

fitness

mind, body & spirit

7-DAY BODY MAKEOVER

plus: Firm your flab zones
(the perfect plan for you—just you!)

5 words
that will
change
your life
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WIN AT WEIGHT LOSS!

- Boost your success rate by 100%
- 5 easy ways to burn more calories

Radiant skin

in your 20s, 30s, 40s p.96

NEW EAT-HEALTHY GUIDELINES

- Carbs, fats, protein—
how much you *really* need
- 5 super-nutrients you've
never heard of

UP-TO-THE-MINUTE RESEARCH:

8 lifesaving tips for
women only

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Get knockout legs in 20 minutes!

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Our 10 favorite WORKOUT VIDEOS

BEST beginners' yoga: *Beyond Basic Yoga for Dummies*

Who it's for: Novices who want to advance their practice
Why we love it: Instructor Sara Ivanhoe presents a dozen classic yoga poses, with great modifications for those who need help with their triangles or warriors. **Length** ▶▶ 55 minutes

BEST advanced yoga workout (tie):

Power Yoga: The Practice

Bryan Kest's Original Power Yoga: Intensive Body Sculpting

Who they're for: Experienced yogis looking for a challenge
Why we love them: Power Yoga's Beryl Bender Birch has a motherly demeanor, but her no-nonsense workout (including 59 crocodiles, or chaturangas) is not for the meek. Kest takes a laid-back approach that makes yoga fun; it's especially good for sculpting the legs and butt. **Length** ▶▶ 75 minutes (*Power Yoga: The Practice*); 60 minutes (*Original Power Yoga*)

BEST beginning Pilates instruction:

Pilates for the Lower Body

Who it's for: Beginners seeking toned abs, legs and glutes
Why we love it: The slow pace makes this tape by fitness star Kathy Smith a great intro for those who want to learn the basics of Pilates while still getting a rigorous lower-body workout. **Length** ▶▶ 30 minutes

BEST Pilates-inspired workout: *Breakthru: Pilates Plus!*

Who it's for: Pilates fans looking to mix it up
Why we love it: Upbeat instructors Tracy York and Michelle Dozois present a challenging mix of total-body moves based on Pilates, yoga and ballet. **Length** ▶▶ 51 minutes

BEST quickie ab routine: *Kari Anderson Curl*

Who it's for: Anyone who wants an intensive ab workout
Why we love it: Anderson is excellent at transforming an ordinary video into a challenging group exercise class. Great core moves for all fitness levels. **Length** ▶▶ 20 minutes



BEST FOR steppers: *Kari Anderson Hot Steps*

Who it's for: Advanced step enthusiasts
Why we love it: Anderson scores points again for her refreshing choreography, motivating attitude and high-energy music. Newcomers to step may find some of the moves a little complex—but give it time. **Length** ▶▶ 60 minutes

BEST cardio dance moves:

Tighter Assets Cardioblast With Tamilee

Who it's for: Intermediate to advanced dance enthusiasts
Why we love it: This tightly choreographed workout provides plenty of action with favorite moves like box step, grapevine, jumps and hops. **Length** ▶▶ 30 minutes

BEST FOR treadmill owners:

Treadmoves: Total Body Sports Conditioning

Who it's for: Treadmill owners looking for a change of pace
Why we love it: This innovative video offers strength and interval training on the treadmill. Some moves (e.g., biceps curls while walking) may take practice. **Length** ▶▶ 60 minutes

BEST destressor: *Discover Tai Chi PM Workout*

Who it's for: Anyone who needs to chill out
Why we love it: Scott Cole presents a series of gentle, gliding tai chi moves that, like a glass of warm milk, leave you soothed after a high-stress day. Bonus: It's packaged with an energy-boosting A.M. workout. **Length** ▶▶ 30 minutes ■

All videos can be found on-line at collagevideo.com or amazon.com. Prices range from \$9 to \$25 on VHS and DVD.