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The Ultimate 16 MINUTE WORKOUT

IT FIGURES. Just when you could benefit most from the stress-busting, energy-boosting effects of exercise—like when you're traveling or swamped with tasks at home—you don't have time. But 16 minutes is all it takes to get your heart pumping, to work most of your muscles, and to stretch your body, says Michael J. Hewitt, Ph.D., health and healing director at Canyon Ranch Health Resort in Tucson, Ariz. He designed the following super-quick workout for the days or weeks when you don't have time for more.

To do the workout, you'll need a jump rope, a clock or watch, a bath towel, and an object you'll use as a free weight, like a purse or briefcase. To determine if your object is the right weight for you, try 10 repetitions of Single Arm Row or Chest Press, described on page 94. "If you can't do 10 in good form, your weight's probably a little too heavy," Hewitt says. "If you could have done a couple more, you probably need a heavier weight."

BY ERIN O'DONNELL PHOTOGRAPHS BY JOSHUA DALSIMER



Jump Rope

TOTAL TIME ELAPSED:
5 minutes



Single Arm Row
TOTAL TIME ELAPSED:
9 minutes
48 seconds

Jump Rope

Using a rope, jump in place for 5 minutes. That sounds easy, but it's actually a challenge for most of us to jump for that long, Hewitt says. If you feel winded after a minute or two, stop and walk around the room for a minute to catch your breath, and then resume jumping. Watch the clock and alternate between jumping and walking until you hit the 5-minute mark.

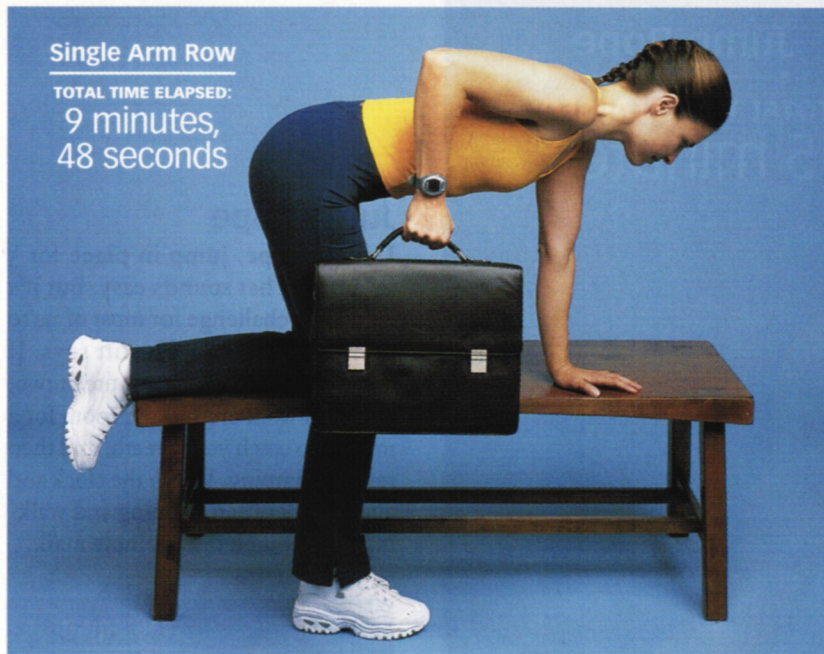
Wall Squat

TOTAL TIME ELAPSED:
6 minutes,
36 seconds



Wall Squat

1. Stand with your back to a wall or closed door. Your feet should be about shoulder-width apart and about 1 to 1½ feet away from the wall or door. Lean back so that your whole back rests against this surface.
2. Slide slowly down the wall until your knees create a 90-degree angle. Be sure to keep your knees directly above your ankles. And then slowly press yourself back up to a standing position. Repeat 9 times. For a bigger challenge, hold a briefcase (or other object for weight) against your chest, as pictured, as you slide up and down the wall. >>

Single Arm RowTOTAL TIME ELAPSED:
9 minutes,
48 seconds**Single Arm Row**

1. Stand next to a bench or bed or other stationary object that is about knee height, and put your briefcase (or other object for weight) on the floor near you. Place your left knee and left hand on the bench, and plant your right foot on the floor next to the

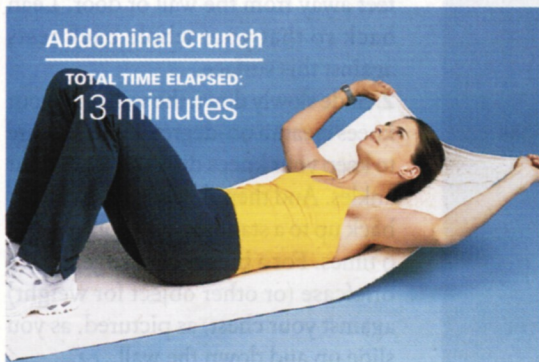
bench. Your back should be fairly flat and parallel to the ground.

2. Use your right hand to pick up your briefcase. Slowly pull the briefcase up toward your waist, as pictured, and then slowly lower the briefcase toward the floor. Repeat 9 times. Follow with 10 repetitions on the opposite side.

Chest PressTOTAL TIME ELAPSED:
11 minutes,
24 seconds**Chest Press**

1. Lie down on your towel on the floor with your briefcase (or other object) next to you. Bend your knees so your feet are flat on the floor. Your feet should also be about hip-width apart. Grab your briefcase and hold it with both hands on your chest, with your upper arms flat on the floor and your elbows pointing out to the sides.

2. Press the briefcase up toward the ceiling, directly over your chest, until your arms are fully extended, as pictured. And then lower the briefcase until your hands touch your chest and your upper arms touch the floor. Repeat 9 times.

Abdominal CrunchTOTAL TIME ELAPSED:
13 minutes**PUTTING IT TO THE TEST****I Discovered Fast Fitness**

When I'm traveling, my workout usually involves some half-hearted sit-ups while watching the Weather Channel. I felt like I needed more, so during a recent four-day business trip I tried the 16-Minute Workout. I packed a jump rope and used my carry-on bag as a weight.

This routine looked pretty easy, but on my first morning in the hotel, I discovered that the jump rope segment was much harder than I'd imagined. After 30 seconds of jumping I was winded, and after one minute I was totally demoralized, so I alternated between jumping and walking around the room. During the weight-lifting segment, the weight I chose (my nearly empty carry-on bag) was far too light. Adding more items to the bag made the moves more challenging. The stretches were pleasant and effective.

Even though jumping rope left me gasping for air, it also got me revved up for the day, and I felt full of energy. By my last morning in the hotel I noticed a slight improvement in my staying power. Part of the value of this workout was that it showed me how lopsided my at-home fitness habits are. Now, back home, I jump rope every morning. One of these days I will jump for five minutes straight.

—Cheryl Redmond, 40, Natural Health Associate Food Editor

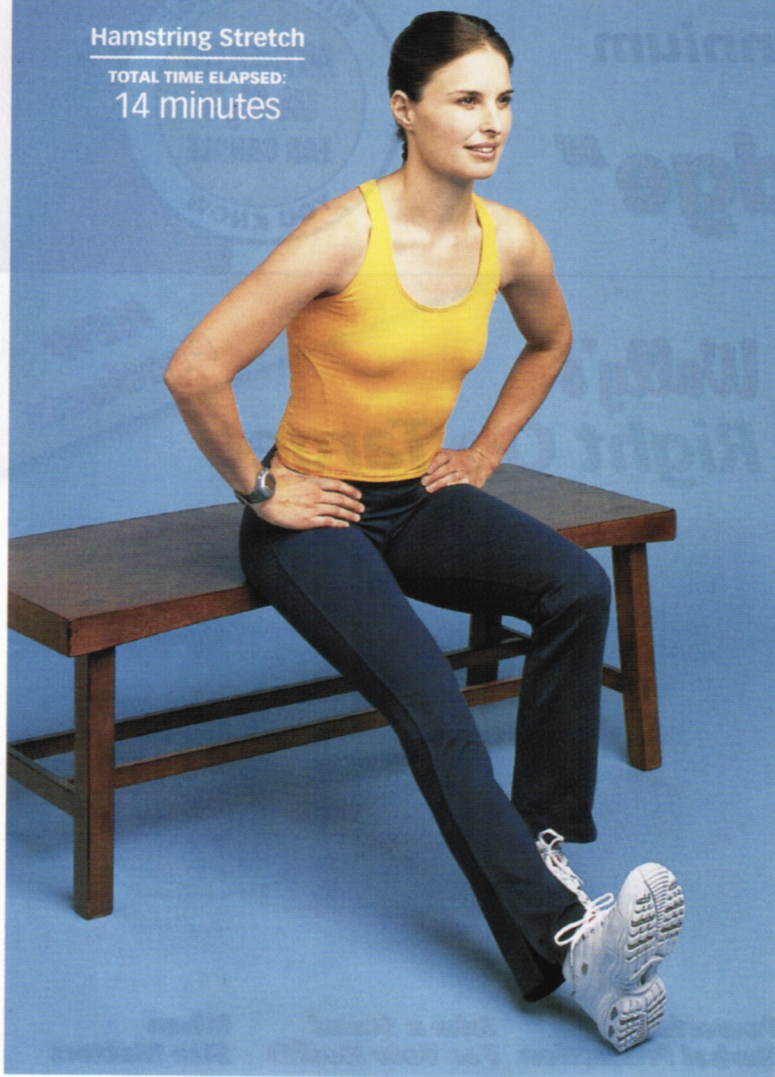
Abdominal Crunch

1. Remain on the floor with your knees bent and your feet flat on the floor. Reach back and grasp the corners of the towel. (The towel will cradle your head and neck and prevent you from straining your neck.)

2. Lift your shoulders and your head a few inches off the floor, just high enough for your shoulder blades to clear the floor, as pictured. And then lower your shoulders to the ground. Repeat 9 times.

Hamstring Stretch

TOTAL TIME ELAPSED:
14 minutes



Hamstring Stretch

1. Sit on the front edge of a chair with your back straight and tall, your hands in your lap, and your feet on the floor. Extend your right leg out on the floor in front of you.
2. Keeping your head in line with your spine, bring your navel forward a few inches, as pictured, until you feel a stretch in the back of your right leg. Hold for 15 to 30 seconds as you breathe deeply. Return to an upright position and repeat with your left leg.

Hip Stretch

1. Sit on the front edge of a chair with your feet flat on the floor and your knees at a 90-degree angle. Place the right side of your right foot on top of your left knee.

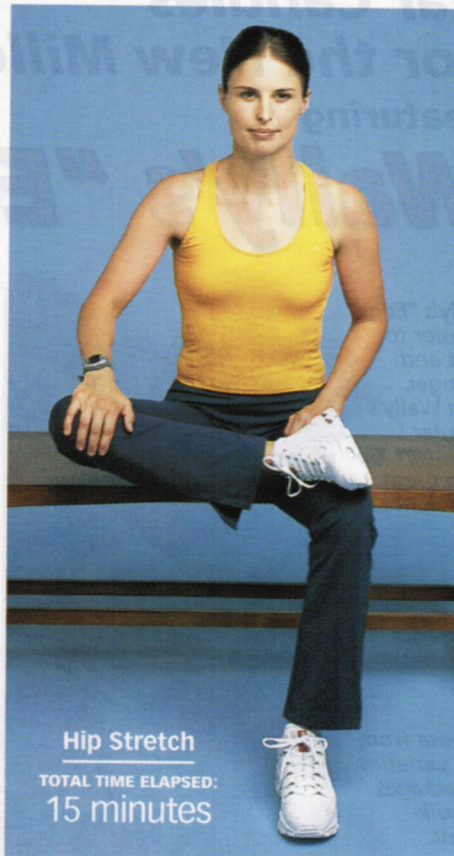
2. Sit up as tall as you can as you bring your chest forward a few inches, keeping your head in line with your spine. With your right hand, press down gently on your right knee, as pictured, until you feel a stretch on the outside of your right hip. Hold for 15 to 30 seconds as you breathe deeply, and then release. Repeat on the left side.

Hug Twist

1. Sit up as tall as you can with your feet flat on the floor. Reach your left hand across your body and grasp your right shoulder as if you were hugging yourself. Grab your left elbow with your right hand and press that elbow toward your right shoulder.

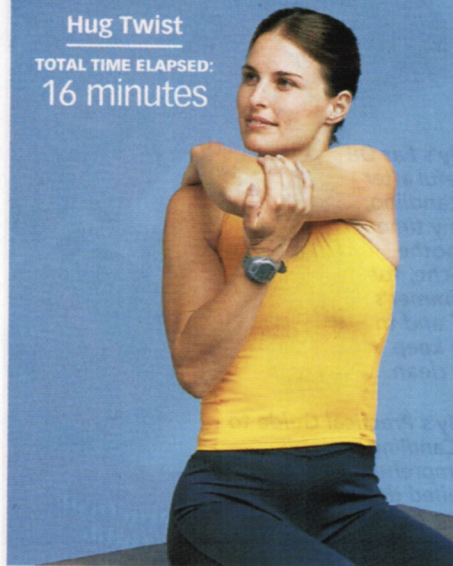
Hip Stretch

TOTAL TIME ELAPSED:
15 minutes



Hug Twist

TOTAL TIME ELAPSED:
16 minutes



2. At the same time, rotate your torso to the right and look over your right shoulder, as pictured. Breathe deeply and hold for 15 to 30 seconds, and then release. Repeat on the opposite side. ●

Erin O'Donnell is a Natural Health senior editor. She discovered that the stretches on this page are subtle enough to do during meetings.