

Brides

**YOUR DAY,
YOUR WAY!**

**289
DRESSES,
FLOWERS,
CAKES,
IDEAS
you can't find
anywhere else**

**slash your
budget
in half!**
*they won't
notice a thing*

**perfect
hairstyles
you can
do yourself
(really!)**

**10 secrets
every bride
needs
to know**

SHOPPING GUIDE
**have a blast
trying on
dresses**
*plan a girls'
day out
near you!*

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Vogue & Cosmo

Brides



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▶ EAT SOMETHING, ALREADY

Many brides say they're too nervous to eat. But this is not the day to skip meals, particularly if you'll be working out, says nutritionist Oz Garcia: "You don't want to go into the church hypoglycemic." Garcia recommends Greek yogurt with berries, slivered almonds, and honey for breakfast.

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GUIDE

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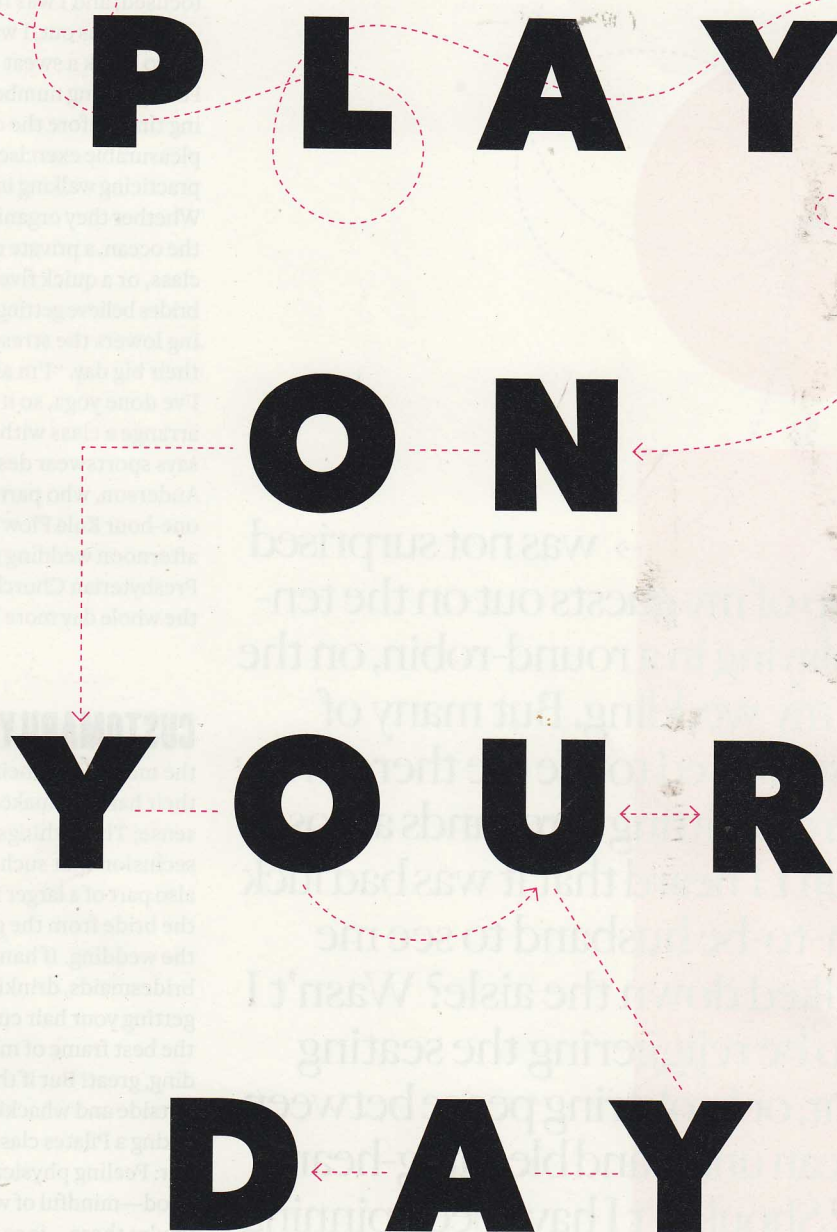
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PLAY ON YOUR DAY

WANT TO HAVE A BLAST—AND SMASH STRESS—ON YOUR WEDDING DAY?
JOIN THE NEW WAVE OF BRIDES WHO ARE
PLAYING TENNIS, GOING FOR A RUN, OR SQUEEZING IN A SWIM
BEFORE TYING THE KNOT. BRING YOUR BRIDESMAIDS, YOUR FAMILY, OR
EVEN YOUR FUTURE HUSBAND ALONG FOR THE FUN!

by **LOUISA THOMAS**
photograph by **KENJI TOMA**

flight' response from the caveman days. Movement dissipates the effects of the stress hormones, and when that happens, your body gets a signal that it's okay to relax."

Getting some exercise on the morning of the ceremony can also be a way of reinforcing the setting—not to mention getting in some quality time with friends and family. Fashion consultant Deborah Kleinman and her husband were married at the ultra-luxurious resort The Point, on Saranac Lake in New York's Adirondack Mountains, and chose to spend the morning of their wedding hiking with their guests, followed by a gourmet picnic in a rustic lean-to overlooking the lake. There were artisanal cheeses. There was amazing wine. "It was magical," says Kleinman. "My husband and I split up for a few hours in the afternoon to get dressed, but other than that, we were together. It was an incredibly special place, and we really wanted to spend time enjoying it with the people we love."

Interior designer Celerie Kemble had a similar agenda. She was born and raised in Palm Beach, Florida, and when she and her fiancé decided to hold their wedding there, she knew she wanted to share her childhood memories of frolicking in the sand with her guests. So the couple threw a beach-cookout lunch, wearing their swimsuits, swimming in the ocean, and playing old-fashioned field-day games like the egg toss and tug-of-war with family and friends before the blowout formal wedding that evening. "I'm sure I had sand in my hair at the wedding," says Kemble, "but who cares? We had a ball."

FOR OTHER BRIDES, exercising on the day can be a comforting continuation of their daily routine. Susan Shapiro Barash, author of *The Nine Phases of Marriage*, interviewed dozens of brides for her book and found that for many of them, following those routines—especially ones that get the bride's blood

moving—was a healthy way to keep jitters at bay. "If you love to start each day with a swim, get in those fifty laps. I think that keeps you in touch with who you are, on track, and centered," she explains.

Centered is a word a lot of brides use to describe how they wanted to feel on their wedding day. Laird Gough and her fiancé got up early and went for a run together around Sea Island, Georgia, in part because running is "a shared passion," she says, but also because "it was nice to kick off the day in a simple, normal way. It helped us remember why we were there in the first place, instead of getting lost in all the hustle and bustle of the festivities."

Chelsea Anderson echoes the sentiment. "I wanted to take some time to center myself and make sure I was living in the moment," she explains. "It really helped. I wasn't nervous at all."

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THEN, OF COURSE, there are the brides who want that adrenaline burst. Briana Warner, a U.S. Foreign Service worker whose job separates her from friends and family for years at a time, wanted to spend every minute with her guests that she could—and she wanted to have an adventure with them. So she and her fiancé, along with three-quarters of the 90-odd guests, spent the day white-water rafting in Maine before their ceremony at a gorgeous campsite. "It was just awesome," she says. "It was just about being together and having fun."

As for me, I was relaxed and grooving on endorphins, trading cross-court shots with my cousin, when my fiancé appeared, wearing his swimming trunks and an old button-down shirt. A towel was slung around his neck. He stopped at my court on his way to the dock and leaned against the chain-link fence. I could feel his gaze on me and my white dress. I stepped into the ball and threaded a backhand down the line. My soon-to-be husband whooped with pride.

Later that afternoon, as I walked toward him at the church, there was no stress or fear. Just the calm, joyful feeling that I was at the top of my game.

PLAY SMART

Whether you're planning a vinyasa class for two or a doubles tournament with your entire guest list, these five tips will help you keep the rest of your day on track.



1 ▶ LEAVE TIME TO BEAUTIFY

To figure out how long you'll need, work backward from when your photographer is scheduled to arrive. How long will you need to decompress? Take a shower? Do your hair and makeup? Put on your dress? Get to the ceremony? Whatever number you get, play it safe and add an hour.



2 ▶ PREPARE FOR SUN

Tan lines are not your friend, so if you're getting physical outdoors, slather on your favorite sunscreen half an hour before your workout—and reapply often. Post-exercise, be sure to wash the sunscreen off completely before applying makeup to avoid a sticky surface.



3 ▶ EAT SOMETHING, ALREADY

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4 ▶ CONSIDER THE HAIRSTYLE

You'll probably want to shampoo your hair after you exercise, so be sure to leave plenty of time to wash, condition, and apply product before your hairstylist arrives. If he has to wash it for you, it'll cost more!



5 ▶ MAKE MEMORIES

Planning a group activity? Trust us, you will want photos. If you can afford it, ask your photographer to come early. If not, ask your guests to upload their pics to a private Facebook group or a photo-sharing site like Flickr.