

Diet shockers! 6 'bad' foods that will help you drop pounds and get healthy

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If you like the elliptical...

TRY: SPEED WALKING OUTSIDE

DO IT FOR: 40–43 minutes
BURN: 300 calories

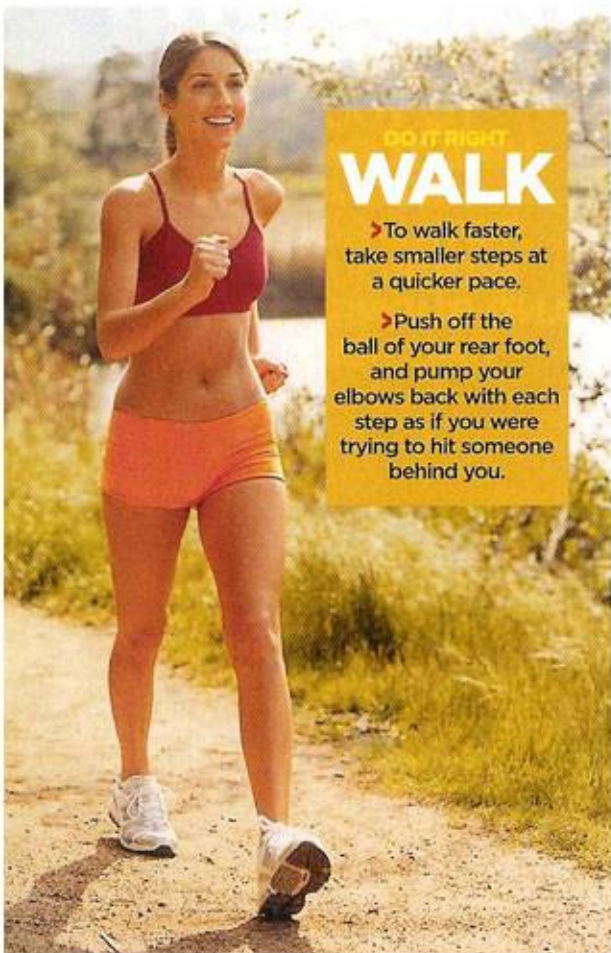
The elliptical trainer gives you a sense of gliding; once you have some momentum going, the foot levers propel you, to a certain degree, says Nancy Burrows, director of exercise programs for the East Bank Club in Chicago. When you find your walking groove, you feel like you're gliding as well, explains Burrows, who created this dynamic interval workout to help you churn through calories.

YOUR WORKOUT GAME PLAN

1. Warm up for 5 minutes at an easy pace (RPE 3).
2. Walk at a moderate pace (RPE 5) for 5 minutes.
3. Walk easy (RPE 3) for 2 minutes.
4. Walk quickly, really pumping your arms (RPE 7) for 5 minutes.
5. Walk easy to recover (RPE 3) for 2 minutes.
6. Repeat steps 4 and 5 twice.

OPTIONAL DRILLS:

- Walk on your heels, toes up, for 1 minute.
 - Walk on your toes, heels up, for 1 minute.
 - March with high knees, swinging your arms in sync with your legs, for 1 minute.
7. Cool down by walking at an easy pace (RPE 3) for 7 minutes.



DO IT RIGHT WALK

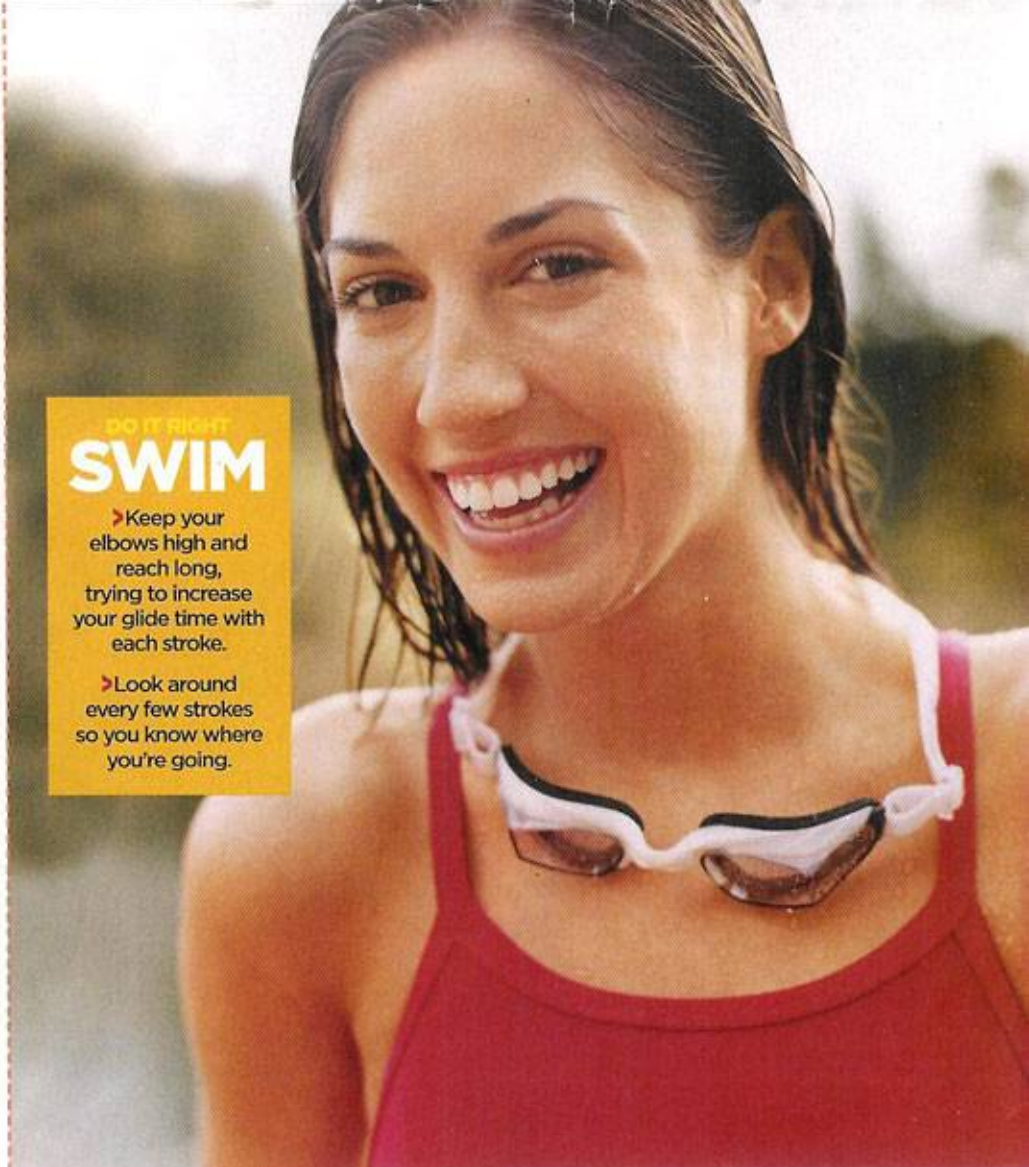
➤ To walk faster, take smaller steps at a quicker pace.

➤ Push off the ball of your rear foot, and pump your elbows back with each step as if you were trying to hit someone behind you.

DO IT RIGHT SWIM

➤ Keep your elbows high and reach long, trying to increase your glide time with each stroke.

➤ Look around every few strokes so you know where you're going.



If you like doing laps...

TRY: OPEN-WATER SWIMMING

DO IT FOR: 20–25 minutes
BURN: 245–293 calories

In the pool, you have the safety factor of knowing where the bottom is (usually only several feet below you!) and being able to simply head over to the side if you get tired. Swimming in an ocean or a lake, where you have to contend with waves or choppy water, forces you to focus on form and use strong, efficient strokes. Paul Frediani, a USA Triathlon Level I Coach in New York City, created these open-water workouts as a refreshing diversion to tracking the black lane line.

YOUR WORKOUT GAME PLAN

IN THE OCEAN Stand on the shore and notice where the wave is "breaking" (when it starts curling and creating white water).

1. Warm up with jumping jacks (RPE 3) for 1 minute.
2. Swim (any stroke) at a moderate pace to where the waves are breaking (RPE 5) for no more than 1 minute. Option: If they're breaking too close to shore, wade out beyond the break and swim parallel with the shore for 1 minute, then turn around and swim back.
3. Tread water (RPE 5) for 2 minutes, then swim back to shore.
4. Jog along the shoreline at an easy pace (RPE 3) for 2 minutes.
5. Repeat (without jumping jacks) 3 times.

IN A LAKE

1. Warm up with easy strokes (RPE 3) for 5 minutes.
2. Swim hard (RPE 8) for 20–40 strokes.
3. Recover by swimming at a moderate pace (RPE 6) for 30–50 strokes.
4. Repeat steps 2 and 3 four times.
5. Cool down with easy swimming (RPE 3) for 5 minutes.