

Smart ways to live well

MAY 2008

Prevention

FAST-RESULTS PLAN

BREAK YOUR FAT CYCLE!

- Eat to **Lose 15 Pounds**
- Flatten Your Belly
- Boost Metabolism in Days!

**Feel Amazing
Right Now!**

16 NEW HOME CURES

**Age-Proof
Your Body**

- ERASE WRINKLES
- DROP WEIGHT
- REV IMMUNITY

**3 SIGNS
You Won't Have
A HEART
ATTACK**

25

**LOOK
YOUNGER
FOODS**

**MORE
ENERGY
After 40!**

**THE DEEP
SLEEP ZONE**
Reach It Every Night

PREVENTION.COM

6-MINUTE FAT BLASTER

Research shows that quick bursts of vigorous exercise like these high-powered moves from Tracey Mallett, author of *Sexy in 6*, can rev calorie burn for hours.



0:00-1:00 BOUNCING SHUFFLE Squat slightly with elbows bent at sides. Shuffle left to right for 4 counts each.

1:00-1:30 JOG IN PLACE

1:30-2:30 SPEED SKATE Hop from side to side, swinging opposite leg behind you and arms in the direction you're moving.

2:30-3:00 JOG IN PLACE

3:00-4:00 KNEE CRUNCH Lunge with left knee bent, right leg extended behind you, arms to front at shoulder height. Bend right knee

and pull toward chest as you crunch upper body toward right knee (as shown); extend back to lunge. Switch legs after 30 seconds.

4:00-4:30 JOG IN PLACE

4:30-5:30 JUMP SQUAT TWIST Squat with feet hip-width apart, hands behind head. Rotate torso to left and right, then jump, hands overhead. Land with knees soft and repeat.

5:30-6:00 JOG IN PLACE

—Natalie Gingerich