

100+ TRICKS FOR YOUNGER SKIN

SHAPE

SHAPE YOUR LIFE

EAT THIS, DROP POUNDS
Foods That Shred Fat

FLAT BELLY, SLEEK LEGS, TIGHT BUTT

In Just 3 Steps

DEFY YOUR AGE IN MINUTES



HOLLYWOOD MOGUL & BEST-SELLING AUTHOR

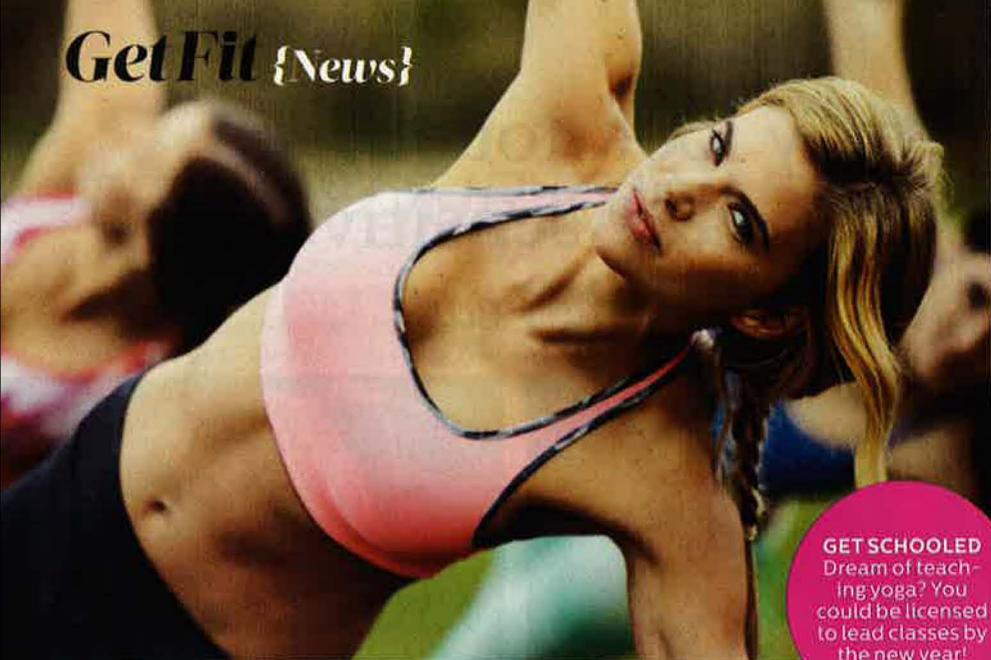
MARIA Menounos

The Easy Way She Stays SO Sexy!

TEST YOUR BREAST CANCER IQ

7 SEX MOVES THAT SIZZLE

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NEW YORK NY 10003-1226



GET SCHOOLED
Dream of teaching yoga? You could be licensed to lead classes by the new year!

Training how-to

Become a certified yoga teacher

Yoga is a way of life for millions of people, so there's always a demand for teachers. But how does the whole certification process work? First, look for a program that will earn you the Registered Yoga Teacher (RYT) certificate, says LA yoga instructor Patricia Friberg, creator of the *Power 4 Pink Workout* DVD. That will be either a 200- or 500-hour program. "In the 200-hour course, which

takes anywhere from a few intensive weeks to several months, you'll learn about anatomy and form, yoga sequences and pacing, history, meditation, and more," she says.

"If you choose the 500-hour option, which takes several months, you'll attend specialized seminars—such as yoga for kids or yoga therapy—work with a mentor, learn the business of yoga and perhaps even do a thesis-like project." Expect to pay a few thousand dollars or more for each credential. Though you don't have to be able to do crow pose to teach, but you should have a couple years' experience on the mat. Think of your seriously yoga-toned body as an annual bonus.

SOME LIKE IT HOT

Fans of Bikram and other versions of "hot" yoga love how the heat warms up muscles, but will the sweaty premise pay off with other types of exercise? Three trendy, toasty workouts to try as temps start to drop:

1. Heat up your cycling routine at **The Sweat Shoppe** (thesweatshoppe.com) in North Hollywood. In an 80° F to 83° F room, you'll spend 55 minutes mostly sprinting and climbing out of the saddle.

2. You'd be dripping even if **PXT Conditioning** (pureyoga.com) weren't dialed up to 85° F. In this hour-long fusion class at Pure Yoga's two NYC locations, you'll warm up with fast-paced yoga followed by a variety of cardio and strength intervals, including push-ups, burpees, and single-leg deadlifts mixed with active rest in plank position and downward dog.

3. Feel the burn and firm your abs in **Hot Pilates** at Crunch in New York City (crunch.com). You'll flow through exercises like swan and scissor kicks—plus some killer airplane push-ups that will set your core on fire—in this hour-long class set in 100 steamy degrees.

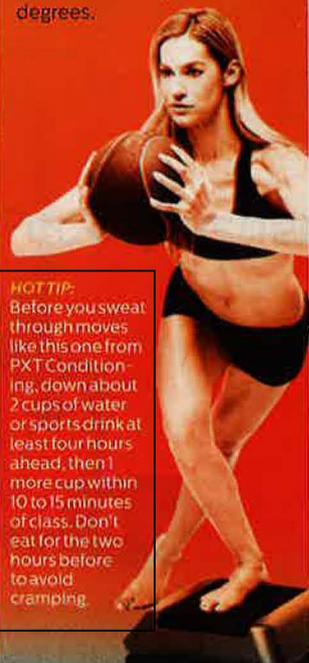
20%

THE ADDITIONAL AMOUNT OF FAT YOU'LL BURN DURING A WORKOUT IF YOU WAIT TO EAT BREAKFAST UNTIL AFTER YOUR SESSION

SOURCE: University of Northumbria Study

BE A GOAL-GETTER

If you're hoping to net a PR in your next race, set a goal. Having one prompts runners to pick up the pace toward the end, according to researchers from the University of Chicago. Racers without a specific aim tend to slow down as they near the finish line. "Even if meeting a goal doesn't come with an extrinsic reward, like qualifying for the Boston Marathon, avoiding defeat is motivation enough for most runners to push harder," says study author Devin Pope, Ph.D. Try it for your next race, but we think the strategy also applies to other workouts, not to mention your career!



HOT TIP: Before you sweat through moves like this one from PXT Conditioning, down about 2 cups of water or sports drink at least four hours ahead, then 1 more cup within 10 to 15 minutes of class. Don't eat for the two hours before to avoid cramping.