

# DR.OZ THE GOOD LIFE

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# The Good Life



Do this set of ultra-basic moves in the time it takes to brew a pot of coffee. You'll transform your body, bolster your health, and make exercise a joyful habit. **BY ALYSSA SHAFFER**

**B**ehold, the excuse-proof workout plan! It costs nothing, requires no equipment, and you can do it anywhere, anytime. We call it the Good Life 10—a series of old-school moves, like jumping jacks and push-ups, that you can use to ease yourself into fitness or maintain the strong body you already have. “These exercises don’t get dated—they’re great at head-to-toe conditioning,” says fitness expert Leslie Sansone, creator of the bestselling *Walk at Home* DVD programs, who designed this plan.

Newbies can do just a few repetitions of each move to start, then build up over time. Counting the reps is key: It keeps you focused and stops your mind from wandering to a weird email your friend sent or what you need to do an hour from

now. That focus will help kick down your stress level as you increase your heart rate and target every major muscle group.

Our challenge to you: Do the Good Life 10 every day for a month, adding reps to each move every week (for three of the moves, you’ll add seconds). Work up to 25 reps or seconds—at that point, the routine will take about 10 minutes, says Sansone. Week by week, you’ll notice not only shifts in the way your body feels but also a difference in your mind-set as you establish a daily habit of fitness. From there, add this routine to a regular cardio workout: walking, jogging, swimming, whatever. Stick with it, and just like that, exercise will become something that you’ll never want to do without.



**DR. OZ TALKS  
CARDIO**

“You can also use these moves to break up a cardio workout. When I’m on the elliptical, I get off every 10 minutes and do 15 push-ups, or biceps curls with weights, then get back on.”

## THE PROGRAM

These are the only 10 exercises you’ll need. If you’re in pretty good shape, jump right in to doing 25 reps per exercise. Three of the moves are positions you hold, so add seconds to those as you get stronger, or just begin at 25 seconds. Beginners: If any exercise feels impossible right now, skip it and incorporate it down the line.

### 1

#### JUMPING JACKS

Stand with feet together, arms at sides. Jump out with both feet so they land shoulder-distance apart while bringing hands overhead. Jump back to start and repeat.



### 2

#### SKATERS

**A** Stand with feet wide apart, arms raised at sides with palms facing toward the back of the room. Cross your left foot behind your right, and bring your left arm in front of you.  
**B** Bring left foot back to start, cross right foot behind left, and bring right arm in front of you. That’s one rep.

**MAKE IT HARDER** ▶ Instead of stepping back and forth, hop.



### TAKE OUR CHALLENGE

DO THE GOOD LIFE 10 EVERY DAY FOR A MONTH  
Try to add five reps (or seconds) a week, and check off your progress each day.

WEEK **ONE**  
10 REPS/SECONDS

Great start!

WEEK **TWO**  
15 REPS/SECONDS

You’re getting stronger!

WEEK **THREE**  
20 REPS/SECONDS

It’s becoming a set routine.

WEEK **FOUR**  
25 REPS/SECONDS

Now you’re in the habit—do it for life.

# The Good Life 10



## SQUAT

Stand with feet hip-distance apart, arms at sides. Keep ears, shoulders, and hips in one line. Bend knees, pushing your butt behind you, and bring arms forward. Keep your weight over your heels, and don't let your knees go past your toes. Hold one count; stand up. Repeat.

**MAKE IT EASIER** ▶ No need to go too deep. Use the instructions above and bend only as far as is comfortably challenging.



## PUSH-UP

**A** Begin with knees on the floor, palms on the floor under shoulders, body forming a straight line from knees to shoulders.  
**B** Keep abs tight and head in line with spine (don't let head or hips droop). Slowly lower chest and chin toward floor; as you do that, elbows can go back or out to the side. Push back to start and repeat.

**MAKE IT EASIER** ▶ Start standing up and do the move against a wall or sturdy table instead of on the floor.



## BRIDGE

Lie faceup on the floor, arms at sides, palms down, knees bent, with feet flat on the floor. Lift hips toward ceiling, squeezing your glutes as you come up. Hold here for 10 seconds, then slowly lower hips to the floor. Add seconds as you get stronger.

**MAKE IT HARDER** ▶ Lift one foot, keeping thighs parallel. Hold 10 seconds, then repeat with the other foot.



## DIP

**A** Sit at the edge of a chair, hands next to hips. Scoot off the seat, keeping knees bent about 90 degrees, heels in line with knees.  
**B** Bend elbows about 90 degrees, and dip your butt toward the floor. Push up to start; that's one rep. Repeat without resting butt on seat.

**MAKE IT EASIER** ▶ Rest your palms on a higher surface, like a countertop, and begin with your feet only a few inches in front of you.



## BICYCLE

Lie faceup, legs extended, hands behind head, elbows out. Bring right knee to chest and lift left shoulder off the floor, trying to touch left elbow to right knee. Return to center. Lift right shoulder to touch right elbow to left knee. That's one rep.

**MAKE IT EASIER** ▶ Hug each knee as it comes toward the chest, wrapping hands around front of shins.



## ELBOW TO KNEE CROSS

Stand with feet hip-distance apart. Raise left knee to hip height while rotating torso to the left, bringing right elbow toward left knee. Return to start; repeat on opposite side. That's one rep.



## WALL SIT

Stand with your back against a wall, feet about 24 inches in front, arms at sides. Slowly slide down the wall, keeping abs tight, until knees are bent 90 degrees and thighs are parallel to the floor. Knees should be above ankles. Hold here, breathing evenly, for 10 seconds (add seconds as you get stronger). Then slowly push back up the wall.



## PLANK

Lie facedown, elbows under shoulders with forearms on the floor, knees bent. Lift hips and torso, forming one line from head to knees. Hold for 10 seconds, breathing evenly (add time as you get stronger).

**MAKE IT EASIER** ▶ Keep the same form (body in one line from head to toes), but do the move with forearms against a wall.

### I DID THE CHALLENGE!

"I'm gaining more confidence as I complete more repetitions of each exercise. It's amazing to see how you can get an intense workout using only your body weight."

—KAREN MCCUE, 44  
PITTSBURGH, PA

"The beauty of this routine is that I can break it up if I need a little rest. The other day, between doing squats and the plank, I got up and folded a load of laundry."

—PAM KAST, 53  
FARMINGTON, MI

"On days I didn't want to work out, I pushed myself to do it because I knew I would like how I felt afterward. I was so proud of myself! The side effect of feeling good after exercising: I'm eating healthier and sleeping better."

—LORRAINE MILLER, 57  
NEW BERLIN, WI