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January 16, 2013



Take your pick of these monthlong plans that help you tone up

By Nicole Catanese

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## Winter Wardrobe SHOPPING SPREE



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And if you've got similar goals, we've got the DIY moves to keep you inspired at home and on the go.

**1) The Cardio Junkie: "I need to exercise close to home or the office."**

**NAME:** Lauren Williams, 26, editorial assistant

**GOAL:** Tone up everywhere, especially her waist.

**CURRENT ROUTINE:** Runs a three-mile course outside three times a week before heading to work. "I need to exercise close to home or the office," says Williams.

**FITIST FORMULA:** Four classes per week

- Two 60-minute core or Pilates classes, such as the Nalini Method, a combo of Pilates, yoga, and barre. (At home, train with Nalini creator Rupa Mehta's podcasts, \$60 for eight; [nalinimethod.com](http://nalinimethod.com).)

- One 45-minute Flywheel Spin class. (DIY: Jump on a

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bike at the gym and race the person next to you.)

- One 60-minute cross-training class like Brooklyn Bridge Boot Camp. (*Brooklyn Bridge Boot Camp: The Workout DVD*, \$25; [brooklynbridgebootcamp.com](http://brooklynbridgebootcamp.com).)

**WHY IT WORKS:** "A boot-camp class that combines upper- and lower-body moves--like walking lunges and push-ups--gets the heart rate up quickly, burning fat and calories and toning muscles in a time-efficient way," says David Kirsch, a personal trainer in New York City who works with Anne Hathaway and Kerry Washington. Turning up the resistance on a bike, in combination with sprints, will rev calorie burn and tighten the core, challenging her muscles more than her slow and steady jogs. For a flat belly, "she needs to target the muscles that run down the front and sides of the body as well as the lower back," says Kirsch. Translation: If she opts for a run or cycle session, she needs to squeeze in a 15-minute ab class first or do planks instead of hitting the couch at night.

**NUTRITION EXTRA**

**DIET DERAILER:** "I snack a lot and have several glasses of white wine most nights--I probably eat about 2,800 calories a day," says Williams. (Approximately 2,000 calories are recommended for the average 135-pound woman to maintain weight.)

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**SMART SUBSTITUTE:** "Eat breakfast to prevent starving by mid-morning," says Sharon Richter, a registered dietician in New York City. She recommends a whole wheat English muffin with two scrambled eggs or whole grain cereal with plain, low-fat almond milk. "Plan snacks ahead of time and switch to red wine; it contains good-for-you resveratrol." Richter says.

## 2) The Newbie Mom: "I used to be a runner, but now I have no time."

**NAME:** Sophia Banay Moura, 31, features editor

**GOAL:** Shed the last 5 post-pregnancy pounds.

**CURRENT ROUTINE:** Hits the treadmill three times a week for four to five miles. "I used to be a runner, but now I have no time," says Moura.

**FITIST FORMULA:** Three classes per week, plus one or two runs per week

- Two 60-minute cross-training performance classes such as Barry's Bootcamp. (At home, try *Barry's Bootcamp 5 Day Academy* DVDs, \$40 for set; [barrysbootcamp.com](http://barrysbootcamp.com).)
- One 60-minute core-centric class like Core Pilates NYC Core 30/30. (Also try *Ramona Braganza 3-2-1 Baby Bulge Be Gone 12-Week Postnatal Workout Plan* DVD, \$57; [ramonabraganza.com](http://ramonabraganza.com).)
- One or two treadmill runs for 40 to 60 minutes, doing intervals with pace and incline. Try 30-second sprints followed by 60 seconds at normal speed.

**WHY IT WORKS:** A combination of multi-platform workouts targets the stomach and hips--the areas where most post-pregnancy weight lingers. "She might look at her belly and think she needs to lose 5 pounds, but it's more about regaining muscle tone," says Ramona Braganza, a personal trainer in Los Angeles who keeps Jessica Alba and Halle Berry in shape. "Just because something used to work for her--like running--doesn't mean it's always going to work, especially after a major life and body change."

### NUTRITION EXTRA

**DIET DERAILER:** A daily late-night ice cream habit. "I can't end the evening without it--and have a full bowl every time," she says. Plus, the weekend is a food and drink free-for-all. "I have several cocktails on Saturday nights and enjoy a big brunch--with fries!--and pasta with Bolognese sauce on Sundays."

**SMART SUBSTITUTE:** "Rice-based, non-dairy 'ice cream' or fruit sorbet will let her keep her nighttime ritual but has way less fat and sugar," says Oz Garcia, a nutritionist in New York City. Try Rice Dream Cocoa Marble Fudge Frozen Dessert ([tastethedream.com](http://tastethedream.com)). And ditch the junky carbs with fat, like french fries or pasta with



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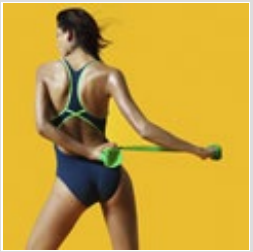
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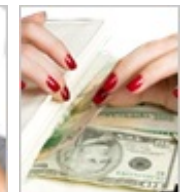
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