

HERE COMES THE **SUN**...
25 **Healthy** Ways to Get Glowing

fitness[®]

Mind, Body + Spirit

**SHRINK
YOUR
BELLY!**

10 Fat-Fighting
Superfoods

**SKIN
CANCER
ALERT!**

Could Your Sport
Habits Put You a
Risk?

**The 7 Day
Slim Down**

Our Easy Plan to
**TONE EVERY
JIGGLE ZONE**

**All-New
Sneaker
Guide**

Best Picks for
Every Workout

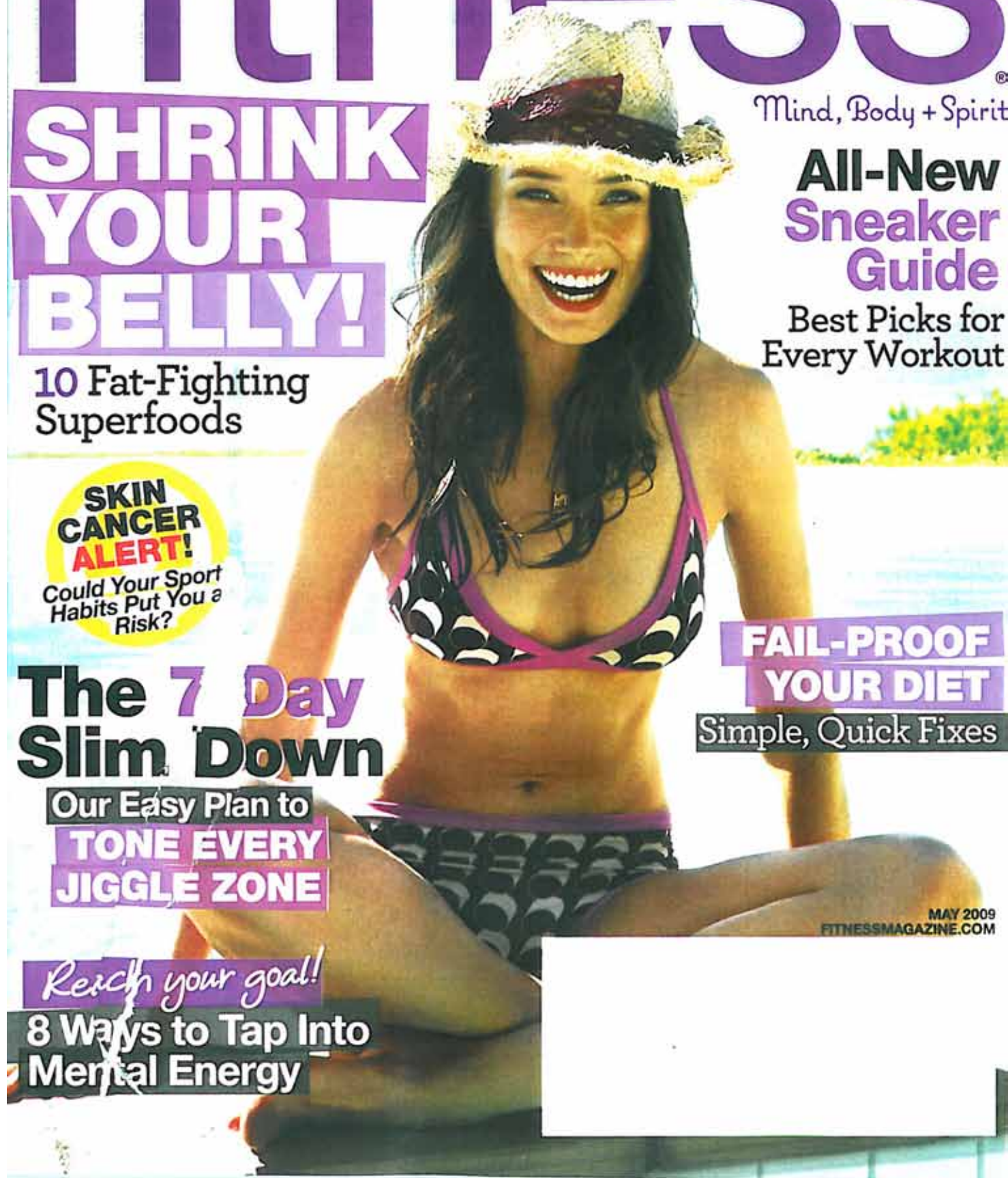
**FAIL-PROOF
YOUR DIET**

Simple, Quick Fixes

Reach your goal!

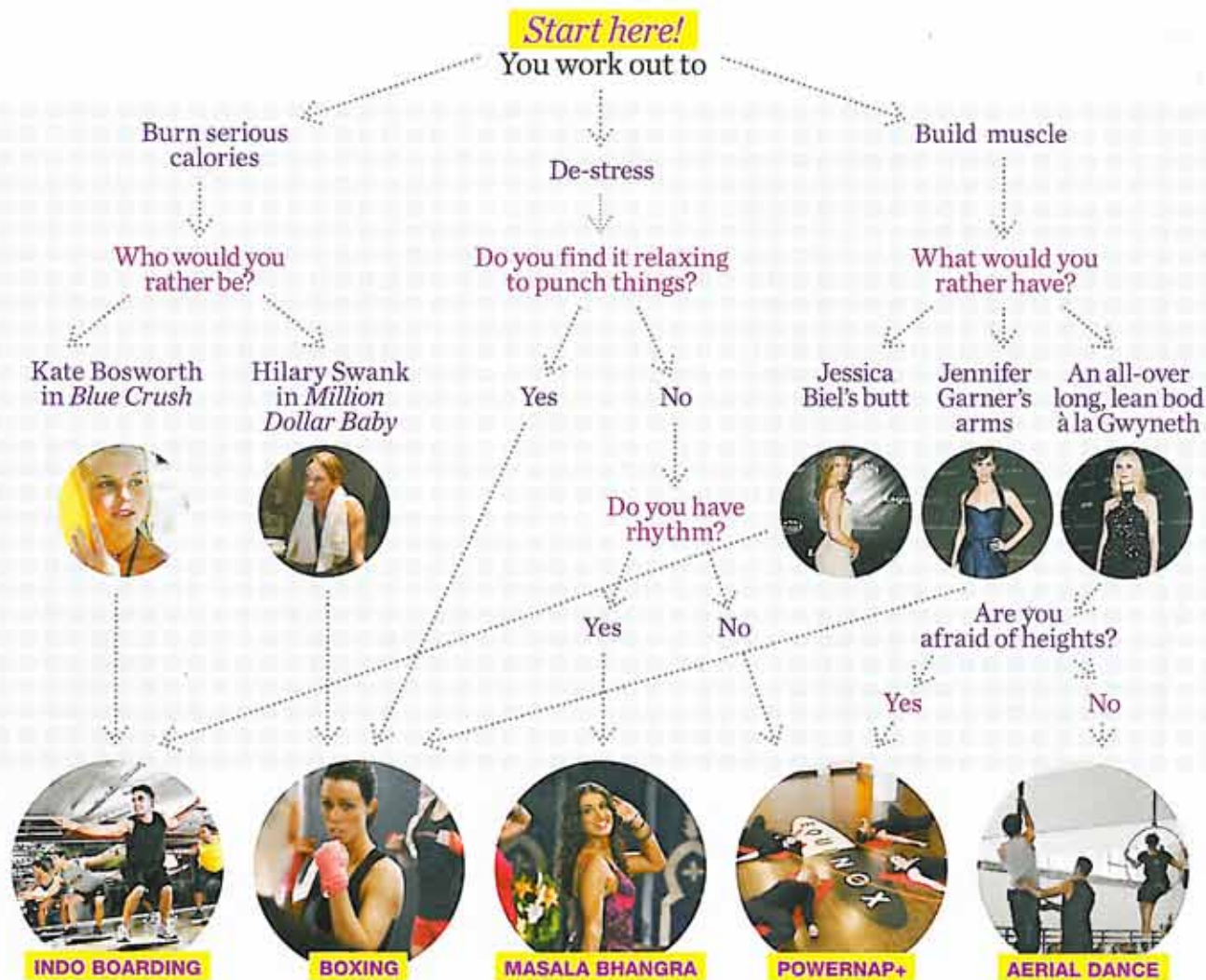
**8 Ways to Tap Into
Mental Energy**

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Find Your Fave (New!) Workout

Bored with Yogilates? All jumped out from trampoline aerobics? Meet the new fitness classes, rich in calorie-blasting promise. How to choose? Just follow our flowchart.



Sculpt killer thighs, burn calories, and work your core "surfing" on a board that rolls atop a cylinder or balances on a cushion. First used as a cross-training tool by surfers, the Indo Board is now the star of a Crunch class (crunch.com). Or buy one for home; it comes with an introductory DVD (\$100, indoboard.com).

Throwing the one-two punch isn't new, but it is growing in popularity. At gyms like LA Boxing, you can burn over 500 calories an hour with interval training (you do rounds on the punching bag with active breaks in between). Visit your local gym for beginner classes, or check out laboxing.com for more than 120 locations.

Masala is a spice mix that gives Indian food a kick. Bhangra is a type of northern Indian dance. Put them together to get traditional moves set to techno and hip-hop beats that tone arms and thighs. Find a class at mysportsclubs.com, or get the *Bollywood Booty* DVD (\$14.99, acaciacatalog.com).

This Equinox Fitness class revs your heart rate with a few fast yoga vinyasas, then slows it down with stretches. A 15-minute meditation lulls you to sleep, so you leave refreshed (equinoxfitness.com). Not near an Equinox? Slow down with hatha or restorative yoga at your local gym.

Classes in which you improve your strength and flexibility by twirling up and down fabric strips hanging from the ceiling are soaring in popularity—there's even a YMCA that offers aerial dance. Find a class in your area by checking with local circus schools or dance centers. —R.S.

UNIVERSAL/THE KOBAL COLLECTION (BOSWORTH); WARNER BROTHERS/PHOTOFEST (SWANK); MAY WILLIAMS/CELEBRITYPHOTO.COM (BIEL); BILL DAVILA/STARTRAKSPHOTO.COM (GARNER); ALBERT FERREIRA/STARTRAKSPHOTO.COM (PALTRON); ACACIACATALOG.COM (MASALA BHANGRA).

Walking



Expert Tester

NAME Kristy Sidlar

AGE 40

LOCATION Troy, Michigan

Sidlar, a triathlete-turned-walker, logs two or three miles several days a week. Since she got involved with the American Heart Association's Start! Heart Walk program in 2000, Sidlar has raised \$25,000 for the cause through multiple charity walks.

Winner

Timberland Lionshead

These sneaks are designed for even surfaces but supply enough traction to handle off-road detours as well. The rubber toe area protects against stubs on trails, while the flexible outsole and shock-absorbing midsole soften any stroll. "These fit me like a glove—they have the perfect combo of cushion and support," Sidlar says (\$110, timberland.com).



Runner-Up

Asics GEL-Motion

With a seal of approval from the American Podiatric Medical Association, this shoe packs extra cushioning in the heel and forefoot for instant shock absorption. Bonus: The custom-fit sock liner wicks away moisture as you walk. "These shoes were sturdy and look great—I could walk in them for miles," Sidlar says (\$100, asics.com for info).



Cross-Training



Expert Tester

NAME Taj Harris

AGE 35

LOCATION New York City

Harris is a certified trainer and yoga, Spinning and group fitness instructor. She's been teaching aerobics since the age of 17—starting at her local gym in Woodbridge, New Jersey—and has worked at Crunch in New York City for seven years.

Winner

Avia A1433

With extra cushioning in the heel and side-to-side stability, this shoe is built to handle any cardio class. Its flexible outsole is also comfy enough for treadmill warm-ups. "These provided great support—I taught a circuit class and ran two miles in them without pain or blisters," Harris says (\$65, avia.com).



Runner-Up

New Balance 1010

Great for both a gym routine and a quick 5K, this sneaker has an upper with webbing for structured support and a wraparound lacing system that stabilizes feet when you zigzag or move back and forth. "These shoes held up beautifully during my drills—balancing, side lunges and plyometrics," Harris says (\$110, newbalance.com for info).



Q: "How do I know if my cross-trainers fit me correctly?"

A: Start with a pair that feels snugger than your running shoes, Beaugard says. When you're running, your feet swell, so you need some wiggle room in your sneakers. Cross-trainers, on the other hand, are designed to accommodate side-to-side movement and quick starts and stops, as well as lower-impact light treadmill running or cardio-machine use. That means they should be very true to size—without as much toe space as your other sneaks, but not overly tight or uncomfortable. To test: Jab your forefoot into the floor a few times and do some side lunges. "Your toes shouldn't mash up against the front of the shoe on the jabs, and your heel should stay planted, not slide, on the lunges," Beaugard says.