FLAT ABS NOW
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Biggest Loser Must-Steal Secrets You Didn’t See on TV

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

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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).

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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 GYMNASTAS
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Why we love it: Purchase a membership and get access to all your fave classes around town—barre, Pilates, Spinning, yoga—for a 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.

Attention, Frill Seekers
You go… girly! These looks are all about ruffles.

Twist 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 ($31, sollowstyle.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 Tights from Lululemon Athletica ($98, lululemon.com)

Arm Candy
Lightweight polyester Pace Reflect Jacket from Lija ($120, liastyle.com)

Q & A
“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.

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