to the launch of thousands of businesses.

# Are any of these the Holy Grail of online magazines? Page Daily, The Beauty Bean and SheFinds merge a magazine experience with online functionality and give the best of both worlds

05/10/2010 11:47 am ET | Updated May 25, 2011

As large media companies continue their epic struggles and spend more time figuring out how to scale back by reducing staff and overhead, entrepreneurs have the advantage of starting off fresh and are quickly grabbing market share and advertising dollars. Online media properties including [Collective-E](#) members [SheFinds](#), [The Beauty Bean](#) and now [Page Daily](#) are competing head on with fashion and lifestyle magazines. These online "multi media resources" which go beyond just online magazines can take advantage of cheap new technologies, a skilled writing pool recently laid off traditional magazines, alternative revenue models and most importantly, the ability to move quickly to adjust to a changing marketplace and opportunities.

Take new entrant [Page Daily](#). Started as a hobby and passion for magazines and collecting and sharing information, [Melissa Meyers](#) just had to tell all her friends every time she found any hidden gem. Her email to friends turned into a weekly email called [AskMelissa](#). This local email quickly grew to tens of thousands of followers, regular appearances on NBC and an active social life for this mother of two (she was recently spotted in cameo appearances on [Real Housewives of NYC](#)). But [Melissa](#) wanted more, she wanted a national platform so set her sights high, sold her [Hampton's House](#) to fund her business (and her husband's hedge fund he was launching at the same time) and put a big chunk of her savings into [Page Daily](#).

With a staff of 7 including Editor In Chief [Nancy Rotenier](#), former staff writer at [Forbes](#) and a former head of Ad Sales for [Dailly Candy](#) as strategic adviser, [Page Daily](#) delivers a page of original content in a magazine format to your email box every day, allowing you to click and buy every single item on the page including, thanks to technology from an Israeli company called [Qoof](#), straight from video. While one of their revenue models is affiliate sales, [Rotenier](#) swears to me up and down that when writing about or including items in editorial content she has no idea if they have an affiliate arrangement. This means you'll find independent designers next to mass retailers, and you can buy everything.

According to [Meyers](#) "this whole concept is not pay to play, it is designed to save women time by giving a quick bite of digestible information and allow a quick click to purchase."