

Easy Ways to Finally Lose The Fat!

# Fit

STRONG • SMART • SEXY

20  
Surefire  
Weight-Loss  
Tricks

Workouts for Every Body

**Build Muscle**  
with **Kickboxing**

**Spot Tone**  
with **Pilates**

**Burn Fat**  
with **Yoga**

# J. LO

How She Got That Body  
How You Can Get The Look

**Reduce Cellulite Without Surgery**

**Makeover Miracles**

Real women get real results

**Lust for Chocolate**

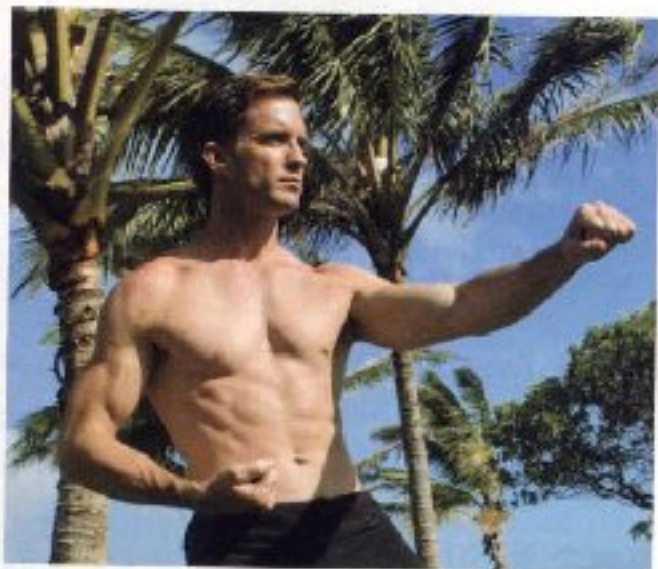
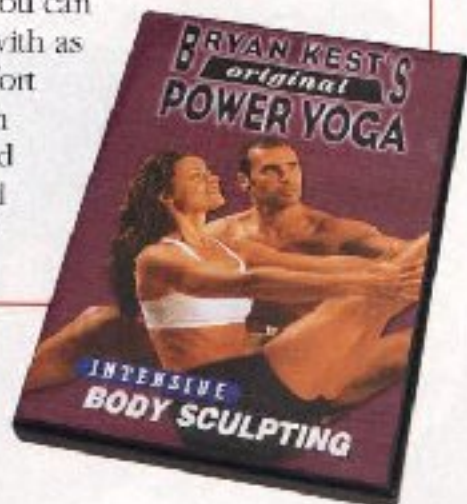
Take control of emotional eating

AUGUST 2003  
US \$3.99/CANADA \$4.99



**Bryan Kest**, the originator of Power Yoga, recommends three steps to get onto the mind/body connection path.

- 1) Create the time in your schedule.
- 2) You need to have a meditative place in which to learn or some good media products, for example [www.Poweryoga.com](http://www.Poweryoga.com) or various yoga videos.
- 3) Be patient and allow many months practice so you can ease into it with as little discomfort as possible in order to build a strong solid foundation."



**Scott Cole**, a respected wellness expert and Tai Chi instructor in Southern California (see this month's Fit Expert), feels that incorporating the mind into physical fitness is essential. "Mind/Body exercise is not just meditation, but conscious awareness through all aspects of training, slow or fast. The benefits are increased training efficiency, longevity, stress reduction, better digestion, more internal awareness, and getting in tune with your training."

#### Juggling-

Juggling requires resilient concentration in order to keep the balls in the air as opposed to on the floor. Eventually, you get into a rhythm, a state of flow, during which the mind is integrated into the activity itself. Your mind cannot wander while juggling. You achieve a state of mindfulness during which you have an awareness of sensory information (sights, sounds, smells, etc.), while simultaneously becoming cognizant of your thoughts and emotions. This is a state that many trained athletes refer to as "the zone."



#### Pat and Rub-

Another fun mind-activating activity is the seemingly simple task of simultaneously standing on one foot, patting the top of your head with one hand, and rubbing your stomach with the other hand.

#### Visualization-

Imagine yourself performing the sport or activity to the best of your ability. Visualize yourself crossing the finish line in record time or sinking a fifteen foot tournament winning putt. Mentally see it to the point that you can almost feel it.

#### Mantra-

Incorporate a mantra or counting system into your fitness regimen. Repeat 'I am strong, I am healthy,' in your mind, or any other mantra that stimulates you.

*'I am strong,  
I am healthy'*

#### Count-

As you run or jog, count your breath according to your steps. Repeatedly inhale for six steps, and exhale for six steps. If you notice your mind wandering, simply acknowledge any exterior thoughts and put them aside for later. Eventually, you will have the ability to get out of the body and activate the mind, thus achieving the mind/body connection.