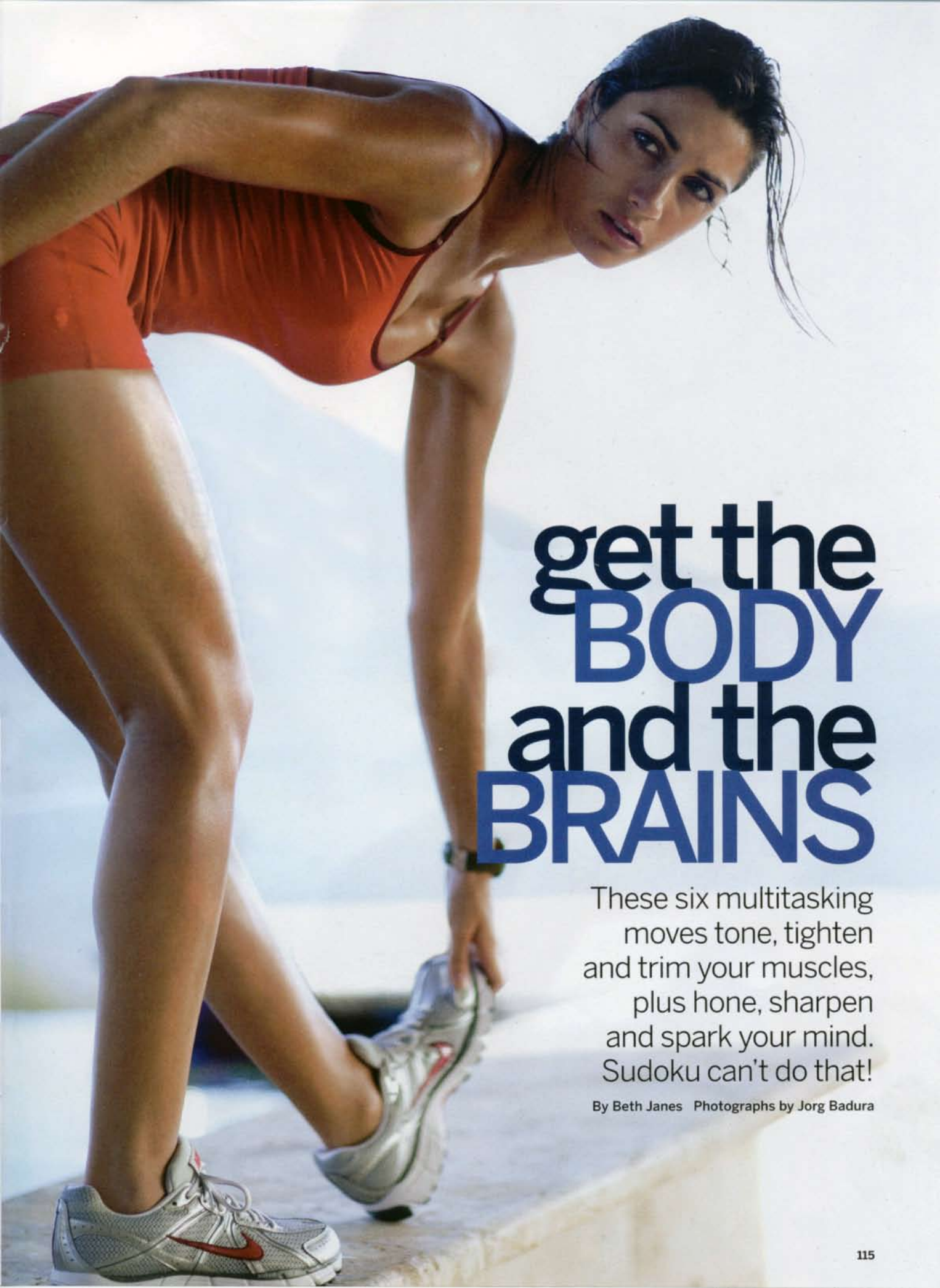


Gorgeous meets genius: Along with slimming you down, exercise may help prime your brain for more creative thinking.

SHOP  
OF THE MONTH

IN-STORE EVENT  
AT OVER 50  
APPEARANCES BY  
STYLISTS-ON-DUTY  
LOUNGE AT THE

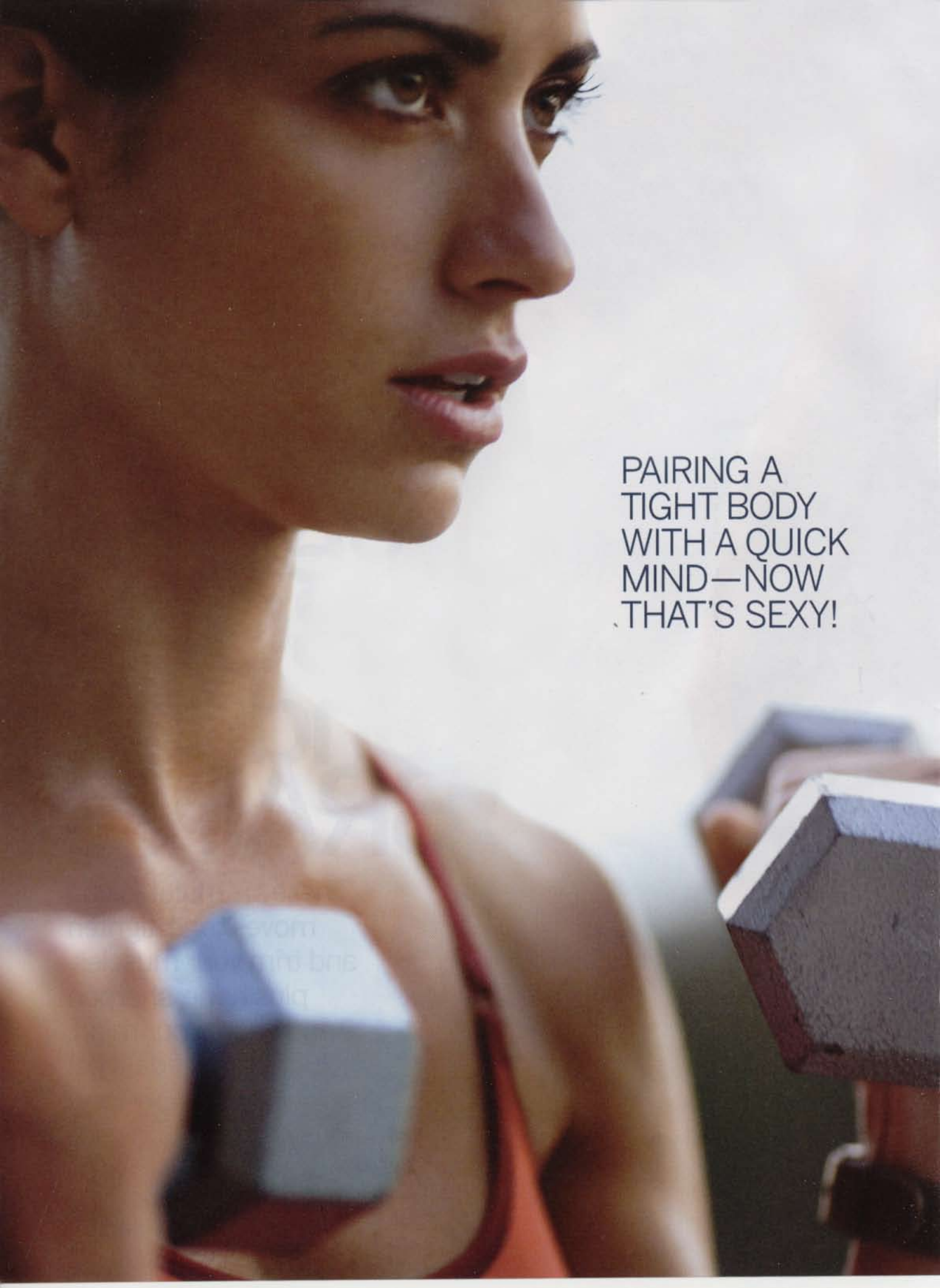
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# get the **BODY** and the **BRAINS**

These six multitasking moves tone, tighten and trim your muscles, plus hone, sharpen and spark your mind. Sudoku can't do that!

By Beth Janes Photographs by Jorg Badura

A close-up, profile view of a woman with dark hair and eyes, looking intently to the right. She is wearing a red tank top and is in the middle of lifting a blue dumbbell with her right arm. The background is a bright, slightly blurred gym setting with other dumbbells visible on a rack.

PAIRING A  
TIGHT BODY  
WITH A QUICK  
MIND—NOW  
THAT'S SEXY!

If you'd rather cross train than do a crossword, feel free: Research shows that sculpting sexy curves may go hand in hand with making you a clearer, better thinker. Exercise creates physiological changes in your brain that keep you at the top of your mental game, and certain moves offer even more brain-boosting benefits than others. Our exclusive workout below delivers beauty—a toned tush, abs and arms—and brains! But first, check out what a little sweat can do for your smarts:

## 1 Sharpen your thinking

**HOW YOUR BRAIN WORKS** The gray matter functions by firing messages back and forth between its cells, which connect to one another through “leaves” on their treelike branches, according to John Ratey, M.D., associate clinical professor of psychiatry at Harvard Medical School in Boston. The leafier those branches, the more pathways there are between brain cells and the better able you are to accumulate and process information.

**HOW YOUR BODY CAN HELP** Ever try to pat your head and rub your belly at the same time? Exercises that challenge your brain by forcing you to think about what you're doing as you do them release growth factors and other neurochemicals that help your brain sprout new connections, or leaves, between cells, Dr. Ratey explains. Over time, exercising in a way that incorporates complex motor movements—such as dance routines, tennis techniques, aerobic steps and the toning moves included in this workout—will lead to a sharper, more efficient brain.

## 2 Fine-tune memory and focus

**HOW YOUR BRAIN WORKS** The hippocampus and prefrontal cortex are two of several critical players in the areas of attention (how you stay focused on a task) and memory (recalling everything from moments of a favorite childhood vacation to where

you put your keys). Here's why: The prefrontal cortex takes in all information your brain receives, sorts it, sequences it and prioritizes it, Dr. Ratey explains. Your hippocampus plays a part in storing all of that new intel. The more and healthier cells you have in these areas, the better and stronger your focus and recall.

**HOW YOUR BODY CAN HELP** Moves that challenge your balance activate and stress these brain areas and fire your midsection muscles. (Think of standing on one leg or sitting on an exercise ball.) The movements trigger cell growth and strengthen existing cells in these parts of the brain, specifically, and require them to work together. The result: better memory and attention skills.

## 3 Spark creativity

**HOW YOUR BRAIN WORKS** To inspire new ideas, concepts and solutions, your subconscious relies on a huge database of logged information, including past actions, movements, sensations, emotions, sights and more, according to Alejandro Lleras, Ph.D., assistant professor of psychology at the University of Illinois at Urbana-Champaign. Feeding your brain new information enlarges the database, giving you more to draw from. Consider the eureka effect, Lleras says: You sit at your desk all day, stuck in a creative rut. In the car the next morning, a brilliant idea pops into your head. (Eureka!) By changing your scenery, focus, movements, etc., you fed your brain new data that it used overnight to come up with the right solution.

**HOW YOUR BODY CAN HELP** During a workout, everything changes: You move more and differently than you do when you're at the office or at home; your body experiences new sensations; different emotions bubble up; your scenery and focus shift. So while your body gets sleeker, your subconscious does the opposite: It takes in everything and packs it away for future use. You'll find you're coming up with new connections that make you a more creative thinker.

## THE WORKOUT

Each move in this plan incorporates the trifecta of brain-bettering elements—complex motor skills, balance and a new set of data—and helps you tone head to toe. Moving quickly through the routine adds cardio, which increases calorie burn and blood flow to your noggin, maximizing the brainy benefits.

**Your trainer** Jack Mantione is an integrative certified strength and conditioning specialist and a physical therapist in New York City. He works with athletes and runners to heal and prevent injuries while improving their balance and agility.

**What to do** Complete the indicated reps; try not to rest between moves. Repeat the circuit.

**What you'll need** A pair of 2- to 5-pound dumbbells



### ARMED AND DANGEROUSLY BRIGHT

**works shoulders, arms, back, abs, butt, legs**  
Balance on left leg, knee soft, and bend right knee until shin is parallel to floor. Contract abs and squeeze glutes. Hold weights, palms facing in, elbows bent 90 degrees (as shown). Pull shoulder blades toward each other and hold for 15 to 30 seconds. Return to start. Switch legs; repeat.



### X MARKS THE SMART

**works shoulders, arms, abs, butt**  
Stand with feet hip-width apart, a weight in each hand, palms facing forward. Rest weight in right hand on side of butt for added resistance, then raise left arm to side until parallel to floor as you lift right leg out to side (as shown). Return to standing; repeat on opposite side for one rep. Do 12 reps.

### QUICK-WIT KICK

works arms, abs, butt, legs

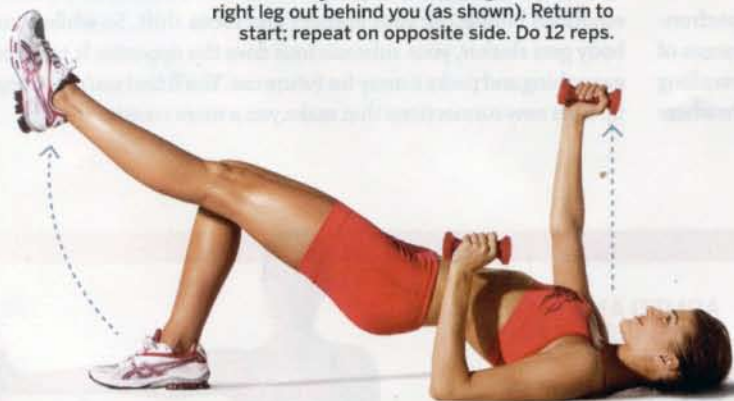
Stand facing a step or bench, holding weights at sides. Step up with left foot and extend right leg in front of you, as you curl weight in left hand toward shoulder and extend right arm back (as shown). Step right foot back to floor, switching arm positions so you curl right hand toward shoulder and extend left arm back. Do 12 reps. Switch legs; repeat.



### BUTT AND BRAIN TEASER

works butt, shoulders, arms, abs

Stand with feet shoulder-width apart, a weight in each hand, to start. Rest weight in right hand on butt to add resistance; raise left arm in front of you to shoulder height and extend right leg out behind you (as shown). Return to start; repeat on opposite side. Do 12 reps.



### GENIUS SHAPER

works abs, shoulders, chest, butt, legs

Lie faceup with knees bent, feet flat, arms at sides with a weight in each hand and elbows bent 90 degrees, to start. Lift pelvis as you extend and lift left leg and press weight in right hand upward, palm facing in (as shown). Stay in a bridge and lower right arm and left leg. Repeat on opposite side. Do 12 reps.



### MIND CRUNCH

works abs, obliques, chest, back

Lie faceup with knees bent, feet flat, arms extended along floor above head with a weight in each hand, palms facing each other, to start. Reach arms up over head, then crunch, twisting and reaching arms across torso to left side as you straighten and lift left leg (as shown). Return to start; repeat on opposite side. Do 12 reps.

## THINK YOUR WAY FIT

It works both ways: You can train your brain to bring better-body results!

**See the finish line.** Before starting a new routine, write down one or two big-picture reasons you're doing it. Whether you want to look hot in a bikini or finish a marathon, when you get to a difficult point in your regimen, you will draw stick-with-it motivation from visualizing success, says Trent Petrie, Ph.D., director of the Center for Sport Psychology at the University of North Texas in Denton.

**Set mini-goals.** When you lace up your shoes, decide exactly what you want to accomplish that day. An objective can be as simple as making it through a tough class or as specific as wanting to lift X more pounds than you did last week. Small, repeated successes will help you stay committed to your long-term plan, Petrie says.

**Zero in on the muscle.** Letting your mind drift while jogging can be a good thing, but during strength training it might mean diminished results because your form may slip, says Amy Ashmore, Ph.D., a spokeswoman in Las Vegas for the American Council on Exercise. "Think about the targeted muscle, squeeze it before you release and envision how you want it to look," she recommends.

**Tweak your self-talk.** Your body won't do something unless your brain tells it to. If you start thinking, I can't run up this hill, your body listens. "Negativity is like rocks in a backpack," Petrie says. "It slows you down." To fight self-doubt, spin the truth: Instead of cursing the hill, think, This hill is hard, but I'm getting better with each step, and eventually they will all feel easier.


**Give credit where it's due.** When you have a great workout session, it's not luck or a fluke. As you drive home or rinse off in the shower, remind yourself that you were successful because you've been pushing yourself harder or eating better or staying more focused, Petrie says. Knowing you are in control of the outcome keeps you motivated and striving to do your best.



### WATCH AND LEARN

Snap this icon to see this workout in motion and get technique tips from our trainer.

Get the free app for your phone at <http://gettag.mobi>.



BE WISE WITH  
YOUR TIME:  
STRENGTHEN  
YOUR BODY  
AND BRAIN  
TOGETHER.

Styling, Lida Moore Musso; hair, Noah Hatton for Cutler/Redken; makeup, Carmindy for Natural Beauty by Carmindy. Moves: Styling, Lida Moore Musso; hair, Sarah Sibia for See Management; makeup, Joy Fennell for Dior Beauty. See Get-It Guide.