

+ TAP FOR
ALTERNATIVE COVER

GOOD HOUSEKEEPING



HOMEMADE

INCREDIBLY EASY
SPRING MAKEOVERS
INSIDE & OUT

FLOWER
PARTY!
Just tape
on the wall

TRIED+TESTED

**GH BEAUTY
BREAKTHROUGH
AWARDS**

**BEST ANTI-AGERS
HAIR RESCUES
TOP TIME SAVERS
FROM \$8**

SHE SAID, HE SAID

**KRISTEN
BELL**

& Hubby
Parenthood's
Dax Shepard

**+
3-MINUTE
WAFFLE
BROWNIE**

BURN 150 CALORIES!

These two weight-loss walking circuits were crafted exclusively for *Good Housekeeping* by walking expert **Leslie Sansone**. Pick your favorite (or switch it up, depending on the weather), add a healthy meal plan (like the SuperCarb Diet at goodhousekeeping.com/supercarb) and core exercises (see "3-Minute Flat Abs," page 154) and you could be up to eight pounds lighter this month!

OUTDOORS

Hoofing it in nature may help stave off depression, ease stress and even spark creativity. Plus, navigating uneven terrain is fantastic for boosting balance and toning your butt and thighs.

TIME	ACTIVITY	TERRAIN
5 min.	Warm-up, easy pace	Flat
5 min.	Brisk*	Flat
1 min.	10 jumping jacks, 20 curb step-ups, alternating lead foot	Near curb
5 min.	Brisk	Uphill
2 min.	20 jumping jacks, 20 step-ups	Near curb
5 min.	Brisk	Flat
2 min.	20 jumping jacks, 20 step-ups	Near curb
5 min.	Easy	Flat

TIME: 30 MINUTES
FREQUENCY: 4X PER WEEK

ON A TREADMILL

Nothing revs metabolism quite like doing intervals—and you'll find them in abundance here. The routine gets your heart racing and torches mega calories, too.

TIME	INCLINE	SPEED
4 min.	0%	3.5
15 sec.	10%	3
2 min.	5%	4.5
3 min.	0%	3
15 sec.	10%	3
2 min.	5%	4.8
3 min.	0%	3
15 sec.	10%	3
2 min.	5%	4.5
3 min.	0%	3.5
15 sec.	10%	3
3 min.	5%	4
2 min.	0%	2

TIME: 25 MINUTES
FREQUENCY: 4X PER WEEK

***PACE CHECK!** To gauge whether you're moving at a truly "brisk" clip, try to talk while you walk. Ideally you should be able to eke out a few words but not easily hold a conversation. You can also count your steps (brisk = 130 steps per minute).

POP IN A DVD We know what you're thinking: *You actually want me to march in place?* Well, yes, we do. But trust us, it's fun! These picks will have you sliding, skipping and sweating off inches in your living room.



MIX & MATCH WALK BLASTERS
The 10 walks on this Leslie Sansone DVD take 10 minutes each—great when you're time-strapped.
\$15, amazon.com



WALK ON: 21-DAY WEIGHT LOSS PLAN
Miami trainer Jessica Smith leads four 30-minute full-body routines that get you throwing punches and jumping while you walk.
\$30, amazon.com



DENISE AUSTIN: FAT BURNING WALK
Knock out 4,200 steps—plus a slew of high-impact jumps—in 30 minutes flat. There's a separate 10-minute ab routine, too.
\$15, amazon.com



Yes

It's accurate and high tech.
It's sturdy and easy to use.
And yes, it looks great, too!



weight watchers

Scales by **CONAIR™**



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