

▶ DAY 3

INCORPORATE SOME CARDIO. Today, start working out — do anywhere from just 10 minutes to an hour (you can split up the hour into three 20-minute segments throughout the day if you need to for time and sanity). Aim for 60 minutes if possible, even if you go *slow*. Then, over the next seven days, do cardio daily — no excuses. (Remember, you're trying to start a habit; seven days in a row is not something you need to do for a lifetime!) Use our fat-incinerating program on page 172.

▶ DAY 4

ADD IN STRETCHING. Start by doing 3–5 minutes of very gentle stretching in the morning. “This is very important,” stresses Borden, who adds that stretching opens the hip flexors and brings some flexibility to the spine, so you're not starting your day off tight. Finish the day with gentle stretches too, especially if you've been sitting at a desk for hours. “You want to prepare your body to relax before you sleep,” Borden explains. Most important, do a full stretching routine after your cardio workout (when muscles

are warm), holding at the point of mild tension for 30 seconds without bouncing. (For stretches you can use throughout the program, log on to Shape.com/stretching.)

▶ DAY 5

REVIEW YOUR PORTION SIZES. You've been eating well for five days now, but if you're like *Shape* staffers who tried this plan, you've probably started to eyeball the portion sizes and guesstimate just how much is the right amount. Go back to Day 2 and use this strict portion guideline for the rest of the program. If you've been hungry at any point in the plan thus far, examine your plate: You may be opting for fat-free dairy instead of lowfat options or white-flour carbs instead of heartier choices that keep you fuller longer, such as oatmeal and pumpnickel bread.

▶ DAY 6

FOCUS ON STRENGTH TRAINING. While cardio is essential for losing fat, strength training will accelerate your efforts; strength training builds muscle, which burns more calories at rest than fat tissue. Begin with 1–2 sets of 8–12

need help getting motivated? READ THIS!

Shape asked 12 forward-thinking, successful women for their tips on fitting in workouts and eating right on the run. If they can find time to be healthy, you can too! By Bari Nan Cohen

TAKE A BREAK FROM EXERCISE.

“When I retired from swimming, I skipped morning exercise for a few weeks. I realized how much my body *needs* an a.m. workout for energy!”

—SUMMER SANDERS, CO-HOST OF *NBA INSIDE STUFF*, 1992 OLYMPIC GOLD MEDALIST IN SWIMMING

DON'T “FIND” TIME — MAKE IT.

“At the beginning of the week, I pick six time slots to work out. If I miss two, OK, at least I've fit in four that week.”

—CINDY CRAWFORD, FORMER *SHAPE* COVER MODEL

OHMMM AWAY ANXIETY.

“For clear-mind stress relief, I count on yoga. I can't think about *anything* except my breathing and how to hold that pose. It really helps quiet the mind.”

—LAURA BERMAN, PH.D., MOTHER OF THREE AND AUTHOR OF *THE PASSION PRESCRIPTION: TEN WEEKS TO YOUR BEST SEX EVER*

THINK BIG.

“Train like an athlete, set big goals, and try lots of new things. You get better results, you feel better about the process, and you feel better about *you*.”

—KACY DUKE, CREATIVE CONSULTANT, EQUINOX FITNESS CLUBS, NEW YORK CITY

BE A MULTITASKER.

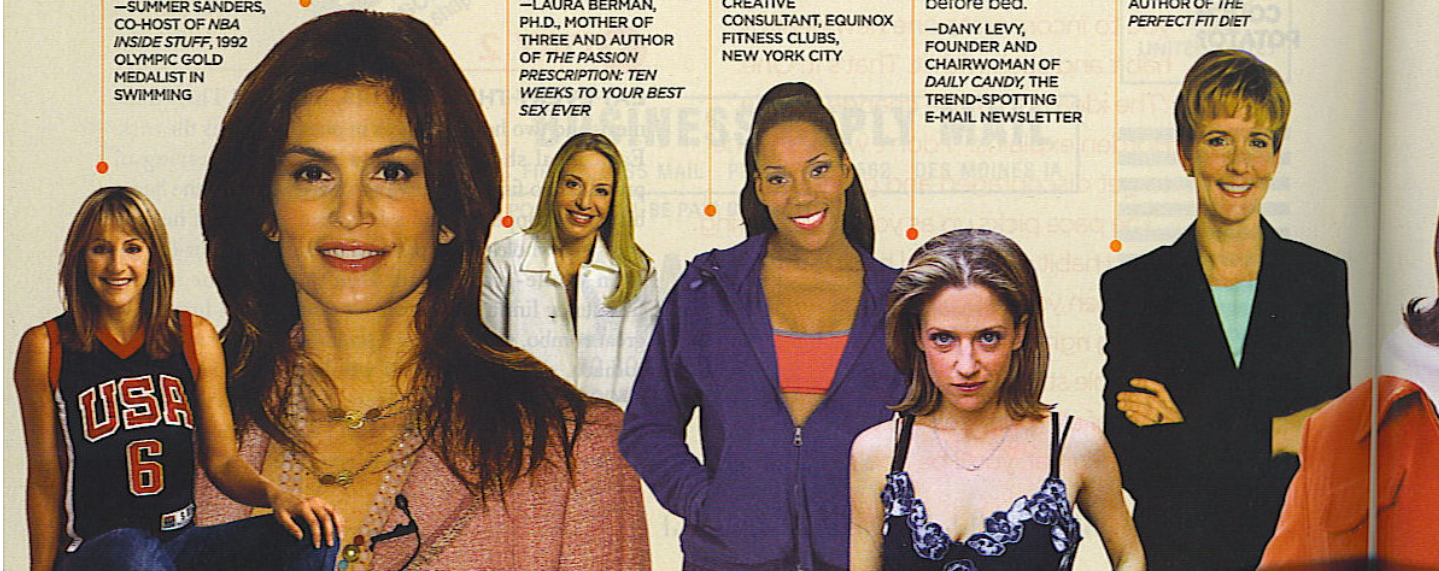
“One of my stay-fit rules is that I have to do 10–20 push-ups every time I take a shower. I also do squats in front of the TV while I brush my teeth before bed.”

—DANY LEVY, FOUNDER AND CHAIRWOMAN OF *DAILY CANDY*, THE TREND-SPOTTING E-MAIL NEWSLETTER

AIM TO ENJOY.

“If you're eating what you love, or doing an activity you love, you'll make it a routine and you won't *need* willpower except in case of a hectic week.”

—LISA SANDERS, M.D., AUTHOR OF *THE PERFECT FIT DIET*



reps of moderate weight twice a week on nonconsecutive days, and choose one exercise per body part: arms, abs, chest, back and legs. Already lifting at an advanced level? Use heavier weights or do more challenging moves.

DAY 7

GIVE YOURSELF A POSTURE CHECK. Remind yourself at least twice a day to stand and sit tall (which has the added benefit of being an instant appearance slimmer). Spend just a few minutes and look at yourself in a mirror. Draw your shoulders back, press down your shoulder blades, lift your chest, pull in your abs — and try to maintain this good posture while you breathe normally.

DAY 8

MIX IT UP. Exchange your daily stretching for a yoga class (or invest in a yoga DVD; we like *Gaiam A.M. and P.M. Yoga for Beginners*, \$20; gaiam.com), or book a salsa or other dance class for your cardio. Borden's philosophy: Exercise should be fun, not all work. If you decide to stick with your routine run or walk, at least vary your route or intensity.

DAY 9

TRY ONE NEW RECIPE, nothing elaborate, just something different. You have to learn to eat what you love, Borden says — or you'll never continue to eat healthfully. Sometimes just finding a new way to cook the same old, same old is enough to keep you from boredom eating and bingeing.

DAY 10

TAKE 10 FOR YOURSELF. You must add something restful to your life, whether it's a bath, massage or just kicking up your feet on the couch, closing your eyes and listening to your favorite music on your iPod. As few as 10 minutes can refresh your mind. "Everyone wants to push their bodies to the limit," Borden says, "but no one wants to take care of themselves." Pampering is necessary: You can't get your best body ever if you don't take time out for regular tuneups. Now you should feel better — and, most importantly, rejuvenated. If you fall off the wagon a few months from now, don't worry. As Borden says: "The 10-day anti-flab routine can be reapplied to your life anytime you need to set the foundation for good health and your best body." →

WORK OUT TO HAVE BETTER SEX.

"Strength training is important because if you feel toned and strong, you are more likely to try different positions and really enjoy sex!"

—HILDA HUTCHERSON, M.D., AN OBSTETRICIAN-GYNECOLOGIST AND AUTHOR OF *PLEASURE: A WOMAN'S GUIDE TO GETTING THE SEX YOU WANT, NEED AND DESERVE*

FIND A TEACHER YOU LOVE.

"Everyone should have an instructor and a workout to be passionate about. I practice yoga with a DVD that inspires me every day."

—JOSIE MARAN, THIS MONTH'S *SHAPE* COVER MODEL

BALANCE YOUR MEALS.

"I never think in terms of 'cheating,' just in terms of balancing. I love imported and domestic cheeses, and since I don't eat a lot of meat, I look at it as a trade-off, and it works."

—LAURA PENSIERO, R.D., OWNER OF GIGI TRATTORIA IN RHINEBECK, N.Y., AND CO-AUTHOR OF *THE STRANG CANCER CENTER PREVENTION COOKBOOK*

EAT LIKE A EUROPEAN.

"I have my biggest meal at around 3 p.m. I feel satisfied, I'm less likely to snack throughout the evening, and then at the end of the night, I'll have something light, like a salad."

—DONATELLA ARPAIA, OWNER OF DONATELLA & DAVID BURKE IN NEW YORK CITY

GET BEACH-READY THIS WINTER.

"At the end of swimsuit season, think about how great you want to look next summer. This helps motivate me all year."

—VICTORIA JACKSON, FOUNDER OF L.O.L.A. COSMETICS

HAVE LESS OF EVERYTHING.

"In college I went from eating six slices of pizza in a sitting — which sounds crazy — to two. In 5½ months, my clothes were falling off. I'd lost 20 pounds."

—MARIA MENOUNOS, CORRESPONDENT FOR *ACCESS HOLLYWOOD* AND *THE TODAY SHOW*



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