

+ 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](http://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™**



To learn more about Weight Watchers® scales, go to [www.conairscales.com](http://www.conairscales.com)

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