

WELL-BEING

SUMMER

Sunny days are just around the corner and so is your beach body – no matter how little time you have! By Carli Whitwell



At this early stage, try not to focus on the finish line. Rather, figure out your current fitness level with an easy DIY assessment. The results will act as a benchmark for your progress (in physical conditioning as well as toning) over the next 90 days. Because, let's be honest, getting in shape for summer should be as much about your health as looking fabulous in a bikini. Just ask Cameron Diaz. "It's not just having a ripped stomach," says the actress. "If you don't have your health and if you're not in a strong, capable body, you don't have anything." To test overall strength, Equinox group fitness manager Mark Hendricks recommends recording how many push-ups you can complete in a minute, then following this timed test for pull-ups (assisted or not),

squats and similar exercises. Then, test cardio by seeing how long it takes you to cycle 5 km or row 500 m. He suggests performing an assessment every two weeks. Not only is it a mini-workout in itself, it will give you an incentive to stay on track: most people don't see physical changes in their body for six weeks, but soon after starting a program they'll perform better on their self-assessments. Your weekly workout plan should include three to four days of cardio and strength training. For the latter, Mark recommends maximum load training. That means using a weight that allows you to barely complete 12 repetitions per set. (Do three sets in total). "Nothing will change the look of your body faster," says Mark.

MYTH BUSTER

If you're missing out on a workout because your spouse is more comfv on the couch - don't wait! A new study suggests that when a wife logs 150 minutes of moderate or 75 minutes of intense exertion a week, her husband is 70 per cent more likely to do the same.



Ann Chery, \$56, hourglassangel.com



HAPPY FEET

SPORTING LIFE FOOTWEAR BUYER NATHALIE GUIMOND ON FINDING THE RIGHT SHOE FOR YOU

when shopping. That gives salespeople which can rub and cause blisters. insight into how you wear out your footwear TAKE A TEST DRIVE Walk around in your shoes at and where you might need the most support. home first. If they turn out to be a bad fit, most PUT A SOCK IN IT Pick up a pair of microfibre or stores will refund them if they haven't been Dri-Fit socks with your shoe purchase. Cotton worn outdoors.

CURVES AHEAD Scarlett

dashian-led generation of corset-wearing

waist-training devices. The secret is in the

O'Hara has nothing on the Kim Kar-

stars whittling their midsections with

girdle; the cinchers are latex, which "boosts thermal activity and increases

perspiration," says Ruben Soto, CEO

and founder of Hourglass Angel.

BE PREPARED Bring your old runners with you socks are comfy, but they absorb sweat,

Translation: you sweat more in your core,

shaving off inches. "You will also see a

slimmer waistline as soon as you put it

on due to the contouring effects," says

inches lost), the corset should be worn

between three to eight hours a day and

Ruben. For best results (about three

during workouts and meals. "You'll

become fuller faster," he says.

FOR THE TRAILBLAZER If hiking gets your heart racing, look for sturdy footwear with extra stability in the heel. A thicker lug outsole also provides additional traction.

Salomon trail-running shoes, \$160, Sport Chek, sportchek.ca



Sweet fiends, take heed: 30 days out, "you are going to have to hit it with nutrition if you want to see significant changes in the look of your body," says Mark. That's a mantra even stars such as Kerry Washington follow. "I watch what I eat, I do," says the actress. "I try for the most part to eat things that are going to make me feel better, not worse." **MONTH** The reasoning? You really are what you eat: about 70 per cent of fitness results are from nutrition –

the rest is exercise. To help bring out muscle definition, amp up protein such as chicken, fish, nuts, eggs, lean meats and legumes. When consumed, protein breaks down into amino acids, which build muscle fibres, says celebrity nutritionist Christine Avanti-Fischer. Healthy carbs (see options below) are another key component of a balanced diet; that's because muscle is made of glucose, a fuel we get from carbs. "The combination of protein and carbs will keep your body looking fit and lean," says Christine, who points out that an ideal protein serving is about the size of your palm and a carbohydrate the size of your fist.



Say no to packaged and processed foods, and refined sugar. It can cause inflammation and hormone disruption and cause you to pile on the pounds.



Treat yourself a little now and then. If you want a sweet, for instance, try an ounce of dark chocolate with some raspberries, says Christine. But stop at that.

Your beach vacation may be in sight, but

burning by upping cardio. The longer you

do cardiovascular exercise in your target

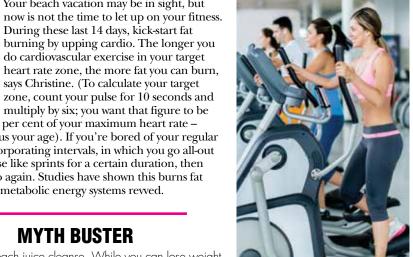
says Christine. (To calculate your target

zone, count your pulse for 10 seconds and

multiply by six; you want that figure to be

During these last 14 days, kick-start fat

Healthy carbs include legumes. sweet potatoes, whole grains and fruits and vegetables Christine is also a fan of probiotics, which help improve digestion.



Maybe you fell off the workout wagon or a lastminute trip to Mexico came up? Here's how to look vour best if vou're beach-bound soon.

YOU ARE WHAT YOU EAT To banish bikini bloat, avoid dairy (lactate is hard for bodies to digest) and sodium (it makes you retain water).

WORK IT OUT Even Victoria's Secret model Martha Hunt knows the value of a pre-sand sweat session. "I work out the night before or the morning I go to the beach," says Martha. "I love squats, anything with resistance bands and pilates."





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model Martha Hunt always works out the day she hits the beach.

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MYTH BUSTER

about 50 to 85 per cent of your maximum heart rate that's 220 minus your age). If you're bored of your regular

cardio, try incorporating intervals, in which you go all-out

with an exercise like sprints for a certain duration, then

recover and go again. Studies have shown this burns fat

and keeps the metabolic energy systems revved.

Skip the pre-beach juice cleanse. While you can lose weight quickly, once back on a regular diet most people gain back the weight they lost plus more, says Christine.

FOR THE STAR SPRINTER Pick a lightweight option with plenty of support on the heel — it absorbs two to three times your body weight on a jog. Breathable mesh helps ensure your toes don't get too hot.

Nike Flyknit Lunar 3, \$190, nike.com





FOR THE GYM-GOER Nathalie calls this the all-season tires of workout footwear, thanks to its wider outer sole. New Balance 811 cross-training shoe, \$100, Sporting Life, sportinglife.ca

FOR THE SUMMER STROLLER A wide platform and leather body give wanderers plenty of stability, while memory foam makes those long walks even comfier.

Skechers Flex Appeal walking shoe in Floral





