

NEW YEAR

NEW YOU

START 2016 OFF RIGHT WITH A BASIC FITNESS ROUTINE YOU CAN BUILD ON ALL YEAR LONG

January is the perfect time to revamp your exercise routine and upgrade your nutrition. But we all know how grand New Year's resolutions can easily fall by the wayside. So, instead of doing a complete overhaul, focus on small changes that can lead to big transformations down the road.

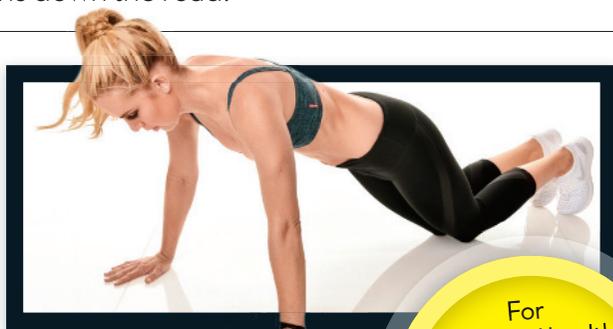


THE EXPERT
NORA TOBIN

Nutrition and performance-enhancement specialist, health and fitness director for Four Seasons and contributing editor to *Shape*.

MOVES OF THE WEEK

FIT IN 3 With the holidays over and everyone back to work, it's helpful to start an efficient fitness regimen. The Fit in 3 workout – three exercises, each performed for one minute, that will boost your energy and fire up your metabolism – takes fewer than five minutes!



STEP 1: PUSH-UPS

A. Get on all fours with hands slightly wider than shoulder-width apart. Extend legs to straight or stay on your knees for extra support. Bend at the elbows and lower down until chest hovers over the floor.

B. Press back up until arms are straight. Be sure to keep hips from dropping and hold chin off your chest. Continue the movement for one minute.

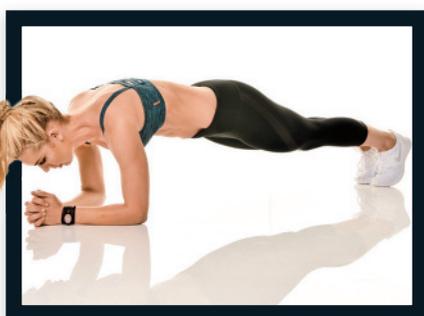
For additional health and fitness tips, follow Nora on Instagram: @NoraTobin and visit noratobin.com



STEP 2: BRIDGES

A. Lie on your back with arms at your side, knees bent and feet hip-width apart. Press hips up, forming a line from knees to shoulders and pressing hands into the floor.

B. Lower hips back to floor. Repeat the movement for one minute, keeping core and glutes engaged the entire time. Raise one leg for an added challenge.



STEP 3: PLANK

A. Get on all fours with forearms on the floor and hands clasped. Extend legs back to form a line from head to heels.

B. Draw belly button up and in, gaze toward the floor and take deep breaths. Hold the position for one minute.

THE SUPERFAST SLIM-DOWN SECRET!

No time to kick your workout program into high gear? No fear. Clinical studies show that with the SlimFast Plan, you can see results in just one week! Here's how: Replace two meals a day with SlimFast's delicious shakes, smoothies or bars, eat one sensible meal, and stave off snack attacks in between with three preportioned, 100-calorie SlimFast snacks. With the brand's new Advanced Nutrition shakes and smoothies that boast 20 grams of protein and five grams of fiber per serving, plus snacks in indulgent sweet and salty flavors (such as Peanut Butter Chocolate Snack Bites and Mesquite BBQ Baked Crisps), you'll never feel deprived. Plus, you'll see results so quickly, you'll be motivated to stick with the plan through bikini season. Stock up now to jump-start your New Year's weight-loss regimen! Visit Slimfast.com for more info.



EXERCISE PHOTOS: JESSICA DALENE PHOTOGRAPHY