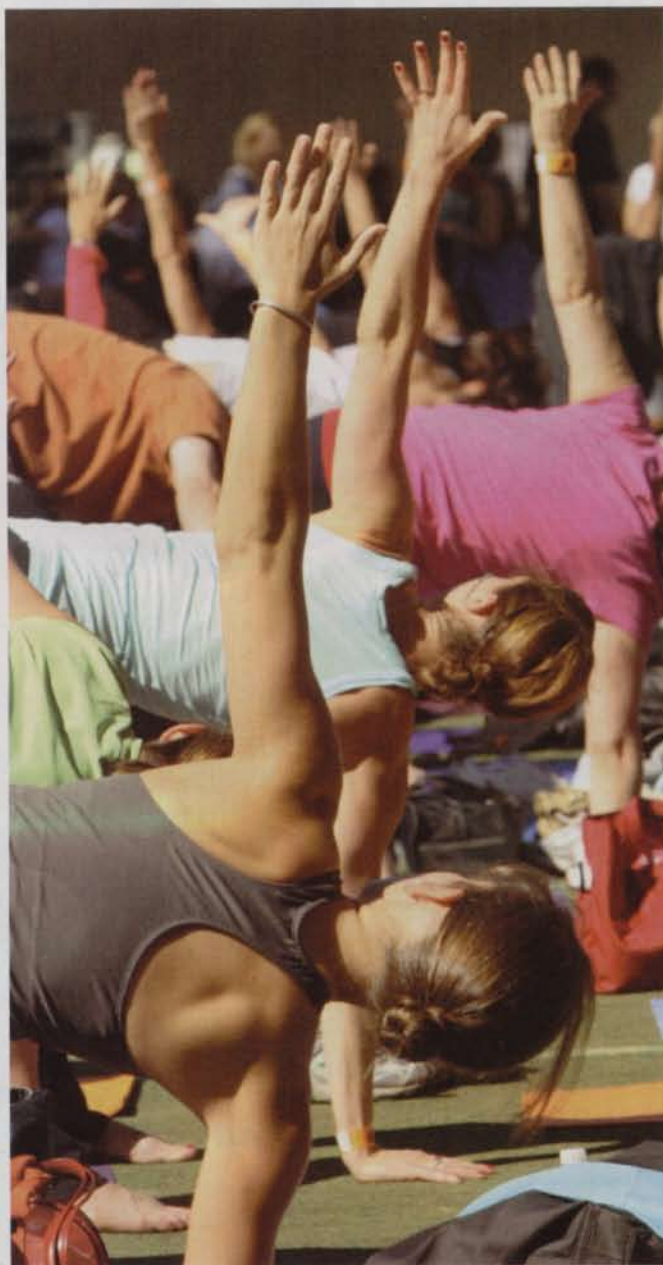




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Photo by David Martinez



SARA IVANHOE is the instructor of the *Yoga for Dummies*, *Crunch Yoga*, and *Russell Simmons' 'Yoga Live'*, DVDs selling over 4.3 million units worldwide. She is currently on Fit TV's *All Star Workouts*, has appeared on VH1's *Celebrity Rehab* and is an instructor at YogaWorks.

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NEWS WATCH

America's exercise problem

New research in *Medicine and Science in Sports and Exercise* may help explain why Americans are getting chunkier—and coax you to get off the couch. In spite of the oft-repeated recommendation to get 30 minutes of moderate exercise (like walking) five days a week, more than 75 percent of Americans don't, according to a new study. And almost no one follows the alternative recommendation—20 minutes of "vigorous" exercise three days a week (like Spinning or kickboxing). The fact is, it's a challenge to exercise if the gym's not your thing, study author Jesse Metzger says. The best thing for you? Find something you enjoy—even a pickup game of tennis—and do it often.

Summer workout booster: caffeine?

Believe it: Your double latte may help you burn fat when it's steamy outside. Spanish researchers found that cyclists who downed caffeine with their water and carbs could pedal harder for a longer time in hot conditions. (Caffeine has been shown to improve exercise endurance, but this was the first study to simulate summer temps.) The scientists think caffeine stimulates muscles, which helps offset heat-related fatigue. Two cups of your favorite morning joe before you start exercising may do the trick.



Get fit: Add this move to your exercise routine, and you'll have thinner thighs superfast.

HOT MOVE

Thinner thighs in three weeks

Try the **Wide-Stance Side-to-Side Squats** from *The One-Minute Workout* by Andrew Oye and Robert Dothard (Hilton, 2008; \$19.95).

- 1 Stand with your feet slightly wider than shoulder-width apart and hold a 12-pound body bar across your shoulders with a wide grip (or hold a 5-pound dumbbell in each hand down at your sides).
- 2 Keeping your right leg straight, bend your left knee and squat down on your left side until you feel a stretch in your right inner thigh.
- 3 Tighten your butt and push with your left thigh muscle until you return to standing position. Repeat with your right leg to complete 1 rep. Do 10 reps, 2–3 times a week. You'll see results in 3 weeks.

RUNNERS' ALERT



The right pain reliever for marathoners

If you're training for one of the big fall races like the New York City Marathon, here are a thousand best wishes and one important warning—popping ibuprofen or naproxen when you're exercising for longer than four hours may be dangerous. Reason: It can block the chemicals that regulate blood flow to the kidneys. And that could put you at risk for hyponatremia (a condition brought on by drinking too much water, diluting the salt in your body), which can cause confusion, headache, vomiting, even death. Acetaminophen is the safer choice for aches and pains while you're logging mucho miles.

GREAT GEAR

Water, when you need it

When you're in the midst of an outdoor workout and the conditions outside are hot and sticky, it's always a good idea to hydrate early and often because it replaces the fluids you lose through perspiration. Carrying your own refillable water bottle makes the task easier. Here are our new favorites.

Klean Kanteen: Made of stainless steel, these 12- to 40-ouncers come in six cool hues—Black Eclipse, Green Moss, Ocean Blue (shown), Orange Sunset, Pink Renewal, and Tree Bark. (\$20 to \$28; www.kleankanteen.com)

Camelbak: The company created a healthier plastic for all of its reusable bottles, which come in nine colors and sizes ranging from a half-liter to a liter. (\$10 to \$12; www.camelbak.com for retailers)

Sigg: Lined with a water-based resin, these 0.3- to 1.5-liter bottles are available in more than 100 designs—and they're recyclable. (\$16 to \$25; www.mysigg.com)



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