

Why Wait? Get a Hot Summer Body NOW!

fitness

# fitness

mind, body + spirit

## CONFIDENT HEALTHY & STRONG

Recharge Your Mind  
& Body in 20 Mins.

See  
Yourself  
10 LBS.  
THINNER!  
p.19

● **WALK** Off  
More Weight

● **EAT** Without  
the Guilt

● **CURE** Your Body  
Image Blues

**QUICK**

Pants Too  
Tight? See p.52

**BONUS!**

Save Money  
and Your  
Health, p.94

**EASY**

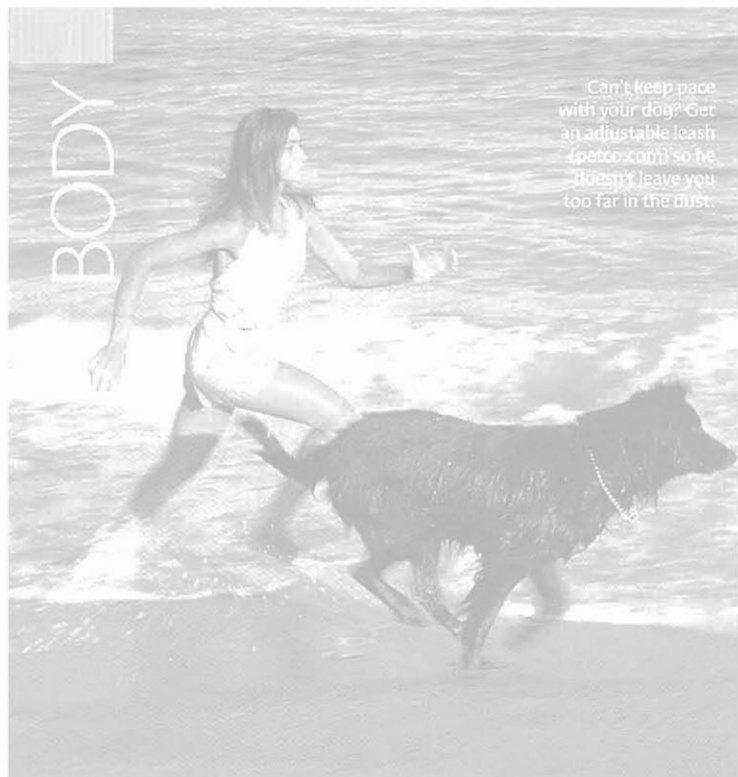
6 Brighter  
Smile Tips p.35

*New!*

## LOSE FAT WITHOUT TRYING!

● 24 Tricks That Work for Any Shape

Can't keep pace with your dog? Get an adjustable leash (petco.com) so he doesn't leave you too far in the dust.



## WHO'S YOUR BUDDY?

Team up with the little guy who has four legs and wags his tail when happy. A recent study out of Northwestern University reports that people who exercise with dogs derive as much, if not more, motivation and enjoyment out of exercise as those who get fit with a friend. But not every canine is made for accompanying you on an hour-long run (Chihuahua owners, we're talking to you!). Marty Becker, D.V.M., author of *Fitness Unleashed*, helps you find the best pet-friendly workouts. Dr. Becker also offers this cautionary note: "If you and your dog are new to exercising, start out walking two blocks a day for every 10 pounds your dog weighs," he says. Also, keep an eye out for signs that your aging pooch should stay behind—for example, he is super-slow, tries to lie down or pants excessively.

### WHAT DOES YOUR PUP DO BEST?

**RUNNING:** Siberian husky, Brittany, pointer, setter or a German shepherd/Labrador retriever mix

**HIKING:** Beagle, Doberman pinscher or Weimaraner

**SWIMMING:** Labrador retriever or Chesapeake Bay retriever

**PLAYING IN THE PARK:** Border collie, German shepherd or poodle

Have a mutt? Try to identify a dominant breed. Chances are your retriever mix will like to swim just as much as a purebred Lab.

## MAKE OVER MY WORKOUT

"Why do guys lose faster?"



"My husband and I are exercising together, and he's lost 40 pounds. I've dropped only about 5. What am I doing wrong?"

—Debra Scates, 50, Des Moines, Iowa

**OUR PRO'S ADVICE** "You aren't doing anything wrong. It's only natural for men to lose weight more quickly than women because they have more muscle," says celebrity trainer Valerie Waters. "Don't be discouraged." Her tips:

**BLAST CALORIES IN LESS TIME.** Try cardio intervals, alternating four minutes of walking and one minute of jogging. Your goal: two minutes of walking and three minutes of jogging. Interval training is great because it keeps your heart rate up without wearing you out.

**INCREASE YOUR STRENGTH.** You need more muscle so that you can burn more calories all the time—even while you're sleeping. Do the following circuit (10 to 15 reps of each exercise; two sets) twice a week: step-ups, bent-over rows, squats, bent-knee push-ups, shoulder presses, biceps curls, triceps dips, crunches, reverse crunches.

**BUMP UP YOUR METABOLISM.** Instead of the usual breakfast, lunch and dinner, try to eat five smaller meals throughout the day that are rich in lean protein and high-fiber foods such as multigrain bread, fruits and vegetables.

## IT'S A BIRD. IT'S A PLANE. IT'S A SUPER TONER!

Coming soon to a gym ceiling near you: Suspension training, the latest trend to hit health clubs, promises to reshape your body without making you lift a single weight. In these workouts, which are appearing at clubs in cities like Atlanta, San Diego and Philadelphia, you use long bands attached to a doorway or ceiling to do strength exercises. For example: Strap in a foot to do a lunge, or grab the handles for chest presses. "Suspension tools are tougher than they look—you use your body weight as resistance, making even the simplest move more difficult," says Susane Pata, associate regional director of group fitness at Crunch in San Francisco. "Plus, the movements require you to stay balanced and aligned, so you hit muscles that you could never target with typical machines."

Want to try this advanced workout at home? The TRX Suspension Trainer comes with a long non-elastic strap with padded handles, foot cradles and a DVD (\$149.95; fitness.anywhere.com). Simply use the door anchor (\$19.95) to attach the strap to any doorway.

