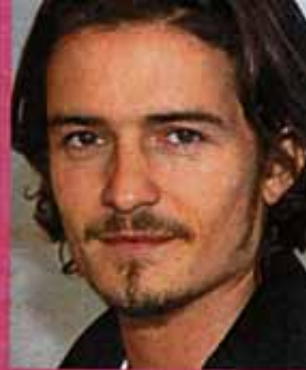


# Teen People

BACK TO SCHOOL



ORLANDO!  
Photo special

# 30

EASY WAYS  
TO GET  
**YOUR  
BEST  
BODY  
EVER!**

★  
**AMERICAN  
IDOL'S  
KATHARINE**  
HER SECRET  
WEIGHT  
STRUGGLE ★

**SCHOOL  
SHOOTING  
SCARE**  
Are you safe?

40-PAGE SPECIAL

# BEST *of* FALL

Tons of cute new ideas in fashion, beauty & tech



AUGUST 2006  
TEENPEOPLE.COM  
(ADL KEYWORD:  
TEEN PEOPLE)

**BETRAYED!**  
How to deal with a cheater

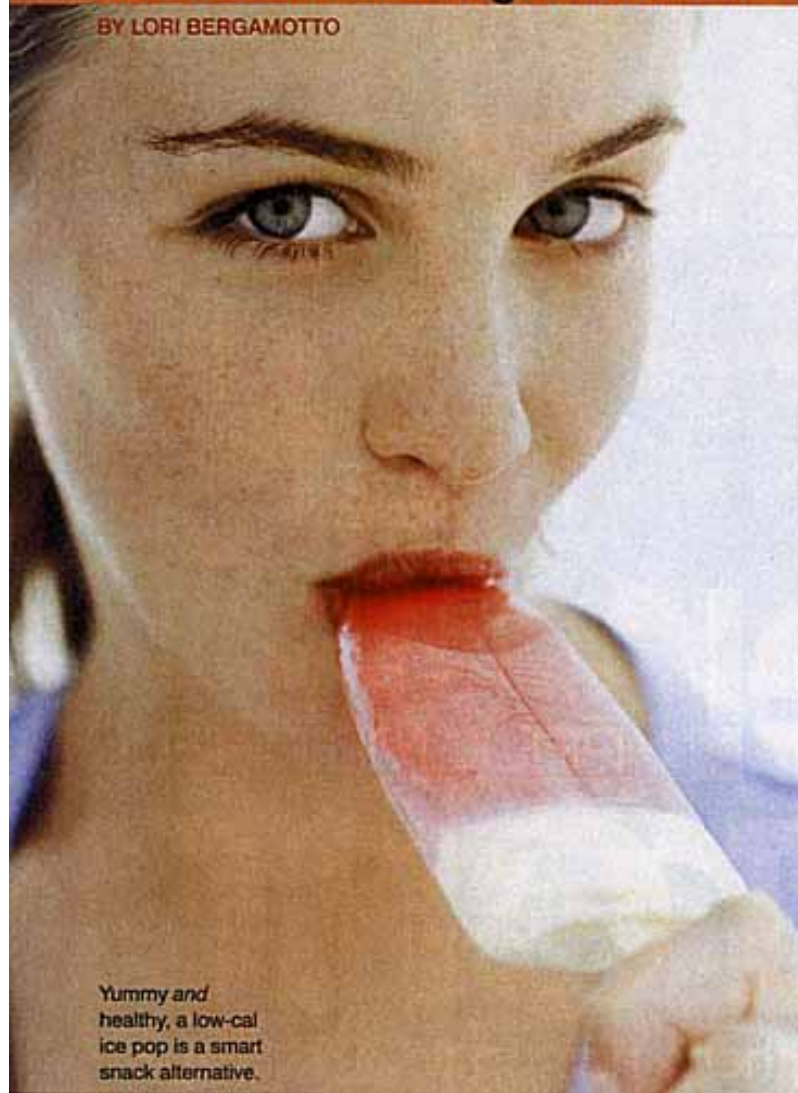


# 30

## TIPS FOR YOUR BEST BACK-TO-SCHOOL BODY

Use the summer to get fit for fall

BY LORI BERGAMOTTO



Yummy and healthy, a low-cal ice pop is a smart snack alternative.

### GET IN THE RIGHT MIND-SET

Half the battle of living a healthier life is re-evaluating your approach to fitness.

- 1 Adopt better eating habits—but don't go overboard.** "You don't have to be a saint," says Oz Garcia, Ph.D., a New York City-based nutritionist. "You just have to be more thoughtful and do things in moderation." That means no crash dieting or pill popping! "Oftentimes with quick fixes, there's always an equally quick rebound or [negative] consequence," says Joe Dowdell, celebrity trainer and founder of Peak Performance in New York City.
- 2 No skipping meals.** Fasting slows your metabolism, so in the end, missed meals could actually lead to weight gain.
- 3 Go hobby hunting.** "Once you're [doing] something—whether it's swimming or even making sea-glass picture frames—you're not just sitting around munching on junk food," explains Cindy Sherwin, director of education and personal training at the Gym in New York City.
- 4 Share your new routine with your family.** Getting support from them will help you stay motivated and on track.

### NUTRITION 101

These high-energy foods will help you feel great, whether you're working out or just hanging out.

- 5 Breakfast really is the most important meal of the day.** New York City-based registered dietitian Sharon Richter suggests choosing your morning cereal with one simple formula in mind: "It should contain less than 10 grams of sugar and more than three grams of fiber."
- 6 Fish is brain—and fitness—food.** "Seafood like salmon, tuna, halibut and bass are all rich in omega-3 fatty acids," Garcia explains. "These can help reduce cholesterol and may improve your mood, thinking and concentration. And they help make your hair shiny."
- 7 Say so long to soda!** "It's called liquid candy for a reason," Garcia says. "The average can of soda has [27 grams] of sugar." The diet stuff is "better, but not great," he adds. "It's sweetened with aspartame, which may trigger changes in mood and energy levels."
- 8 H<sub>2</sub>O rules.** "You should be drinking at least six to eight eight-ounce glasses of water per day," says Mel J., personal trainer and creator of REWOP Fitness. "It's important to stay hydrated, particularly if you'll be working out." Since water has zero calories, you can drink as much as you want.





# 14

**Tumble time!** "Gymnastics is great for strength, flexibility and agility," says Todd Gardiner, owner and head coach of Illinois Gymnastics Institute in Westmont, Ill. "Cartwheeling alone uses your quads, triceps and calves—all in under 10 seconds!"



**9 Juice up your water with a little flavor (or add a wedge of fresh lemon).** Richter recommends Propel Fitness Water: "It's only 10 calories a serving," she says. Garcia likes Vitaminwater: "It's low in calories and sugar and contains vitamins."

**10 Swap your morning OJ for an actual orange.** "Fruit is a healthier, less caloric choice," Richter says. "It also has more fiber, which keeps you full longer; even juices not from concentrate can't compete with that."

**11 Eat a wide variety of fresh produce.** "Orange and yellow vegetables like carrots, butternut squash and yellow summer squash contain carotenoids, [which may be] anticancer compounds, while red and purple berries like blueberries, raspberries and cherries contain health-promoting antioxidants," says Andrew Weil, M.D., an authority on integrative health.

**12 Snack wisely.** Instead of ice cream, try a frozen-fruit bar or an Italian ice. Even Starbucks Coffee and Jamba Juice have gotten on a health kick. Choose the Frappuccino Light Blended Coffee, and have the Jamba juicers make you an Enlightened version. Both tend to pack a less caloric punch than their "regular" counterparts.

## SIMPLE FITNESS

**Don't spend the summer in the gym—get a fab workout in the yard or at the park.**

**13 Start squatting.** That's how those bikini-clad celebs get terrific tushes. Mel J. offers easy step-by-step instructions: "Stand with your feet shoulder length apart and your shoulders back. Keeping your head up and your hands at your sides, do a deep knee bend. As you come up, exhale through your mouth. Do three sets of 10 to start. Increase the number of sets as it becomes easier."



**15** **Get grooving!** You can burn up to 300 calories dancing for one hour. So go ahead and shake it!

**16** **Stuck on a road trip with the family? Do butt squeezes.** "Clench and unclench your butt for one whole minute," Richter suggests. "This is a good exercise for toning."

**17** **Jump to it.** Our experts agree: Jumping rope is the best exercise for your money. "It works a tremendous amount of muscle while [offering] a great cardiovascular workout," Dowdell says. "It's a really inexpensive, super-portable piece of training equipment."

## HEALTHY HABITS

Enhance your midsummer workout with positive lifestyle changes year-round.

**18** **Try a multivitamin like Centrum.** "Even the healthiest diets can lack all the nutrients a growing teen's body needs," says Weil's 14-year-old daughter, Dakota, who has contributed to [drweil.com](http://drweil.com).

**19** **Sit up straight—your abs will thank you.** The better your posture, the tighter your abs, explains Jake Holmes, a La Jolla, Calif.-based Pilates instructor and founder of the Satori Fitness Method ([pilatesunited.com](http://pilatesunited.com)). "Make a serious effort to keep your posture straight and your ab muscles taut, and you should see a difference in [the near future]," he says.

**20** **Go to sleep!** Eight hours of shut-eye a night can help you get in shape. A study done by Columbia University Medical Center found a link between the risk of obesity and the number of hours you sleep. "[In similar studies] leptin—the 'I'm full' hormone—was lower and ghrelin—the 'I'm hungry' hormone—was higher when subjects were sleep-deprived," says New York City physician Andrew Farber, who wasn't involved in the study. "The opposite was true when they were getting enough sleep."

Walking with your pooch is a fun way to keep fit!



Jumping rope for 15 minutes burns approximately 125 calories!

## SUMMER SURVIVAL GUIDE

Avoid the temptations found at the season's best events with a healthy routine.

**21** **Take yourself out to the ball game, but approach the menu with caution.** "Hot dogs, hamburgers and fried foods should be [mostly avoided]," Garcia insists. "They're swollen with salt and will totally bloat you." Instead, eat before you go or choose a healthier alternative, like a grilled-chicken sandwich.

**22** **Beware fatty picnic fare.** Stay away from premade salads (pasta, macaroni and potato)—they're full of fattening mayonnaise. Richter suggests sticking to grilled veggies, chicken and fresh watermelon.

**23** **Enjoy the blockbuster—not the butter.** The average medium-size tub of buttered popcorn can have 910 calories and 71 grams of fat! Richter's advice: "If you can't bring your own [healthier] snacks, opt for pretzel bites."

## THINK OUTSIDE THE BOX

Walking and running are worthwhile ways to get in shape, but alternative sports work wonders too.

**24** **Take flight!** "Trapeze activates your whole body," says Jonathon Conant, president and cofounder of Trapeze School New York. "You can work specific muscles at the gym, but trapeze coordinates all of them." Find out where you can do it at [trapezeschool.com](http://trapezeschool.com).

**25** **Catch a wave!** "Surfing is the best workout," says Izzy Tihanyi, the San Diego-based founder and co-owner of Surf Diva ([surfdiva.com](http://surfdiva.com)) and coauthor of *Surf Diva: A Girl's Guide to Getting Good Waves*. "You get good cardio exercise and resistance training at the same time." Plus, if you hang 10 for one hour, you can burn up to 600 calories!

