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Walk Off the Pounds



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Your Personalized Walking Workout

Step out with exercises that target those trouble spots **by Leslie Sansone**

WE ALL HAVE PARTS of our body that we wish were leaner or had more definition. For some it may be arms, for others the waist, hips or thighs. But finding time to do a weight-training program separate from your walking routine can be hard. That's why I've designed a walking workout for the multitasker.

Scattered throughout this walking routine are body-sculpting exercises that can be done while you walk. Do them all for a whole-body workout, or focus on the ones that

target your trouble spots for a more personalized program. The whole routine should take only 40 minutes. Aim to do it five times a week for six weeks and you'll notice a measurable difference: a weight loss of eight to 10 pounds, a more toned body and increased energy.

If it's too difficult to walk five days a week, don't worry. Even three times a week will result in improved overall health. And by taking care of your body, you'll have more willpower to stay in control at mealtime.

Plan Overview

- 1 Begin walking slowly and warm up to a brisk pace: **15 minutes**
 - 2 Focus on arms: **2 minutes**
 - 3 Walk briskly: **5 minutes**
 - 4 Focus on chest/back: **2 minutes**
 - 5 Walk briskly: **5 minutes**
 - 6 Focus on abs/waistline: **2 minutes**
 - 7 Walk briskly: **5 minutes**
 - 8 Focus on thighs/buttocks: **2 minutes**
 - 9 Cooldown walk: **2 minutes**
- Total Time: 40 minutes**

Calories burned: For each 15 minutes of brisk activity, you will burn about 100 calories. By adding strength-training exercises, not only will you burn even more calories while you walk, you'll continue to do so even after the workout is over.

Note: For muscle tone it's important to work both the front and back of each muscle. This program offers a balanced workout for each targeted muscle.

Ask Leslie

Dear Leslie,

I am 44 years old, 5'7" and weigh 163 pounds. I've been trying to lose 10 pounds for more than five years, but I have a hard time dieting for more than a week. I'm getting married in October and I'd like to be thinner and healthier for the big day. What do I have to do to stay away from the chips and brownies? Any suggestions?

Diana McAdow, Terre Haute, IN

Dear Diana,

You're not alone. So many women battle to lose those 10 stubborn pounds. But the good news is that according to your height, you're very close to your "healthy" weight range. I calculated your body mass index (BMI) at nhibisupport.com/bmi. You may need to lose only four or five pounds of body fat; but you don't want to lose the valuable fluids or muscle mass that crash diets rob you of.

If I could motivate you to do one thing, it would be to start walking. Nothing brings more rewards than a walking program. It increases energy, burns calories, tones muscle and improves your mood. Plus, when you start to feel better, you tend to make better food choices at mealtime. If you don't like to walk outdoors, try one of my in-home walking videos.

And many blessings on your upcoming marriage. Happy walking!

Leslie

YOUR PERSONALIZED WALKING WORKOUT

Continued

1 WARMUP WALK FOR 15 MINUTES

Start with a slow walk for two to three minutes. Then increase your pace to a moderate walk for another three minutes. Now really up the pace so that you're walking briskly for 10 minutes. Congratulations, you've just walked one mile! Now let's add the toning exercises.

2 ARMS



BICEPS CURL

Continue to walk at a moderate pace while adding the arm exercises. Start with arms straight down at sides, palms facing forward, then raise forearm toward upper arm, so that your hands end up facing your shoulders. Return to arms-down position. Repeat 15 times. Raise both arms together or one arm at a time.



TRICEPS EXTENSION

With arms at sides, raise forearms to make a 90-degree angle at elbows. Now move elbows back behind you as if squeezing shoulder blades together. Extend forearms out and back until arms are fully extended behind body. Return arms to bent 90-degree position. Repeat 15 times. **COMBINE IT:** Do a biceps curl followed by a triceps extension. Repeat 10 times.

TIP If you walk outside, use 1-pound weighted gloves so you can't accidentally drop the weight. Plus, by wearing the gloves for the whole routine, you'll increase your workout intensity. If you walk at home to one of my videos, or on a machine, small hand weights or weighted balls are also good options. And you can put them down when you get tired. Start with a 1- or 2-pound weight. As you become stronger, increase the weight to 3 pounds.

3 BACK TO WALKING!

If you've slowed down while doing the exercises, increase the pace for a brisk five-minute walk. Then slow your walk to a moderate pace and move on to the next exercise.

4 CHEST & BACK



CHEST FLIES

Extend arms out to sides, with a slight bend at elbows. Bring arms together as if hugging a big tree trunk, continue through movement and cross arms in front of your body. Tighten chest muscles as you move arms together. Return arms to open position. Repeat 15 times.



ROWS

Extend arms out in front of body. Pull both arms back as if rowing a boat. Repeat 15 times. **COMBINE IT:** Now alternate between doing chest flies and rows. Do 10 of each.

TIP As you advance try adding a toning belt with resistance cords or a toning band. The belt is easy to use while you walk because when you're not holding the handles they can be tucked into your belt. A toning band is a good option for in-home walking.

YOUR PERSONALIZED WALKING WORKOUT

Continued



WALKING BOOSTERS

Although you can do the workout without any weights or resistance bands, by adding them you make your workout much more intense. Plus, resistance helps burn more calories, even after you've stopped walking.

The products shown here are

available at most sports stores or at www.walkawaythepounds.com.

FOR MORE INFORMATION about Leslie Sansone, visit www.womensday.com/health or www.walkexpress.com. Or call 800-678-1133.

5 BACK TO WALKING!

Pick up your pace for a brisk five-minute walk.

6 ABS/CORE/WAISTLINE/TRUNK



ISOMETRIC HOLD

In your tallest natural posture, slightly draw your abdominal muscles in toward the spine and tighten. Hold that position for the next few minutes while adding the next exercise.



ROTATIONS

As you walk, pump opposite arms with the natural motion of the body. Now continue to pump your arms but add a very slight twist in the waist so that each arm crosses in front of the body. Count 30 twists, 15 each side. Repeat set three times.

TIP Using a toning belt is a great way to help tone your core muscles. By wearing it, you'll be more aware of your waist and trunk. This helps to stabilize and strengthen your stomach muscles as you walk.

7 BACK TO WALKING!

Increase steps to a brisk pace for five minutes. Then slow as you reduce pace to a moderate speed and prepare for the next set of exercises.