



IN! Competitive motivation (Justin Timberlake and Jessica Biel)

What's IN What's OUT

The blips and bloopers on our style radar

OUT!
Ear pieces
(Kate Walsh)



IN

Competitive Workouts

"People are opting for small group workouts like boot camps because there's a sense of camaraderie. Everyone's pushing each other

to work harder." —Donna Cyrus, SVP of programming, Crunch gyms

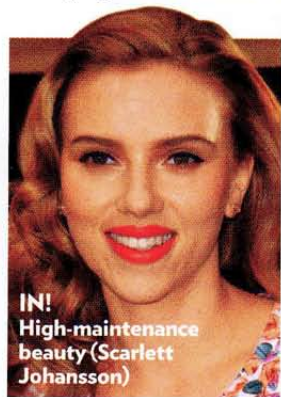
Rustic Flowers

"Bittersweet vines have a rich color that's perfect for the season. They create a woody, right-out-of-nature experience.

—Saundra Parks, celebrity event planner and floral designer, The Daily Blossom in N.Y.C.



IN!
Fall flowers



IN! High-maintenance beauty (Scarlett Johansson)

The 'Done' Look

"Glamour is one of the trends for fall. Try a precisely applied lip in a notice-me color or a perfectly coiffed hairstyle."

—Holly Carter, beauty editor, PEOPLE StyleWatch

E3Live Dietary Supplement

"It's the new wheatgrass shot! Some people use it to boost mood and energy."

—Amanda Freeman, cofounder, VitalJuice.com, a wellness Web site



IN! Algae (E3Live, \$149.75 for five bottles; e3live.com)

IN! Cheers & beers (Kim Kardashian)

Sports Bars

"Right now, casual places where you can have a beer and play beer pong are dominating. People love a cheap drink!" —Tony Daly, co-owner of MyHouse, celeb hot spot in Los Angeles



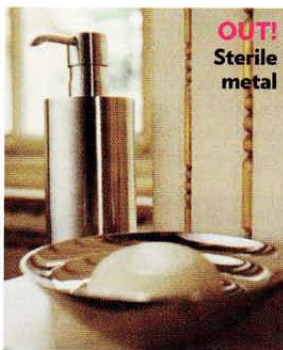
OUT

Wireless Ear Pieces

"Having a headset permanently attached to your ear doesn't reflect the current, more thoughtful climate. It's a relic of precollapse Wall Street." —Paige Newman, editor, The Hot Sheet by Zandl Group, a trend forecasting company

Stainless Steel Home Accents

"This cold, modern metal is over! From fixtures to picture frames, there's a warming trend in home decor toward brass. People today want to be surrounded with the familiar and a sense of the past, and brass evokes that feeling." —Rayman Boozer, interior designer, Apartment 48 in New York City



OUT!
Sterile metal

Long-Distance Relationships

"It's part of a new green, eco-conscious attitude: Break up with your out-of-state boyfriend or girlfriend because it's not sustainable, and date local!" —Jennifer Ganshirt, managing Partner, Frank About Women, a marketing-to-women consulting firm

Trashing Electronics

"Recycle them instead! Check out Best Buy's program—you pay \$10 to recycle your TV, laptop or computer monitor and get a \$10 gift card." —Heather Dale, editor, GeekSugar.com



OUT!
Tossing your tech

Molten Chocolate Cake



"Love the way it tastes, but it's been done to death. Chocolate cream pie or mousse are fresher alternatives." —Katie Lee Joel, chef and author of The Comfort Table

OUT!
Lava cakes