

fit^{ness}

10 **ANTIAGING** SUPERFOODS

**FLAT
ABS
NOW**

Blast That Muffin Top
FAST—Without Crunches!

**LOOK
GREAT
NAKED**
(Tricks to Try
TONIGHT!)

Healthy
30-Minute
Meals

Go From
Heavy to **Hot!**

Biggest Loser
Must-Steal Secrets
You Didn't See on TV

**BURN 33%
MORE FAT**
Even While You Sleep, p.108

**CHEAT, DRINK
& STILL SHRINK!**

All-Day Energy in
One Easy Step

Olivia &
Hannah
249 lbs
Lighter—and
Keeping it
Off!



SEPTEMBER 2011 \$3.50
FITNESSMAGAZINE.COM



0 14005 14172 9
DISPLAY UNTIL SEPTEMBER 20

FOR BARGAIN HUNTERS

schwaggle.active.com

Why we love it This Groupon-like site gives exercisers in Chicago, Los Angeles and New York City—and soon 25 other cities—three great offers each week for savings on such things as gear (Xterra wetsuits), sporty services (golf tee times, personal training) and entry fees for popular endurance races (the Gladiator Rock'n Run in Irvine, California).

FOR GOAL-GETTERS

bemynudge.com

Why we love it Sign up for weekly prods in the form of e-mails (\$32 a month), phone calls (\$59 a month) or one-on-one coaching (\$169 a month) to help you stick to your better-body goal. Certified experts give you success strategies and hold you accountable.

FOR GYMNASIAS

fist.com

Why we love it Purchase a membership and get access to all your fave classes around town—barre, Pilates, Spinning, yoga—for one monthly fee (\$150 and up). A pro, like celebrity trainer David Kirsch, picks classes to fit your specific goals. Available for New York City and Los Angeles; other major cities are being added this winter.

FOR POSERS

yogadownload.com

Why we love it A mere \$10 a month gets you six video downloads of fab yoga routines on your laptop, iPad, smartphone or MP3 player, plus unlimited sessions via streaming online (\$20 a month for unlimited downloads). Bonus: Buy yoga playlists that match your workouts.

Exer-sources we're obsessed with this minute.

Outta Site!



Attention, Frill Seekers

You go... girly! These looks are all about ruffles.



Twirl on the Court

Silky Zig Tennis Dress from Reebok woven with sweat-wicking materials (\$70, reebok.com)



Sexy Back

Cotton-spandex **Ruffle Sports Bra** from So Low (\$35, solowstyle.com)



With the Trimmings

Micro-poly spandex **Take a Picture, It Lasts Longer Supportive Top** from NaLa Seattle (\$58, finchandsparrow.com)



Seams Cute

Flattering **Run: Full Ti Tights** from Lululemo Athletica (\$98, lululemon.com)



Arm Candy

Lightweight polyester **Pace Reflect Jacket** from Lija (\$120, lijastyle.com)

Q “I get really hot and sweaty and then suddenly cold and chilly during tough workouts. Is this normal?”

A It's a common sign that you may be working out too hard, says Michael F. Bergeron, Ph.D., director of the National Institute for Athletic Health & Performance in Sioux Falls, South Dakota. “Exceeding 80 percent of your maximum effort for too long during any given workout could be excessively increasing your core body temperature,” Bergeron says. That overheating, in turn, can cause your brain to raise your body's natural temperature setting far above 98.6°. “It's like having a fever: Your body thinks it should remain hotter than 98.6°, so instead of sensing that you are hot and sweating, you feel cold,” he explains. Take things down a notch in your next session, slowly building up to more minutes in the high-intensity zone.

OM FREE

• Zen out for zero dollars with the start of National Yoga Month. Go to yogamonth.org to get one free week of classes at participating studios across the country.

FOR POSERS

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