

fitness

mind, body & spirit

Radiant skin
all winter p. 44

Banish Belly Fat

Tone, tighten, trim
in just 7 moves

Start losing weight today!

The sneaky reason
the scale won't
budge—solved

plus
5 ways to make
it permanent

AGE-PROOF YOUR LIFE

20 foods,
tips, moves
you need
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★ BONUS HANDBOOK ★

Your 21-day total-body makeover

- Drop 5 lb. fast
- Firm up every trouble zone

Leaner legs
in 12 minutes
(no squats!)
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Elongated muscles improve posture, helping you look slimmer.



Stretch for a Sleeker Core

To reap the toning benefits of our workout, you must elongate the muscles in your torso by stretching, says Molly Weeks, creator of the BalleCore system: "Constantly contracting your abs can shorten the muscles, creating an inflexible core and back." Try this post-workout routine:

Torso and hip twist

Sit with your legs crossed in front of you, one knee stacked on the other and ankles resting on the floor. Exhale and slowly walk your hands forward as far as possible, bending at the waist. Hold for 15 seconds. Walk hands back to starting position; switch legs and repeat.

The cobra roll

Lie facedown on the floor with your legs together, arms overhead, palms down and resting on the barre. Inhale and lift your head, shoulders and chest off the mat, sliding the barre in toward you. Feel your abs lengthen as your chest reaches toward the ceiling. Hold for 3 seconds, then lower.

Straddle torso twist

Stand with feet 4 to 5 feet apart, toes pointing forward. Bend over and place your hands on the floor. Rotate your torso to the left, reaching your left arm toward the ceiling. Hold for 4 breaths. Return to center; switch sides.

Bonus Ab-Toning Secrets

Make every core workout you do more effective (and see results even faster!) with these tummy-flattening tips from Atlanta-based corporate wellness coach and fitness instructor Ron Jones:

- 1. Do your ab work first,** directly after a brief warm-up, before fatigue sets in.
- 2. Don't overdo it.** Once you can no longer perform an ab move without compromising your form, take a break and switch to something easier. If you don't, other muscle groups may compensate, hampering your ab-toning results and possibly even leading to injury.
- 3. Pay attention to your posture,** whether you're in the gym or out. By pulling your abs toward your spine you'll not only strengthen and lengthen your core but also avoid lower-back injury. Reaching up through the crown of your head and relaxing and rolling back your shoulders will help keep your upper back from hunching forward.

The BalleCore Barre shown here was specially developed by Molly Weeks; order it at ballecore.com.

Top Tune-Ups

Getting yourself off the couch and into your ab routine may be as simple as switching on your stereo. When exercise physiologist Len Kravitz, Ph.D., reviewed studies on music and exercise, he found that people consistently reported that they perform their workouts better when they listen to music before and during each session. Weeks suggests playing CDs from the following artists or groups during your BalleCore workout to boost your mood, motivation—and results!

For an upbeat workout:

- Ottmar Liebert, flamenco guitarist
- A Cirque du Soleil soundtrack
- A Café del Mar compilation CD

For a tranquil workout:

- Sasha Lazard, vocalist
- Madreus, Portuguese music
- Secret Garden, Irish-inspired music