

# WALK OFF THE

Who says a new year means another year older? With Leslie Sansone's energetic indoor walking workouts, you'll look and feel 10 years younger by February

**S**cores of women worldwide rave about how Leslie Sansone's indoor walking plans help them slim down and feel amazing. But the concept of walking 3 miles in the living room wasn't an easy sell when Leslie was getting her start in the 1980s. She recalls how she had to prove herself to a buyer at the fledgling QVC shopping network. "This buyer said, 'What do you mean you walk inside? You walk around your house? We don't understand that,'" Leslie laughs. So she went to the QVC studio to show them how it worked, and they were so impressed, they invited her to be QVC's first ever on-air guest to demonstrate a product.

"Indoor walking my way is kind of a surprise. It's brisk and effective," says Leslie. "It can deliver a wealth of health perks for the new year." To make it easy to get those perks — from a happy mood to a flat belly — Leslie created three 10-minute routines exclusively for *Closer*. Start stepping today to feel your best in 2015!

## TO SLIM AND ENERGIZE

"Really working your muscles requires breathing hard and taking in oxygen," says Leslie. "With this routine, you can double or triple calorie burn."

- > **2 minutes:** Walk slowly to warm up (intensity: 3 out of 10; you should be able to easily hold a conversation).
- > **3 minutes:** Pick up the pace a bit (intensity: 5 out of 10; you should be able to talk).
- > **3 minutes:** Speed to a power walk (intensity: 7; you should be almost breathless).
- > **2 minutes:** Return to a gentle walk to cool down (intensity: 3 out of 10).
- > **Repeat, if desired.**

"Fitness walking improves your health and burns calories. It's just too smart!"





# YEARS

## TO MELT A MENOPOT

Adding core work to a fitness walk will help blast belly fat, says Leslie.

**>2 minutes:** Walk slowly to warm up (intensity: 3 out of 10; you should be able to hold a conversation). Pull your belly button toward your spine as you walk, a move Leslie calls a tummy tuck. Repeat every few seconds.

**>2 minutes:** Increase the pace (intensity: 5 out of 10; you should be able to talk) and continue tummy tucks.

**>1 minute:** Knee lifts. Bring your knees up high, one at a time, doing a tummy tuck with each knee raise.

**>1 minute:** Return to a brisk walk (intensity: 5 out of 10), raising your hands to your shoulders, then overhead, repeating as many times as you are able.

**>1 minute:** Knee lifts with rotation. As you lift your left knee, bring both hands to your left hip. Repeat on the opposite side. Continue alternating.

**>1 minute:** Return to a brisk walk with tummy tucks (intensity: 5 out of 10).

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

**>Repeat, if desired.**

## TO BANISH BLUE MOODS

"Slow walking followed by brisk walking gets the brain to release feel-good chemicals that will snap you right out of a blue or angry mood."

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

**>90 seconds:** Increase your pace (intensity: 8 out of 10; you should be almost breathless).

**>90 seconds:** Slow down (intensity: 4 out of 10; your breathing should slow and you should be able to talk).

**>Repeat the previous 2 steps.**

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

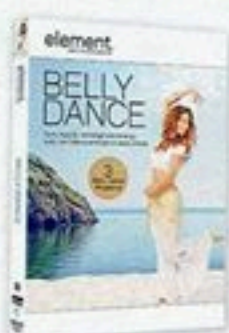
**>Repeat, if desired.**

## More Ways to Feel Amazing



### TO GET LEAN

With the *Weight Watchers 10-Minute Belly, Butt & Thigh Tone Ups*, you can do one 10-minute workout or mix and match from this collection of 6 routines. (\$13, collagevideo.com)



### TO TONE UP

*Element: Belly Dance* includes three programs to help you learn this ancient art, which can help build stamina and strength, plus deliver a dose of calm energy. (\$14, amazon.com)



### TO BEAT STRESS

*Rodney Yee's Complete Yoga for Beginners* features three programs that are low impact, stress relieving and energizing—led by the yoga master himself. (\$12, dvdplanet.com)



## HEALTHY LIVING

*News You Can Use*

### THIS TWEAK BOOSTS THE POWER OF VITAMIN D

To get the most out of your D supplement, pair it with a meal that contains fat, say scientists at Tufts University. In their study, adults who took vitamin D<sub>3</sub> after eating a meal made up of 30 percent fat absorbed 32 percent more D than those who ate a fat-free meal. Study author Bess Dawson-Hughes, M.D., says D has to dissolve in fat in order to be absorbed in the gut.

### FAST FIX FOR CRAVINGS

In a study presented at The Obesity Society's Annual Meeting, people who tapped on their forehead after viewing images of their favorite foods had significantly reduced cravings compared with when they looked at food photos without tapping. As lead author Richard Weil explains, cravings begin when an image of food is locked into the brain region related to visualization; "distraction tasks" like tapping engage the same part of the brain, so they essentially "break up" the image. The how-to from the study: Place your finger on one temple and slowly move it across your forehead with each tap, following the movement with your eyes. Continue tapping for 30 seconds.

### DELICIOUS WAY TO CUT DIABETES RISK BY 18%

Eating 4 oz. of yogurt daily is linked to an 18 percent lower risk of diabetes, say scientists at the Harvard School of Public Health in a study of 194,458 adults. Study author Frank Hu, M.D., Ph.D., says probiotics in yogurt help ease the inflammation that promotes prediabetes.