

* SPECIAL WEIGHT-LOSS ISSUE

fitness

Mind, Body + Spirit

BONUS SECTION

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MADONNA'S 5 Workout Rules

She may not have much to teach us about marriage, but Mighty Madge is a rock 'n' role model when it comes to exercise. Just ask celebrity photographer Humberto Carreno, who stakes out her sweaty comings and goings for Startraks Photo in New York City. "She's amazing. She never misses a day," he says. Here are a few stay-fit pointers.

1 Stick to a time, but be flexible. Like clockwork, Madonna leaves her home at 8 a.m. to exercise. Even the morning after a late-night event, she won't skip her workout. "She'll come out later, at 10:30," Carreno says.

2 Ditch the crummy sweats. Catch the Material Girl in old T-shirts? Never! "She always looks great, wearing the coolest athletic clothes," Carreno notes. "It must motivate her."

3 Change it up. "She's really careful about not getting bored. One day she'll go to the gym, the next she'll be jogging in Central

Park," Carreno says. "I've never seen her do the same thing twice in a row."

4 Find friends who love to work out. They'll not only encourage you, they'll join you. Carreno has shot Madonna running with Ingrid Casares; in London, she's been seen leaving her gym with Gwyneth Paltrow and Stella McCartney.

5 Don't overdo it. Carreno has noticed that the singer never works out for more than 45 minutes. So take heart: An incredible body doesn't have to be a full-time job—just a regular commitment. —Maura Kelly



The stars! The dresses! The awards show is exciting for... the first hour, maybe. Stay tuned by using the live broadcast to get toned. With 24 statuettes being handed out, you could burn up to 450 calories. Now who's the winner?

EVERY TIME someone thanks his or her mom YOU DO → FAST FEET
Run in place, moving feet quickly, for 10 seconds. Then jog in place with knees high for 10 seconds. Repeat series 3 times.

EVERY TIME the camera cuts to a celebrity who's not amused by the host's joke YOU DO → TRICEPS DIPS
Sit on the edge of a chair with hands beside hips, with legs slightly extended and feet together on floor; slide butt off seat. Bend elbows, lowering butt toward floor; straighten arms. Do 10 reps.

EVERY TIME the orchestra cuts off a verbose speaker YOU DO → HIGH PLANK
Get into push-up position (hands under shoulders, back straight, legs extended and abs engaged) and hold for 1 minute. —R.S.

Source: Bethany Lyons, Group Fitness Manager at Crunch in New York City and star of Yoga Body Sculpt

LEAN TIMES = A LEANER YOU

Here's an upside to the down economy: Your favorite burger may be packing fewer calories—and you won't even miss them. To avoid passing on skyrocketing beef and dairy costs to consumers, fast-food chains are testing portion and menu changes. At **Burger King**, for example, a Whopper Jr. may soon have 0.2 ounces less beef, saving you 12 calories and 1 gram of fat. You'll skim off 20 calories and 2 grams of fat at **Wendy's** when you order the 99-cent Double Stack instead of its predecessor, the Stack Attack (a nearly identical double cheeseburger). Granted, the calorie savings aren't huge, but as with cash, every bit helps. —Melissa Daly



FIT CAM ▶
How do you motivate yourself to work out in winter?



"I just get up and get out. If I think about it too much, I won't go."

—Delphine Le Gal, 25, marketing consultant

"I am single again and making major changes in my life. The first thing is to get in shape!"

—Mania Webb, 39, marketing VP



"When it's cold, I focus on the fact that I'll warm up in the first mile."

—Amy Segal, 38, sales rep