

SELF

**Jessica
Alba**

**HER BODY
& CAREER**

**HOTTER
THAN EVER**

**YOUR
TOTAL
BODY
PLAN**

**NEW MOVES
TO GET IT
DONE FAST!**

**FUN &
FRESH!**

**SEXY
BEACHY
HAIR**

**Skip the
Blow-dryer!**

**Eat
What
You
Want**

(NO REGRETS)



**Lose
the
Last
5 lb
for
Real**

August 2014
\$4.99 US
\$5.99 FOREIGN

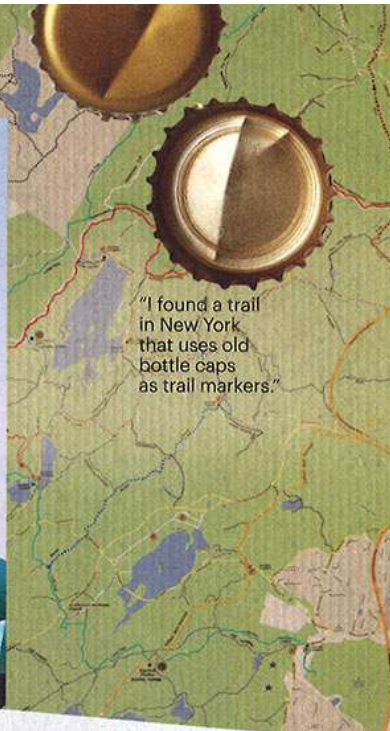
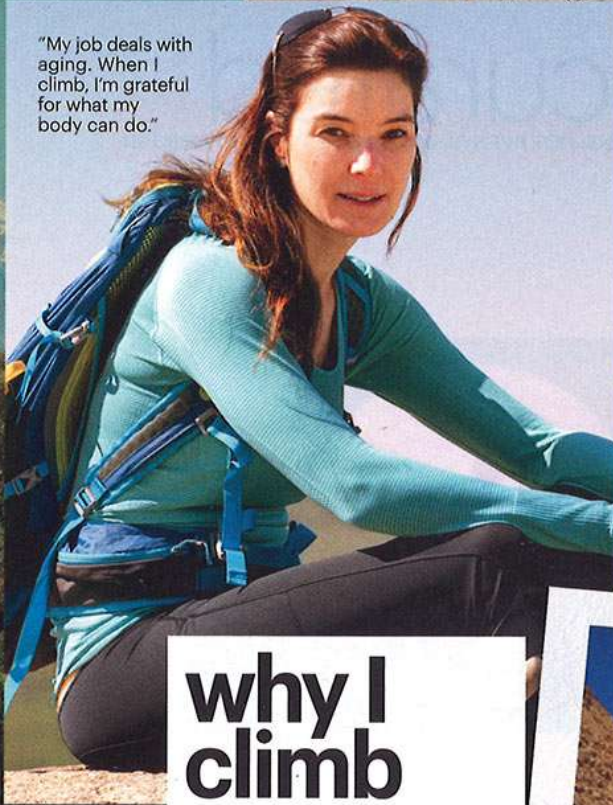


137 Ways to Feel Happy All Summer



In July, Dr. Marmur headed to Mount Kilimanjaro in Tanzania for a 19,340-foot, six-day ascent.

"My job deals with aging. When I climb, I'm grateful for what my body can do."



"I found a trail in New York that uses old bottle caps as trail markers."

why I climb

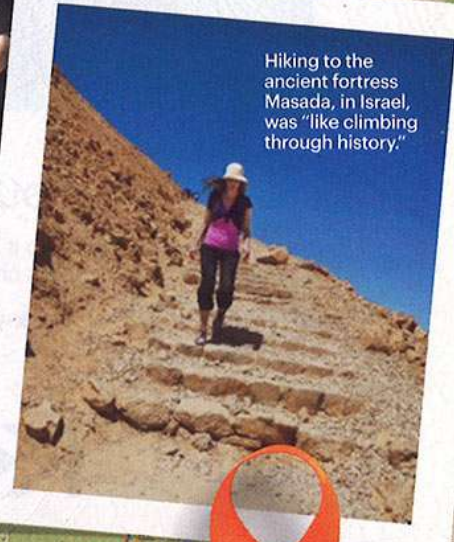
By Ellen Marmur, M.D.
45, dermatologic surgeon in New York City

Hiking is so enriching. I focus on the rich colors, the beauty of the rocks, how I use my body, my feet. At the summit, you feel like the first person who ever got there. It's a rush.

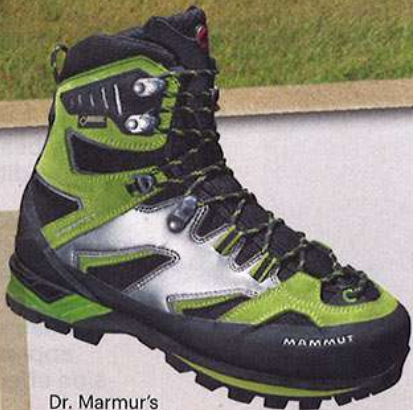
My childhood was all about being outside, and after college, I led wilderness canoe trips. But life went full blast for 10 years after that, with med school, starting a family, seeing patients. I longed to get back to my passion, but I just couldn't make time for it.

So to motivate myself, I set a "ridiculous" goal last year: to climb Mount Kilimanjaro. I wanted my trek to benefit others, too. My job is to help people protect themselves from skin cancer, so I partnered with the American Academy of Dermatology to raise money for my climb.

While I love my job as a physician, I don't remember every day of it. But I do remember every one of my hikes—that's who I am. And I'm so happy to be back.



Hiking to the ancient fortress Masada, in Israel, was "like climbing through history."



Dr. Marmur's musts: strength-training gym sessions, Marmot boots and Marmot jackets, which she says are the best for warmth



She launched Skin Cancer, Take a Hike! to help fund the AAD's SPOT Skin Cancer initiative. Learn more at AAD.org.



Fellow outdoor adventurer Hemingway is on her reading list.

PHOTOGRAPHY: JAMES WHITE; STYLING: JESSICA BROWN; HAIR: ANDREW MITCHELL; MAKEUP: ANDREW MITCHELL; PROP STYLING: ANDREW MITCHELL; PROP STYLING: ANDREW MITCHELL