

Need Motivation? Recipes, Easy Moves, Walking Plan Inside

Mind, Body + Spirit

fitness

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BREAKTHROUGH PLAN!

New Year **NEW BODY**

- TIGHT ABS
- TONED ARMS
- SEXY LEGS

PLUS
The Feel-Full Diet

Sleep Soundly
Every Night

READER TESTED!

**TOP 10
WORKOUT
DVDs**

**#1 Slim-Down
Secret** It Works! p.114

**FITNESS
MAKEOVER**

The Moves
That Sculpted
New Mom
JOSIE MARAN

Simple!

Foods That
Erase Belly
Fat p.67

Quick!

Heart-
Healthy
Meals p.131

Pretty!

Never Have
a Bad Hair
(or Skin) Day

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RUN WALK WORKBOOK

PACE YOURSELF GO FROM WALKING TO JOGGING AND DOUBLE YOUR CALORIE BURN.

"Alternating periods of jogging and walking will enable you to run more during each workout," says Jason R. Karp, Ph.D., running coach and director of REVO₂LT Running Team. As you progress, simply add minutes to your running sections and subtract them from the walking ones. You could be running a full three miles in just four weeks (and burning more than 300 calories).

ACTIVITY	TIME (min)	SPEED (min/mile)	RPE*
Warm-up Walk	5	20	2-3
Run	2	10-11	5-6
Walk	5	15	4-5
Run	2	10-11	5-6
Walk	5	15	4-5
Run	2	10-11	5-6
Walk	5	15	4-5
Run	2	10-11	5-6
Walk	5	15	4-5
Run	2	10-11	5-6
Cooldown Walk	5	20	2-3

*Rate of Perceived Exertion (on a scale of 1 to 10)



WEATHERPROOF YOUR WALK

Layering—the one way to stop that icky freezer-burn feeling you get on super-cold days. Stay chill-free with:

UNDER ARMOUR HAT AND GLOVES Keep your head warm, but not sweaty, with the lightweight microfleece Arctic Beanie (\$23.99). Slip on a pair of ColdGear gloves (\$19.99) for dry palms and cozy hands. underarmour.com



RYKÅ FREESTYLE HOODIE With longer sleeves that cover your hands, thumbholes and a snug-fitting hood, this wicking, polyester/spandex base layer is ideal for morning runs. Plus, its flat seams help reduce chafing. \$46, ryka.com



ASICS MELODY PANTS Look slim (and stay warm) in these flattering, wicking pants. \$60, asics.com for retailers

ADIDAS ADILIBRIA WIND JACKET Protect your body from wind (and sweat) with this breathable, lightweight jacket. \$110, shopadidas.com



“Why I Love to Run”



Tracey Early (right) and Isabela Caetano.

"I began running with my dad when I was 11 years old and am grateful for all that it's given me," says Tracey Early, executive director of Girls on the Run (GOTR) Manhattan, a division of GOTR International (girlsontherun.org). The nonprofit group helps preteens develop healthy lifestyles through running. Early launched GOTRM in 2006 with six participants—there are now more than 200 registered. "I've never seen anything more beautiful than the expressions of pride, confidence and strength as those girls cross the finish line!"

Early coached Isabela Caetano, 10, who could barely run a mile (and now regularly jogs three) during their first season. "She went from being really shy to being a leader," says Early. "In the beginning, I was always tired after practice, but now I feel stronger and can run faster," says Isabela. "I like exercising more, too."

GOT MARATHON DREAMS?

You've seen your cousin, boyfriend, coworker do one—this year, it's your turn to log 26.2 miles. But get ready: Serious training (at least 16 weeks' worth) is in order. For best results, sign up for a race you can get excited about (one with live music or that benefits a charity) that's more than four months away. Visit marathonguide.com for ideas.



Fitness editor Lindsey Emery (ING New York City Marathon finisher, 2007).