

FITNESS FACTS

Quick Fitness Fixes

(NAPSA)—Tipping the weight-loss scales in your favor doesn't have to take long.

That's the advice from fitness expert Chris Freytag, who says there are plenty of ways to sneak a quick workout in, even if you don't have time to get to the gym.

"Don't write off an entire day just because you can't find 30 to 60 minutes to exercise," she explains. "A 10-minute workout will still do your mind and body good."

Freytag, a board of directors member of the American Council on Exercise and contributing editor at *Prevention* magazine, appears in the new exercise DVD "Prevention Fitness Systems: Shortcuts to Big Weight Loss." The DVD highlights three time-crunching, calorie-blasting workouts you can do in just 10 minutes.

Of course, not all of Freytag's tips require 10 minutes. These take even less:

Fast Moves

- Dribble a ball while squatting. Alternate hands for the first 45 seconds then double dribble for the last 45 seconds. Squats are one of the best lower-body toning exercises, plus you burn more calories when you engage large muscle groups. By dribbling the ball, you are connecting your brain to your body, coordinating the upper and lower body movements.

- The next time you microwave a meal, do some lunges around the house while it cooks. Take a big step with your right foot forward, keeping your front knee tracking over your shoelaces, and go down into lunge position. Pull



There are a number of quick fitness fixes for days you can't squeeze in a whole workout.

the back foot forward, taking another giant step and going into a lunge. Make a circle around the house, your kitchen island or dining room table until you hear the microwave beep. This is a great lower-body exercise for toning and tightening.

Post Workout

- Make a healthy smoothie to boost energy levels and feel good. Try blending $\frac{1}{2}$ cup frozen blueberries, $\frac{1}{2}$ a banana, 1 scoop vanilla protein powder and 1 cup of skim milk. The vitamins will provide an energy lift and it's packed with healthy proteins and carbs. Even better, it's under 250 calories.

- Spray your exercise towel with an aromatherapy spray and place it over your eyes as you lay in yoga's corpse pose (a.k.a. "the Savasana"). Now do some deep breathing. Not only can scents relax your mind and body, but the deep breathing washes your body with oxygen and helps enhance mood and clarity.

For more tips and information, visit www.prevention.com.