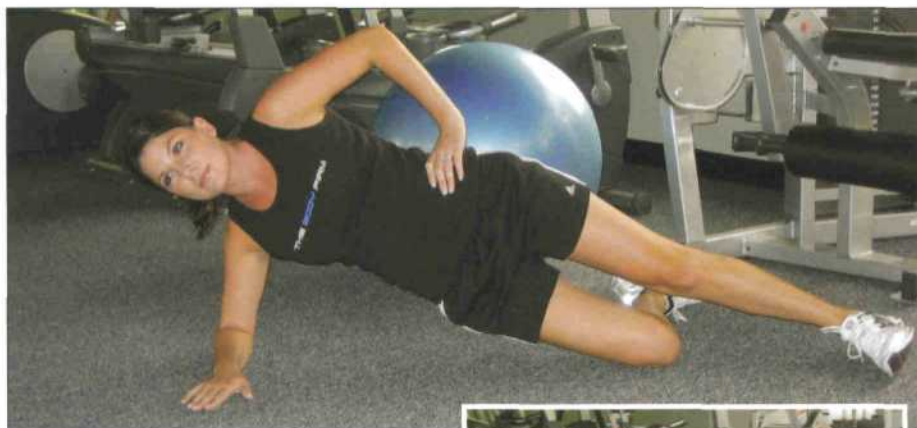


Fight Those Holiday Pounds

Doug Thompson from The Body Firm gives us a quick and easy workout to fight the holiday pounds.



Exercise 1, Side plank with Hip Abduction.



Well folks, it's that time of year again. The holidays have officially arrived and you know what that means: For many of us, the result is an extra 5 to 10 pounds of weight gain. We've worked hard most of the year to live a healthy lifestyle and yet it all boils down to the last two months when the level of temptation is the highest and most irresistible. Many of us succumb to cheesecake, pie, mashed potatoes and gravy. I recently turned to Doug Thompson, owner of The Body Firm Fitness Studio, for tips on how to prevent those dreaded pounds from finding their way to my hips this holiday season.

I squealed with glee when I heard Doug say, "Go ahead and indulge." The key is portion control. Food isn't the only culprit for holiday weight gain, though. With schedules that are busy and stressful our physical activity tends to decrease. "It doesn't take a great deal of time to add some exercise and activity to your day," says Thompson. He suggested a quick and easy workout that we can do at home in 20 minutes or less.

"This is a workout that is designed for the busy holiday season with the use of exercise bands and a stability ball," says Thompson. "It is a program that you can

do at home, in a gym or when you're traveling." These eight strength and endurance exercises target all the muscle groups and are arranged in a circuit format for cardiovascular conditioning. You can go through the sequence in 10 minutes and repeat it up to three times. Thompson recommends the exercises be completed using 10 to 20 repetitions at a moderate pace. Four of the exercises are shown and you'll find the other four at www.thebodyfirmaz.com. As always, consult with your physician before beginning any exercise program.

Rotation:

1. Side Plank with Hip Abduction:

A) Lay on side with the right leg pulled back and the left hand on the hip, with the shoulder back. Align right elbow directly under shoulder. Right hip should be up so the shoulder and knee form a straight line.

B) With the abdominals drawn in, raise the left leg about 1 foot off the ground.

Keeping the foot pointed straight ahead, pause at the top before returning to the starting position. Repeat 10 to 20 times, switch sides and repeat.

2. Leg Curl (stability ball)

3. Push-up (from knees or toes)

4. Pull-thru to Tricep Extension (resistance bands)

5. Reverse Lunge to Shoulder Press:

A) Place resistance band under the right foot and hold with the right hand. The left knee should be about 6 inches from the floor and behind the left glute. Keep the hips level and the spine straight.

B) With the weight under the right ankle, come to an upright position while extending the right arm. Balance, hold and slowly return to the starting position. Repeat for desired number of repetitions and switch sides.



Exercise 5, Reverse Lunge to Shoulder Press.





Exercise 7,
Bicep Curl.

6. Crunch with Rotation (stability ball)
7. Bicep Curl:

A) Stand in position with the feet shoulder-width and the knees and hips slightly bent. Keeping the weight on the heels, with the abdominals pulled in and the arms extended in front of the body.

B) With the hands relaxed, contract the biceps and pull the lower arms as far as they will go without moving the upper arms. Pause, continue to contract the biceps and slowly return the arms back to the original start position. Repeat.

8. Squat to Row:

A) Place the feet shoulder-width, abdominals drawn in, knees bent and arms extended. Note the weight is in the heels and the knees should not be past the toes.

B) Extend the legs, elevate your body and pull the shoulder blades together. Keep the arms close to the side of the body until the elbows are about straight down from the shoulders. Slowly return to the squat position. Repeat.



Exercise 8,
Squat to
Row.