



Fitness Facts

Keeping Abs Fit

(NAPSA)—Five tips from Sarah Ferguson, Duchess of York, may help you stay in tip-top shape—even during winter months.

- Don't break the habit. Stay focused and make an abdominal workout part of your daily routine.



Having firm abs keeps me energized year-round, says Sarah Ferguson, Duchess of York.

- Layer workouts for maximum results. Combine strength and flexibility training such as Pilates; cardio exercises such as running and abdominal workouts.

- Don't let a busy schedule get in the way. Equipment such as FLEX from Compex can help you fit in a great ab workout while doing other things.

- Do something you enjoy. Choose fitness activities that are pleasant and match your fitness level and lifestyle.

- Reward success. Buy yourself clothes to show off your new form.

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