

fitness

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**in 24
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SO OMG GOOD!**

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ABS!**
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Seymour**

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the hottest couple in town

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fitness



Jade Alexis, NASM, trainer, Reebok Sports Club/NY, NYC; creator of Jade of Spades fitness app

Is it better to work out harder or longer if I want to lose weight?

"You can cut your workout time in half if you push harder. Alternate six challenging cardio bursts, like one minute of jumping rope, with six sets of strength moves, like 15 shoulder presses, for a quick workout."

Ashley Borden, fitness and lifestyle consultant; Nike Elite Athlete

Kathie Davis, executive director, IDEA Health & Fitness Association

Joe Dowdell, C.S.C.S., owner, Peak Performance, NYC; author of *Ultimate You*

Marty Jaramillo, PT., A.T.C., C.S.C.S.,* founder and CEO, I.C.E. Sports Therapy in New York City

Jeanette Jenkins,* president, The Hollywood Trainer

Jean Knaack, executive director, Road Runners Club of America

Cyndi Lee, founder, Om Yoga, NYC

Jari Love,* certified personal trainer; fitness DVD star

Richard Miller, owner and CEO, GymSource, NYC

Patricia Moreno,* body and mind coach, intensati.com; author of *The IntenSati Method*

Michele S. Olson, Ph.D., FACSM, professor of exercise science, Auburn University at Montgomery

John Porcari, Ph.D., professor of exercise and sports science, University of Wisconsin-La Crosse

Keli Roberts, ACSM, ACE, AFAA,* trainer, Equinox Fitness Clubs, Pasadena, CA

Gary Scott, president, East Coast Instructor Training School; vice president, ECA World Fitness

Alycea Ungaro, PT., owner, Real Pilates, NYC; author of *Pilates Practice Companion*

Jackie Warner, ISSA, celebrity trainer; host of Bravo's *Thintervention With Jackie Warner*

Vonda Wright, M.D.,* orthopedic surgeon, University of Pittsburgh Medical Center; author of *Fitness After 40*

beauty

David Colbert, M.D.,* founder, New York Dermatology Group, NYC

Mona Gohara, M.D.,* assistant clinical professor of dermatology, Yale University; founder, K&J Sunprotective Clothing

Elissa J. Lunder, M.D., owner, Dermatology Partners Inc., Wellesley, MA

Howard Murad, M.D., associate professor of dermatology, UCLA; founder, Murad Inc.



Hema Sundaram, M.D., board-certified dermatologist and laser and cosmetic surgeon, Washington, DC

How long does it typically take an antiaging product to smooth fine lines?

"Noticeable results can start to appear after a month if you use products that contain growth factors, antioxidants, retinol, peptides and DNA repair enzymes. These ingredients can help increase your skin's collagen production and repair damaged skin."

health

Sarah L. Berga, M.D.,* James Robert McCord professor, department of gynecology and obstetrics, Emory University School of Medicine

Madelyn Fernstrom, Ph.D., founding director, University of Pittsburgh Medical Center's Weight Management Center; author of *The Real You Diet*

Sandra Adamson Fryhofer, M.D.,* clinical associate professor of medicine, Emory University School of Medicine

Lori Mosca, M.D., director of preventive cardiology, New York-Presbyterian Hospital

Mark A. Moyad, M.D., M.P.H., Jenkins/Pokempner director of preventive and alternative medicine, University of Michigan Medical Center

Pamela Peeke, M.D., M.P.H., FACP, chief medical correspondent, Discovery Health TV; Pew Foundation Scholar in Nutrition, University of Maryland; author of *Body-for-Life for Women*

Ira Sacker, M.D.,* eating-disorder specialist, Sacker M.D. Associates; clinical assistant professor, NYU Langone Medical Center

Nancy Snyderman, M.D., chief medical editor, NBC News; associate professor of otolaryngology, University of Pennsylvania

Carolyn Westhoff, M.D.,* professor of obstetrics and gynecology, College of Physicians and Surgeons, Columbia University

psychology

Margo Maine, Ph.D., author of *The Body Myth*

Nancy Redd,* body image expert; author of *Diet Drama*

nutrition



Dawn Jackson Blatner, R.D.,* author of *The Flexitarian Diet*; spokesperson for the American Dietetic Association

Should I save up calories during the day for a party at night?

"No. This backfires, because you're starving when you get to the party. It's better to have balanced meals—such as oatmeal with nuts and apples and a whole-wheat pita stuffed with chickpeas, feta and veggies—and a pre-party snack. Try one piece of low-fat string cheese and a pear."

Leslie Bonci, M.P.H., R.D., director of sports nutrition, University of Pittsburgh Medical Center

Rocco DiSpirito, celebrity chef; author of *Now Eat This! 100 Quick Calorie Cuts at Home/On-the-Go*

Dave Grotto, R.D., author of *101 Foods That Could Save Your Life*

Ashley Koff, R.D., nutrition counselor; founder, Ashley Koff Approved

Kathy McManus, M.S., R.D., director, department of nutrition, Brigham and Women's Hospital

Jackie Newgent, R.D., culinary nutritionist; author of *Big Green Cookbook*

Brian Wansink, Ph.D.,* John S. Dyson chair of consumer behavior, Cornell University, and director, Cornell University Food and Brand Lab

Lisa Young, Ph.D., R.D., adjunct professor of nutrition, New York University; author of *The Portion Teller Plan*

*exclusive member