

NUTRITION REPORT **The #1 Food for Women** p.124
IT'S GOOD TO BE YOU!
Women's Health

Amazing New Plan!

LOSE YOUR BELLY

SEE RESULTS IN JUST 7 DAYS!

EASY STEPS TO LESS STRESS p.134

FEEL HEALTHIER INSTANTLY!



PLUS!
Secrets to Amazing

IN FOCUS FITNESS

Q&A
Yoga Secrets
By Baron Baptiste



Finish Strong
I signed up for a marathon. How much yoga should I work into my training?
—*Kari K., Chicago, IL*

Take a yoga class in a heated studio once a week to help loosen your muscles and increase your lung capacity. And don't ignore the deep breathing—it's your ally for the entire 26.2. Also, after each of your training runs, give your whole body a much-needed stretch by doing an extended side angle pose (Sihon).



Hold for five slow breathes, then repeat on the opposite side.

Dread over Heels
Backbands make me nervous—I'm sure I'll break my neck. How do I get over that?
—*Ann F., Florida, CO*

Practice and patience. To build arm strength, flexibility, and confidence, spend 2 weeks doing bridges. Lie on your back with your arms at your sides and palms on the floor, knees bent and feet hip-width apart. Push your hips toward the ceiling and interlace your fingers on the floor beneath your feet. Do four every day holding each one for 30 seconds. Then move on to assisted backbands: With a support, practice bending back onto a couch. Stick with this for as long as you need to feel in a contest. When you're ready, attend a contest. When you're ready, attend a contest. When you're ready, attend a contest. When you're ready, attend a contest.

Visit www.healthmap.com/yogasecrets to find your nearest studio. You'll find his site at baronbaptiste.com.

read it and reap
» Four books that will get you up and running

IT'S FINALLY WARM OUTSIDE that breathing doesn't cause freeze burn. And with thousands of 5-Ks and other races scheduled across the country to have you in liberation, now is peak season for launching a new running program. Need motivation? Spin through these books. Filled with training plans, inspirational tips and tips from the pros, they'll get you stoked for your best year of running yet.

» Best for Finishing Your First 26.2
The Marathon Method: The 10-Week Training Program You'll Finish a Full or Half Marathon in for Best Times by Tom Holland (Dorland)

Why we like it: It's so robust, it's almost like having your own personal coach. Holland, a veteran of 50-plus marathons and 12 triathlon triathlons, offers up a plan for your first marathon (full or half) that makes crossing the finish line seem totally doable. Using a series of anecdotes, tips, and motivational stats (40 percent of 2005 marathon finishers were female!), he ward to your Sunday 20-mile. **Unleash!** Strike when you feel like leaving your gym bag at home.

» Best for Starting from Scratch
The Nonrunner's Marathon by Dawn Dais (Seal Press)

Why we like it: Because Dais's journey from slug to marathon finisher is so funny, so motivating, we've read since Mel Gibson's latest apology. Part training guide, part memoir, this book will become your partner in bitch as you pound the pavement.

Unleash! Springs for BodyGlacé or Vaseline to ward off chafing. "The problem why don't want to be an angry your fellow runners?" you can borrow them—they're done applying to their neighbor's legs.

» Best for Positioning a Personal Trainer
Runner's War by Tom Laake, Ron Fazio (Dorland)

Why we like it: What's to be done about that? You'll have your results in less than a week. You'll have your results in less than a week. You'll have your results in less than a week. You'll have your results in less than a week.

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» Best for Starting from Scratch
The Nonrunner's Marathon Guide for Women: Get Off Your Butt and On with Your Training by Dawn Dais (Seal Press)

Why we like it: Because Dais's journey from slug to marathon finisher is the funniest thing we've read since Mel Gibson's latest apology. Part training guide, part memoir, this book will become your partner in bitch as you pound the pavement.

Excuse Buster of the Month

The excuse Exercise bands are uncomfortable, but they're **Not Long**. Bands are the quadruple-duty Chamon of resistance bands. They're made from a woven fabric that resists tears and stretching. They're made from a woven fabric that resists tears and stretching. They're made from a woven fabric that resists tears and stretching.

