

Giant Issue Woman's Day

Walk Off Weight

14 Simple Family Meals

Our Most Popular
Desserts

Moneysaving Tips
(from some of the richest
people out there)



Exclusive

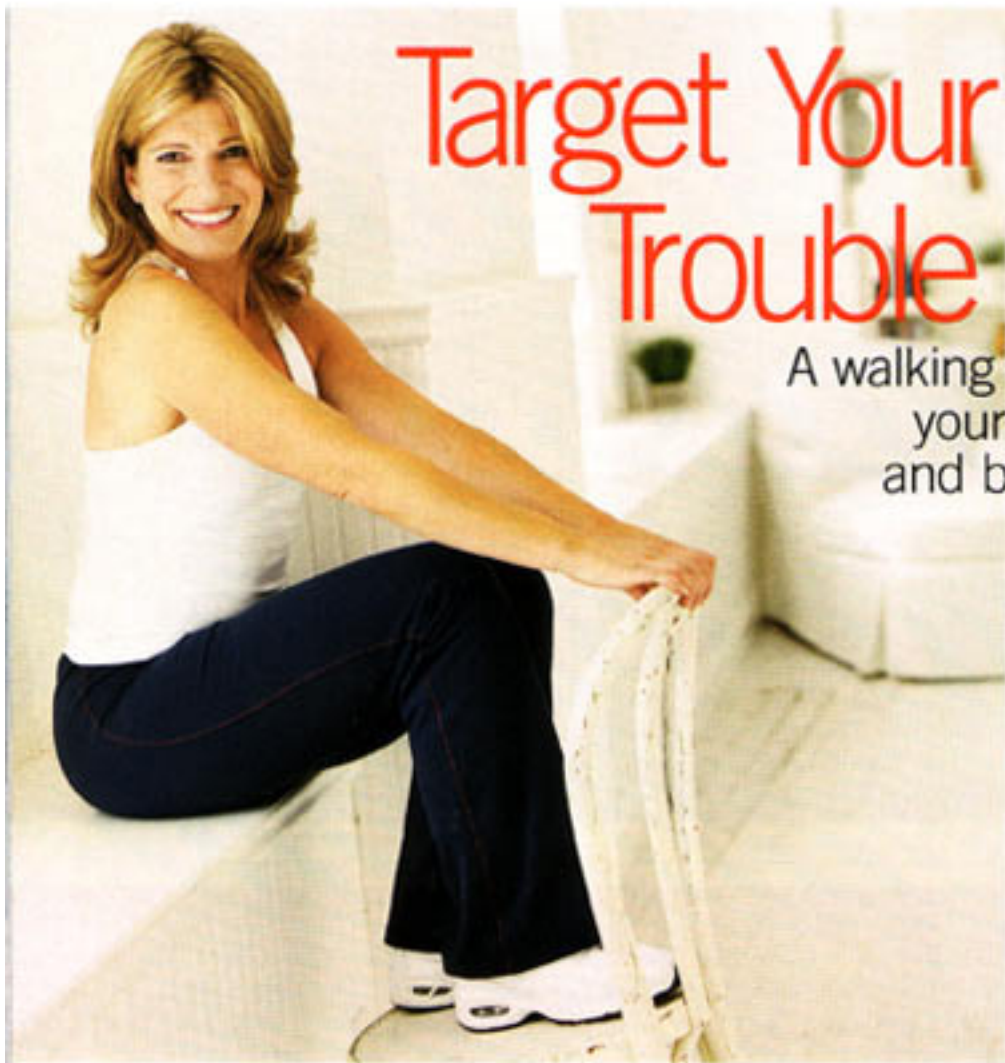
Laura Bush
Speaks
from the
Heart

Free
Gardening
Poster
44 Tips & Ideas

Free McCall's
Pattern*



MARCH 9, 2004
www.womansday.com
U.S. \$2.49 CANADA \$3.49
*You pay shipping and handling



Target Your Trouble Zones

A walking workout to shrink your hips, thighs and buttocks

by Leslie Sansone

I'M NOT SURE, but I think I may have heard birds chirping outside my bedroom window the other day. It shocked me to realize that spring is just around the corner. And with spring's warmer temperatures come more outdoor activities and less bulky clothing. Are you ready to pull out your tank tops and shorts from under the bed?

Don't worry if you've taken it easy on the exercise front this winter. I've designed a great four-week workout that targets your lower body and will help you spring back into shape in no time.

WD Shape-Up CHALLENGE



Spice Up Your Exercise Routine with a Special Leslie Offer

If you've already joined the *WD Shape-Up Challenge* then you're committed to getting fit in 2004. "An important key to fitness success is maintaining an exercise regimen that offers variety," says contributing editor Leslie Sansone.

This month Leslie wants to make getting in shape easier than ever. From February 9 through March 9, *WD* readers can purchase the Leslie Sansone *Walk Away the Pounds Power*

Walk Kit for \$31.95 plus shipping and handling. That's 20 percent off the retail price. The kit consists of:

- Two 2-pound easy-grip inflatable water-fill weights
- A Walk-Away belt that strengthens the stomach, arms, chest and back
- A talking pedometer that announces the number of steps and distance walked as well as the time
- A *Walk Away the Pounds for Abs*

One-Mile Super Challenge video.

- A CD filled with two miles of fun, upbeat music for outdoor walks

"The best thing about this kit is you can switch between indoor and outdoor walking and you work both upper and lower body parts," says Leslie. To purchase, call 800-548-7100.

To find out more about the *WD Shape-Up Challenge* log on to www.womansday.com/shapeup.

TARGET YOUR TROUBLE ZONES

Continued from page 54

Lower-Body Walking Workout

This sculpts and shapes what I call your walking muscles: the gluteus (buttock), hamstring (back of thigh), quadriceps (front of thigh), and soleus and gastrocnemius (lower leg and calf).

The four exercises shown on page 60 are the core of my walking videos and work these muscles beautifully. If you have one of my videos you'll be familiar with these moves. If not, 15 to 18 minutes of briskly repeating these moves equals about a mile of walking. (See One-Mile Breakdown, *opposite page*.)

As you follow the four-week plan (see *opposite page*), aim to do the moves for at least 15 minutes (or one mile) each day that you have a structured walk. For the rest of the time walk as you normally would (outdoors or on a treadmill).

Complete It: An Upper-Body Workout

With your lower body in shape, it's time to work on your arms, back and chest for a full-body workout. Try these exercises three times a week.

Modified Push-Up

Kneel on a soft surface and put hands on the floor directly under your shoulders. Head, back and buttocks should be in a straight, aligned position. Lower yourself to the floor by bending your arms and then push back up to start position. Do 15 repetitions. For a variation, kneel at the bottom of a staircase and put hands on the third or fourth step. Repeat as above. Keep movements slow and controlled to get the most benefit.

The Row

Hold a 5-pound dumbbell in each hand and sit in a chair with your spine long and straight. Bend at the hips so your chest touches your thighs. Hang arms to the floor then bend your elbows and pull the weights up so they are in line with your shoulders (similar to a rowing movement). Lower to the floor and repeat 15 times. For more back support, put one hand on the same side thigh while you raise the other arm.

The Hundred

Taken from Pilates, this flattens the tummy and slims the waistline. Lie on your back with knees bent and feet flat on the floor. Bring both knees toward your chest. Curl your upper body forward toward the bent knees and hold your arms straight out to the sides so they're parallel to the floor. Bounce arms up and down for 10 counts. Rest, then repeat five times. Gradually build up to repeating the exercise 10 times, in order to reach 100. To add intensity, extend legs out at a 45-degree angle rather than curling them into your chest and repeat as above.

One-Mile Breakdown

Put on some fast music and maintain a brisk tempo while performing the following routine:

- 2 minutes of marching in place or walking
- 3 minutes of side stepping
- 1 minute of marching in place or walking
- 3 minutes of knee lifts
- 1 minute of marching in place or walking
- 3 minutes of kicks
- 2 minutes of marching in place or walking

Total time: 15 minutes

Total distance walked: 1 mile

Four-Week Plan

WEEK 1

Monday	18 minutes
Tuesday	16 minutes
Wednesday	35 minutes
Thursday	10 minutes at lunch
Friday	35 minutes
Saturday	45 minutes
Sunday	Walk with a friend.

WEEK 2

Monday	16 minutes
Tuesday	15 minutes
Wednesday	30 minutes
Thursday	10 minutes before lunch and dinner
Friday	15 minutes
Saturday	48 minutes
Sunday	Walk with a friend.

WEEK 3

Monday	30 minutes
Tuesday	10 minutes before lunch and dinner
Wednesday	30 minutes
Thursday	Repeat Tuesday.
Friday	30 minutes
Saturday	45 minutes
Sunday	Don't time it, just enjoy it.

WEEK 4

Monday	45 minutes
Tuesday	10 minutes before lunch and 20 minutes before dinner
Wednesday	30 minutes
Thursday	Repeat Tuesday.
Friday	Repeat Monday.
Saturday	Repeat Wednesday.
Sunday	Walk for as long or as little as you like.

TARGET YOUR TROUBLE ZONES

Continued

1



MARCH IN PLACE This move engages the lower-body muscles, working them all equally hard. If you're outdoors, walk briskly instead of marching in place, but do the rest of the moves in one spot. Also march in place, or walk if outdoors, as a transition between the other three exercises.

SIDE STEP Start with feet together (2a) then step from side to side (2b). This move focuses on your inner and outer thighs. The lateral motion keeps hips flexible. To make it more intense, bend your knees and lower yourself toward the floor as you step sideways.

2a



2b



3



KNEE LIFTS Alternate lifting knees up to a 90-degree angle. This works the lower abdominals and hip flexors.

4



KICKS Alternate kicking one leg out in front of you, then the other. While this uses all lower-body muscles for balance, it mostly works the quadriceps. The higher the kick, the better the workout.