

Smart ways to live well

MARCH 2009

Prevention

See Results in 7 Days!!

Fire Up FAT LOSS

- Flip Your Metabolism Switch!
- New Plan Boosts Fat Burn 50%

EAT to
UNLEASH
ENERGY!

**FLATTEN YOUR
BELLY FASTER
(No Gym Required)**

**BURN
MORE
CALORIES
After
40!**

21
**HEALTH
SIGNS TO
NEVER
IGNORE**

**SLEEP
DEEPLY
EVERY
NIGHT!**
(And Wake
Up Happy!)

**LOOK
AND FEEL
10 YEARS
YOUNGER!**



\$3.59US



PREVENTION.COM

Get Fit & Firm AT HOME

Our top DVD picks plus 3 targeted plans to slim you down fast—whatever your level

■ BY LIZ NEPONENT

■ PHOTOGRAPHS BY ALEXA MILLER



THERE'S PROOF the best workout in town starts by pressing *play*. A new study found that doing fitness DVDs can burn a whopping 480 calories an hour. We sweated through over 40 new releases to bring you our five faves: workouts that are effective, easy to follow, and *fun*. Whether you want to drop a size, shrink stubborn belly fat, or just start exercising, we have the plan for you.

PREVENTION TESTED

5 New DVDs We Love

Pick just one, mix and match, or follow our customized plans designed to help you achieve your fitness goal

1. 10-MINUTE SOLUTION: QUICK TUMMY TONERS

► **Focus:** Targeted toning

♥ **Why We Love It:** The five fast, doable routines—from calorie-torching standing exercises to mat-based whittlers—beat boredom and firm your abs from every angle.

You'll need: Yoga mat

2. 6-MINUTE QUICK BLAST: TOTAL BODY CALORIE BLAST

► **Focus:** Cardio and toning

♥ **Why We Love It:** Whether you have 6 minutes or an hour, you'll get a heart-pumping cardio blast plus intense sculpting to reshape trouble zones like the butt, thighs, and abs.

You'll need: Yoga mat, dumbbells

3. PREVENTION KICK-START YOUR METABOLISM

► **Focus:** Cardio and toning

♥ **Why We Love It:** Prevention fitness pro Chris Freytag will teach you to punch, jab, and kick your way to a firmer body—no experience needed. You'll melt up to 680 calories an hour while having a blast.

You'll need: Yoga mat, dumbbells

4. EXHALE CORE FUSION PILATES PLUS

► **Focus:** All-over toning

♥ **Why We Love It:** Carefully controlled movements target each muscle group with laserlike precision. Gentle stretches end each segment to ease your body and mind.

You'll need: Yoga mat, stretch belt, or towel

5. DANCE OFF THE INCHES: DANCE IT OFF BALLROOM

► **Focus:** Cardio

♥ **Why We Love It:** You'll peel off pounds as you gracefully twirl around your living room with these easy-to-follow routines featuring samba, cha-cha, and jive.



GOAL #1**"I need to start exercising."**

If it's been a while since you've worked up a sweat, this is the program for you. Starting with a manageable 18 minutes a day, you'll safely build an exercise habit you can stick with. The short bouts of high-energy toning can be broken up throughout the day to fit into even the busiest schedule. And the anyone-can-do-them dance moves will make working out fun (no partner required).

MONDAY

DVD: *Total Body Calorie Blast*

Play▶ Total Body A (6 min), Mind Body A (6 min), Quick Abs Blast (6 min)

Total Time: 18 min

WEDNESDAY

Total Body Calorie Blast

Play▶ Total Body B (6 min), Mind Body B (6 min), Quick Abs Blast (6 min)

Total Time: 18 min

FRIDAY

Total Body Calorie Blast

Play▶ Total Body C (6 min), Mind Body C (6 min), Quick Abs Blast (6 min)

DVD: *Dance It Off Ballroom*

Play▶ 1st week: Step Guide (18 min). Subsequent weeks: Samba and Jive (10 min each)

Total Time: 36–38 min

SATURDAY

Dance It Off Ballroom

Play▶ All (42 min)

Total Time: 42 min

GET MORE WORKOUTS!

Follow your choice of the routines above for 2 weeks. Then you'll be ready to take it to the next level. Get additional weeks at prevention.com/dvdworkout.

GOAL #2**"I want to flatten my belly."**

We've enlisted a three-tiered flab-fighting fix: Cardio to melt fat, targeted toning to shrink your waist, and yoga to de-stress.

MONDAY

DVD: *Dance It Off Ballroom*

Play▶ 1st week: Step Guide (18 min). Subsequent weeks: Samba and Jive (10 min each)

DVD: *Quick Tummy Toners*

Play▶ Crunch-Free Abs (10 min)

Total Time: 28–30 min

TUESDAY

DVD: *Kick-Start Your Metabolism*

Play▶ Fat Blast (15 min), Ab Attack (15 min)
Quick Tummy Toners

Play▶ Yoga Abs (10 min)

Total Time: 40 min

WEDNESDAY

Dance It Off Ballroom

Play▶ Cha-Cha (10 min), Samba (10 min)

Quick Tummy Toners

Play▶ Bikini Belly (10 min)

Total Time: 30 min

FRIDAY

Dance It Off Ballroom

Play▶ Samba (10 min), Jive (10 min)

Quick Tummy Toners

Play▶ Ab and Waist Definer (10 min)

Total Time: 30 min

SATURDAY

Dance It Off Ballroom

Play▶ Cha-Cha (10 min), Samba (10 min)

Quick Tummy Toners

Play▶ Yoga Abs (10 min), Sporty Abs (10 min)

Total Time: 40 min

SUNDAY

Kick-Start Your Metabolism

Play▶ Fat Blast (15 min), Ab Attack (15 min)

Body Sculpt (15 min)

Total Time: 45 min

GOAL #3 “I need to jump-start my weight loss.” A precise mix of fat-melting cardio and sculpting moves is just the recipe for shedding pounds. This routine obliterates calories with kickboxing and dance, then sculpts metabolism-boosting muscle. Shave 250 calories per day from your diet and you'll be about a size smaller in 30 days.

WEEKS 1 & 2

MONDAY

DVD: *Kick-Start Your Metabolism*

Play▶ Fat Blast (15 min),
Ab Attack (15 min),
Body Sculpt (15 min)

DVD: *Dance It Off Ballroom*

Play▶ 1st week: Step Guide (18 min). 2nd week: Samba and Cha-Cha (10 min each)

Total Time: 63–65 min

TUESDAY

Dance It Off Ballroom

Play▶ All (42 min)

DVD: *Core Fusion Pilates Plus*

Play▶ Thigh & Gluteus (10 min), Flat Back/Round Back (10 min)

Total Time: 62 min

WEDNESDAY

Kick-Start Your Metabolism

Play▶ Fat Blast (15 min),
Ab Attack (15 min)

Core Fusion Pilates Plus

Play▶ Upper Body (10 min)

Total Time: 40 min

THURSDAY

Dance It Off Ballroom

Play▶ All (42 min)

Core Fusion Pilates Plus

Play▶ Thigh & Gluteus (10 min)

Total Time: 52 min

SATURDAY

Dance It Off Ballroom

Play▶ Cha-Cha (10 min),
Jive (10 min)

Core Fusion Pilates Plus

Play▶ Upper Body (10 min),



Flat Back/Round Back (10 min), Pure Core (10 min)
Total Time: 50 min

SUNDAY

Kick-Start Your Metabolism
Play ▶ Fat Blast (15 min),
Ab Attack (15 min), Body
Sculpt (15 min)
Total Time: 45 min

WEEKS 3 & 4

MONDAY

DVD: *Dance It Off Ballroom*
Play ▶ All (42 min)
DVD: *Kick-Start Your
Metabolism*
Play ▶ Ab Attack (15 min)
Total Time: 57 min

TUESDAY

Kick-Start Your Metabolism
Play ▶ Fat Blast (15 min),
Express Kick-Start (10 min)
DVD: *Core Fusion Pilates Plus*
Play ▶ Thigh & Gluteus
(10 min), Flat Back/Round
Back (10 min), Core Flex-
ibility (10 min)
Total Time: 55 min

WEDNESDAY

Dance It Off Ballroom
Play ▶ All (42 min)
Core Fusion Pilates Plus
Play ▶ Upper Body (10 min)
Total Time: 52 min

THURSDAY

Dance It Off Ballroom

Play ▶ All (42 min)
Core Fusion Pilates
Play ▶ Pure Core (10 min)
Total Time: 52 min

SATURDAY

Kick-Start Your Metabolism
Play ▶ Fat Blast (15 min),
Body Sculpt (15 min)
Core Fusion Pilates Plus
Play ▶ Thigh & Gluteus
(10 min), Flat Back/Round
Back (10 min), Upper
Body (10 min)
Total Time: 60 min

SUNDAY

Kick-Start Your Metabolism
Play ▶ All (67 min)
Total Time: 67 min

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