

# WALK OFF YOU

A-listers outsmart the stressors of Hollywood with a no-fuss fitness strategy that beautifies the body while calming the mind. It will work wonders for you, too!

**W**e can always count on Jamie Lee Curtis for her get-real attitude about Hollywood and resisting the pressure to be stick-thin. So it was no surprise when she told *Access Hollywood* that she doesn't bother trying to squeeze in intense hour-long sweat sessions. "I don't work out — hardly at all," the actress admitted. But then how does she manage to look so fit and youthful at 55? Turns out, she heads outside to take relaxing strolls. It's a smart strategy, says fitness expert Leslie Sansone. "Within a minute of getting your feet in motion there is a chemical response that shifts everything. Walking takes away stress. It helps your focus and boosts your creativity." And new research in the journal *Diabetologia* reveals that shorter walks may actually be better than long ones at stabilizing blood sugar — an effect that's been linked to everything from a sunnier mood and more energy to less belly fat. Sansone is such a believer in the power of short walks that they're the focus of her new DVD, *Mix + Match Walk Blasters: 10 Different Mini Walks*. "We should never think that a few minutes aren't worth bothering with," says Sansone, who shared these four walks with *Closer*. "Those few minutes you do every day can be more powerful than the hour-long walk you do on Saturdays."

"I think exercise is important for your mental health ... I walk a lot."

JAMIE LEE CURTIS

## TO REV ENERGY

Power walking for 5 to 10 minutes sends oxygen to the brain to release energizing hormones, says Sansone. "Start slowly, then progress every minute or two to a faster pace. You'll get that fast hit of energy — just like with a cup of coffee."

**>2 minutes:** Walk slowly to warm up (intensity: 3 out of 10; you should be able to easily hold a conversation).

**>2 minutes:** Increase your pace (intensity: 5 out of 10; you should be able to talk).

**>3 minutes:** Increase your pace again (intensity: 7 or 8). "You should feel like you're in a hurry and can't be late," Sansone says.

**>2 minutes:** Start to slow down your pace (intensity: 5 out of 10).

**>1 minute:** Return to a gentle walk (intensity: 3 out of 10).

**>Repeat once**

## TO RELIEVE STRESS

"We tend to think of workouts as work. So to achieve stress relief we have to take away the intensity," says Sansone. "Doing this walk will help you restore yourself."

**>2 minutes:** Walk slowly to warm up (intensity: 3 out of 10; you should be able to easily hold a conversation).

**>2 minutes:** Slightly increase your pace (intensity: 4 out of 10; you should be able to talk but feel slightly winded). "You shouldn't feel like you're taxing your heart or lungs."

**>3 minutes:** Pick up the pace a bit more (intensity: 6 out of 10; you should be able to speak a few words at a time).

**>2 minutes:** Start to slow down your pace (intensity: 4 out of 10).

**>1 minute:** Return to a gentle walk (intensity: 3 out of 10).

**>Repeat once**



# R STRESS

## TO BOOST MOOD

“To release feel-good endorphins, you have to get your body moving fast,” says Sansone. “I love boosted intervals for that.”

**>2 minutes:** Walk slowly to warm up (intensity: 3 out of 10; you should be able to easily hold a conversation).

**>2 minutes:** Increase your pace (intensity: 8 out of 10; you should be almost breathless).

**>2 minutes:** Slow down (intensity: 4 out of 10; you should be able to talk). “Two minutes of slow walking followed by two minutes of brisk walking is enough to get the brain to release those feel-good chemicals,” says Sansone. “That is going to snap you right out of a blue or angry mood.”

**>Repeat all but the warm-up 4 times**

## TO TONE ALL OVER

“Anytime you raise your arms above your head, the core automatically engages and you have muscle activity in the middle of your body,” says Sansone. “Now you’ve got a whole total-body walk going on.”

**>2 minutes:** Walk slowly to warm up (intensity: 3 out of 10; you should be able to easily hold a conversation).

**>3 minutes:** Keep the same pace, but look for ways to challenge your muscles: Walk back and forth over curbs, navigate around rocks or other terrain, walk up a hill.

**>3 minutes:** Speed up to a power walk (intensity: 5 out of 10; you should be able to talk but feel slightly winded). Stretch your arms over your head, then out to the sides as you walk. Make your steps as large as you can.

**>2 minutes:** Return to a gentle walk (intensity: 3 out of 10).

**>Repeat once**



## HEALTHY LIVING

*News You Can Use*

### GERMS SPREAD EVEN FASTER THAN THOUGHT

So say scientists at a meeting of the American Society for Microbiology. They went to several public buildings and contaminated commonly touched objects like doorknobs and tabletops with a mock virus. Within 2 to 4 hours, up to 60 percent of surfaces in the building, including light switches, phones and faucets, harbored the virus. The good news: Swiping surfaces once a day with disinfectant wipes reduced the spread of germs by 80 percent.

### SURPRISING BENEFIT OF A CUP OF COFFEE

When Boston University scientists looked at the dental history of 1,152 adults, they found that those who sipped one or more cups of coffee a day had the fewest teeth with bone loss, a sign of periodontal tissue decay. Study author Elizabeth Kaye, Ph.D., explains that periodontal tissue becomes inflamed when exposed to bacteria, but coffee contains chemicals that counteract the inflammation, plus antioxidants that “mop up” free radicals that damage cell membranes in the mouth.

### LOW-CARB BEATS LOW-FAT FOR HEART HEALTH

In a one-year study published in the *Annals of Internal Medicine*, people who limited carb intake to 40 grams a day saw more than twice the improvement in “good” HDL cholesterol as those on a low-fat diet. Study author Tian Hu, M.D., says that cutting carbohydrates may ease inflammation and improve blood-vessel function. Bonus: Carb cutters lost more weight, too!

## 3 Helpers to Boost Results



### A MILEAGE TRACKER

Not only will a pedometer log your steps, it will translate that information into calories burned. One we like: Sportline Digital Distance Tracker (\$15, walmart.com).



### FEET-PAMPERING SOCKS

Wearing specially designed fitness socks helps keep feet dry and wards off blisters. One we like: ABEO Tech Performance Mini socks (\$13, thewalkingcompany.com),



### A HANDS-FREE CARRYALL

Walking is easier when you have a place to store your keys and other essentials. One we like: Outdoor Products Trail Diva Waist Pack (\$18, amazon.com).