

HEALTHY BREASTS! AN 18-PAGE HANDBOOK

SELF

YOU
AT YOUR
BEST

Lose Weight Without Even Trying

Burn More Calories
In Less Time, p. 158

THE BETTER-SEX QUIZ

Take It Today,
You'll Thank Us Tonight

Always Tired?

12 Energy Boosters

FLASH! HOW TO EAT NOW

Which Foods, How Much,
Best Snacks—Everything!

BORED WITH YOUR HAIR?

THE FIX, p. 66

New!
Body-Type
Workouts
Online
p. 81

Sheryl
Crow
Fitter and
Happier
Than Ever

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fitness body bonus

**THIS MONTH'S
GUARANTEE**

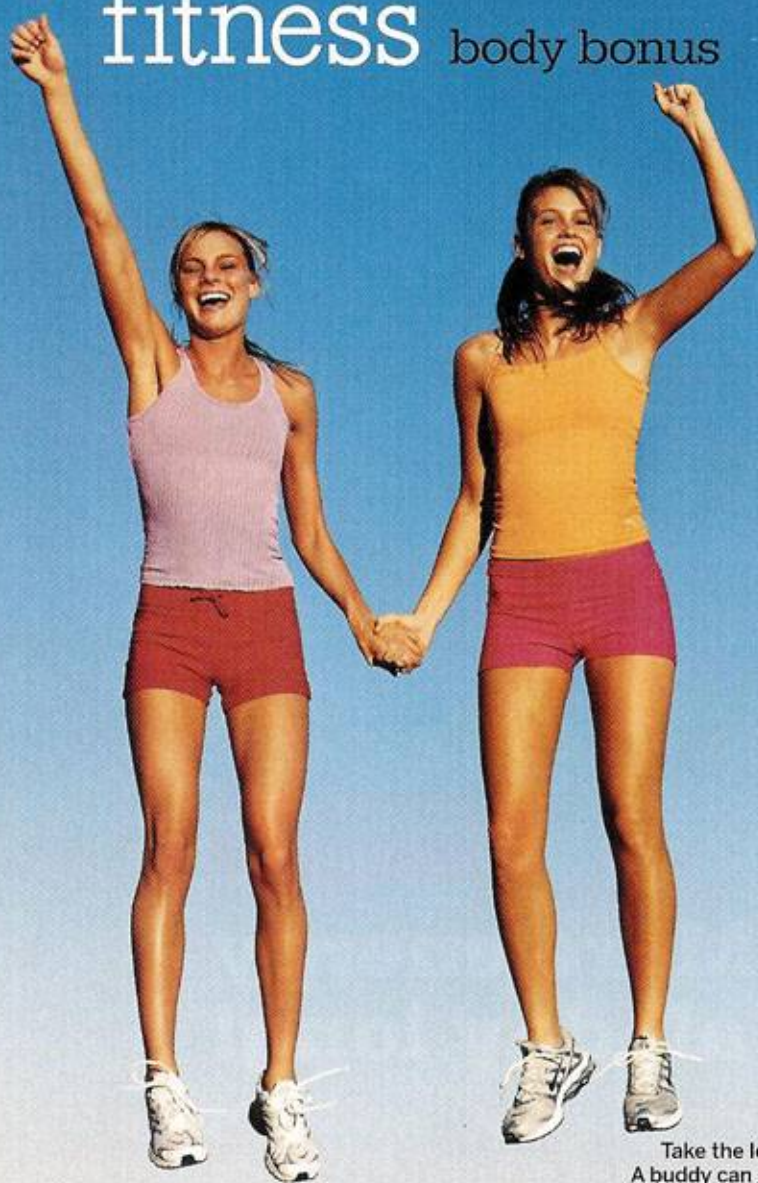
More energy all day long!

The right mix of moves from yoga, pilates, tai chi and other fitness disciplines can help you feel peppier even on the most draining of days. You'll want to jump for joy.

By Lara McGlashan

Workout jump start

The more muscles you move, the more oxygen your blood gets—and the more oomph you get.



Take the leap: A buddy can give you a lift.

Get a power surge

A do-anywhere plan for quick invigoration

THE TRAINERS Deborah Kern, Ph.D., director of lifestyle enrichment at Lake Austin Spa Resort in Austin, Texas, and Paul Frediani, a senior trainer at Equinox Fitness Club in New York City, created this unique blend of yoga, pilates, tai chi and good old-fashioned strength moves.

THE PLAN The rhythmic breathing during each move delivers extra oxygen to the brain, making you feel more alert. The exercises also pump blood to the joints and muscles, which warms you up. Do them in order. (Count it as a strength workout on the log below.) Or choose a few to jump-start your normal sweat session or for an immediate pick-me-up.

TECHNIQUE TIP With each motion, visualize yourself collecting energy from around you and pouring it into your body.

Your mission this month

Fire up your breathing. *Kapalabhati*, or "breath of fire," is an energizing trick that involves making quick, sharp exhalations through your nose, pulling in your belly each time to expel the air (and tone abs). Don't force the inhalations; let your lungs expand on their own. Start with 20 breaths in 30 seconds, then work up to a minute. Finish by breathing deeply.



Heather Graham gets energized with kapalabhati.

Log your progress for guaranteed success! Jot down your cardio and energy-boosting strength workouts here, or go to Self.com for a printable log.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SAT	Cardio	Cardio	Cardio	Cardio	Cardio
	Strength	Strength	Strength	Strength	Strength
FRI	Cardio	Cardio	Cardio	Cardio	Cardio
	Strength	Strength	Strength	Strength	Strength
THU	Cardio	Cardio	Cardio	Cardio	Cardio
	Strength	Strength	Strength	Strength	Strength
WED	Cardio	Cardio	Cardio	Cardio	Cardio
	Strength	Strength	Strength	Strength	Strength
TUE	Cardio	Cardio	Cardio	Cardio	Cardio
	Strength	Strength	Strength	Strength	Strength
MON	Cardio	Cardio	Cardio	Cardio	Cardio
	Strength	Strength	Strength	Strength	Strength
SUN	Cardio	Cardio	Cardio	Cardio	Cardio
	Strength	Strength	Strength	Strength	Strength

Turn the page for **tear-out cards**

Recharge fast!

Instant energizer

SQUAT AND REACH

works legs, butt, abs

Stand with feet shoulder-width apart, toes pointed out slightly, knees bent in a semisquat. Keeping left arm bent against rib cage, reach right arm overhead to left (as shown) until you feel a stretch along right side. Hold for three breaths; return to start. Switch arms. Do three reps to each side.



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body bonus

Instant energizer

JUMP IN PLACE

works legs

Keeping muscles relaxed and knees and elbows soft, do a series of low jumps—just a few inches off floor—in place (as shown). Inhale for five jumps, then exhale for five jumps. Work up to 100 jumps, rest for five breaths and repeat.



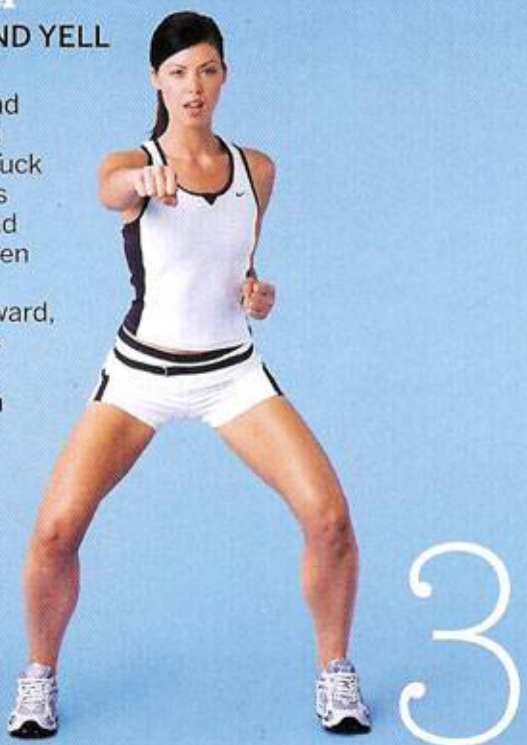
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Instant energizer

KUNG FU PUNCH AND YELL

works legs, arms, abs

Stand with feet wide and parallel and lower into a semisquat, chest high. Tuck arms to rib cage, elbows bent, palms facing in and hands in fists. Inhale, then yell while exhaling and punching right arm forward, rotating palm down (as shown). Inhale as you retract arm; repeat with left arm. Alternate arms for one minute.



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STEAM ENGINE

works abs

Stand with feet shoulder-width apart, hands clasped behind head, elbows out to sides. Inhale, then exhale and bring left knee to waist height as you twist torso to left (as shown). Keep chest high, abs tight and elbows wide throughout. Inhale, returning to start, and repeat to opposite side. Alternate sides for one minute.



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STAR JUMPER

works legs

Stand with feet hip-width apart. Inhale as you squat, keeping heels on floor and chest high, and touch floor with hands. Exhale and leap up, arms and legs wide, reaching toward ceiling (as shown). Land softly with knees bent and squat again right away. Do five jumps and rest for 10 breaths. Repeat twice.



SELF

Instant energizer

PELVIS ROCK

works abs, lower back

Stand with feet shoulder-width apart, knees slightly bent, hands on waist. Inhale and slowly rock pelvis forward and back by tucking tailbone under, then rolling it back so butt sticks out. Next, exhale as you tilt hips side to side (as shown). Keep legs and upper body still throughout. Try to increase the range of motion as you go. Repeat for one minute.



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Instant energizer

CHI PUSH

works abs, shoulders
Stand with feet shoulder-width apart. Pretend you're holding a basketball at chest. Inhale, then exhale and quickly push imaginary ball forward at shoulder height (as shown), as you pull belly button toward spine. Inhale, slowly bringing ball back to chest and relaxing abs. Repeat for one minute.

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Instant energizer

CHI UP AND DOWN

works legs, butt, shoulders
Stand with feet shoulder-width apart, hands in front of waist, palms up as if holding a platter. Inhale and slowly squat as you raise hands overhead (as shown). Squat until knees are bent about 90 degrees, then flip hands over and press palms toward floor as you stand up. Exhale as you rise. Repeat for one minute.

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AX CHOPPER works abs, shoulders

Stand with feet slightly wider than shoulders, knees bent. Clasp hands together, inhale and raise arms overhead. Exhale and bend over, bringing arms between legs as if swinging an ax. Inhale and roll up slowly until arms are overhead. Turn shoulders to right and repeat to outside of right leg (as shown). Roll up and repeat over left leg. Continue for one minute.



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MOVING HORSE STANCE works abs, back, butt

Start on floor with knees under hips, hands under shoulders and back flat. Inhale as you extend right arm forward and left leg back so they're parallel to floor (as shown). Exhale, bringing elbow and knee in to touch below rib cage. Inhale and extend arm and leg again; exhale and return to start to complete one rep. Repeat on other side. Do five reps on each side.



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YOGA BOW works back, legs, shoulders

Lying facedown, bend knees and grasp ankles or top of feet. (If you can't reach them, do move without holding onto feet.) Inhale as you slowly lift shoulders, chest, knees and thighs off floor (as shown); keep head in line with spine. Pull feet away to help lift upper body. Hold for three slow breaths, then lower to floor, still holding feet, and rest for three breaths. Repeat twice.



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PILATES HUNDRED works abs

Lie faceup, palms down next to body. Lift legs, toes pointed, several inches off floor. Tuck chin and lift head, shoulder blades and arms, pulling in abs (as shown). Pump arms up and down, inhaling through nose for five pumps and exhaling through mouth for five pumps. Aim for 100 pumps, bending knees if necessary. Return to start, rest for five breaths and repeat.



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