

“Miss Stoeger, I would just like to say that physical education in this school is a disgrace.

I mean, standing in line for 40 minutes is hardly aerobically effective. I doubt I’ve worked off the calories in a stick of Carefree gum.”

— CHER DURING GYM CLASS, *CLUELESS* (1995)

SOME FANS OF HOT YOGA CLAIM THAT THE HEAT ALLOWS FOR DEEPER STRETCHING.

YOGA CAN ALSO SERVE AS A FORM OF STRESS-BUSTING MEDITATION.

SOIRÉE SLIM-DOWN



BERNADETTE ABRAHAM
FITNESS TRAINER

I HAVE A BIG EVENT IN TWO WEEKS. IS THERE ANYTHING I CAN DO TRAINING-WISE IN THE DAYS LEADING UP TO IT THAT WILL HELP ENSURE I LOOK MY BEST?—LEIGH, VIA EMAIL

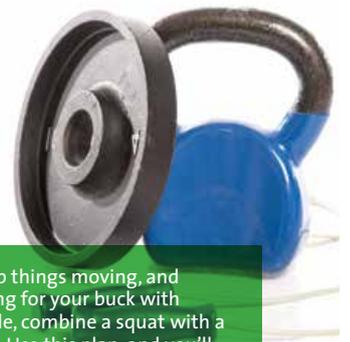
DEAR LEIGH:

The most effective way to achieve visible results in a short period of time is to introduce “protein days” no more than three times per week, and increase training to six days per week to optimize fat loss. On protein days, eliminate starchy and simple carbs (i.e. rice, bread, potatoes, flour products, sugar, etc.), increase your protein portion in each meal by approximately 20 percent, and include no more than 100g of fibrous carbs per

day (i.e. vegetables). Make sure you eat every three to four hours and drink lots of water. In conjunction, divide the body into three training sessions (i.e. legs and calves on day one and four, chest, shoulders and biceps on day two and five, and back, shoulders and triceps on day three and six). Perform two supersets followed by a breakdown set for each of these body parts. For example, perform two sets of chest fly and chest press back to back without rest, followed by three more

sets of chest press to failure using a lighter weight with each new set. Finish off your workout with 20-30 minutes of cardio.

“Protein days” may make you feel irritable and tired so it is best to consult with a physician and be supervised by a qualified trainer.



BONUS TIP: *Low on time?* Combine cardio and weights. Keep things moving, and a weightlifting session can become a cardio workout. Get more bang for your buck with combination exercises that involve multiple body parts. For example, combine a squat with a shoulder press to obliterate the upper and lower body in one move. Use this plan, and you’ll look phenomenal for your event!

Hot yoga

— not so hot?

Though you may be breathing heavily during your Bikram (or “hot”) yoga class, don’t count on it as a substitute for your cardio, says research from Texas State University. While this news may sound grim to yoga fanatics, lead study author Allison Abel, MEd, notes that many types of yoga, Bikram included, boast other non-aerobic benefits, including lowering blood pressure, which may be reason enough to get your hot and sweaty “om” on.

