

BELLA

NEVER BE TIRED
ENERGY-BOOSTING SECRETS OF THE STARS

BellaInYou.com MAR/APR 2011

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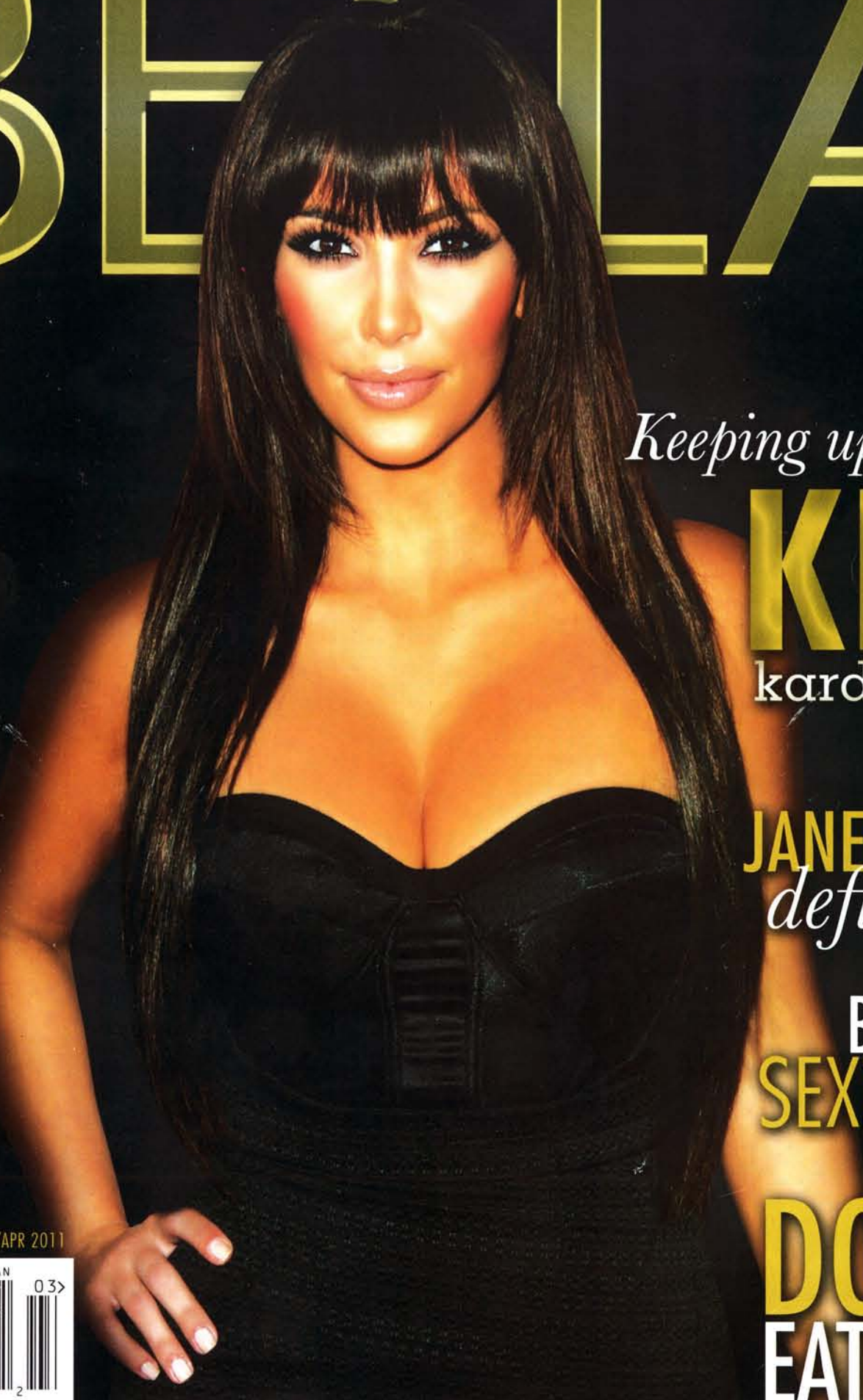
Keeping up with...

KIM
kardashian

JANE FONDA
defies age

BRINGIN'
SEXY BACK

DON'T
EAT THAT





Do It Outside (Shape-Up, That Is!)

If you love running, walking, hiking, and bicycling, then being holed up at home all winter – battling cold temperatures, snow, and ice – has likely put a real damper on your workouts. Now that spring is here, there's no better time to work up a sweat outside.

Boot Camp. If you associate the term “boot camp” with whipping yourself into shape, you're not far off the mark. And, if you're going to do it, why not do it outside where you can actually enjoy the atmosphere? Brooklyn Bridge Boot Camp offers a bit of both. With classes held on the Brooklyn Bridge and in Central Park, the views are tough to beat – they're almost as tough as the workout! Trainer and founder Ariane Hundt combines strength training with cardiovascular exercise to increase fat-burning and sculpt a long, lean body. Additionally, Staten Island has its own scenic version with Staten Island Boot Camp trainer Tony Books Avilez, who recently facilitated the Staten Island Slimdown, a 10-week program designed to encourage Staten Islanders to embrace a healthy lifestyle, get fit, and increase personal productivity. The class meets three days a week for four weeks on the boardwalk in South Beach. *For more information, visit www.brooklynbridgebootcamp.com or www.statenislandbootcamp.com.*

Taking in Nature's Beauty. Maybe you're not ready for boot camp, but you still want to take in the sights and sounds of the outdoors. Physical Equilibrium's full-body Outdoor Workout class, which runs from April through September, could be just right for you. Students explore the destination park's numerous paths and greenways while incorporating strength training, total body conditioning, stretching, and core moves to train all muscle groups. Trainers rely on benches, steps, hills, and open grass fields in Manhattan's Central Park and Brooklyn's Prospect Park for “equipment.” *For more information, visit www.physeq.com.*

Dog Lovers Unite. Jeff Bell, founder and CEO of Bell Fitness, and his partner Carlos Leon (yes, the father of Madonna's daughter, Lourdes), suggest playing a game of race and catch with your dog. The premise is simple, say the New York-based celebrity trainers whose client list includes Mary J. Blige, Donna Karan and – of course – Madonna: Throw the ball and have Fido run for it while you sprint to the right or left, away from your loyal and furry friend. The object is to create the most distance between you and your dog and see who can sprint the longest. Repeat the process until you're both ready for a nap.

Tapping Into Your Chi. If you're looking for something a little more low-key, consider ChiRunning, a technique that supports living and moving from the core. Combining the movements of T'ai Chi with the power and energy of running, ChiRunning promotes mental clarity and focus, helps eliminate pain, prevents injury, and serves as a lifelong program for fitness, health, and overall well-being. Founder Danny Dreyer will be hosting ChiRunning clinics in New York City on May 7, 8, and 9. *To sign up or to for more information, visit www.chirunning.com and search “New York workshop.”*

Ride Like the Wind. If you're set on riding a bike this spring, consider swapping your 10-speed for a StreetStrider, a three-wheel elliptical cross-trainer that offers the combined benefits of jogging, skiing, and cycling. The total body workout boasts fat-burn of up to 1,000 calories an hour and is surprisingly easy on your joints, due to StreetStrider's adjustable resistance. In March, StreetStrider Eclipse will hit the streets, featuring a chainless hub – the first of its kind in a human-powered vehicle – to increase efficiency and reduce its overall size. As an added bonus, you can feel good about your “green” form of transportation. *For more info, visit www.streetstrider.com. B*