

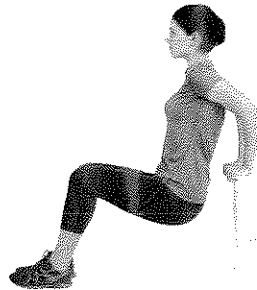
WORKOUT #2 *Total body strengtheners*

Research found that strength training can reduce your chance of having multiple heart-disease risk factors—such as high blood pressure, high triglycerides, low HDL cholesterol and obesity—by 37%. And you don't need to lift weights to benefit. This routine uses your body weight and a sturdy chair to tone and tighten.

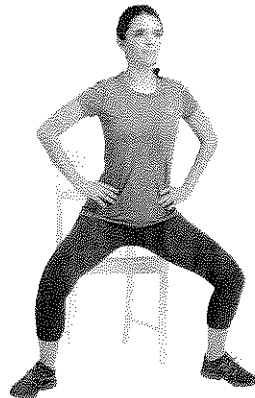
1 MIN: Warmup
March in place.



1 MIN: Standing leg lift
Stand with feet hip-distance apart, holding onto the back of the chair. Slowly lift left leg to the side, keeping it straight and slightly behind hips. Bring back to start. Repeat for 30 seconds, then switch legs.



1 MIN: Chair dip
Sit with hands on the edge of the seat. Slide your backside off the chair and bend elbows as you lower body down a few inches. Push back up until arms are straight. Repeat.



1 MIN: Plié squat
Stand with back to the chair and feet wider than shoulder-width, toes turned out. Squat as if about to sit in the chair. Hold for 2 beats, then push back up to the start position. Repeat this movement.

REST-UP RULE
Give your muscles time to repair themselves (and prevent injury) by taking two days off between strength training workouts.



1 MIN: Seated crunch
Sit tall on the edge of the chair with back straight and hands placed behind head. Lift left knee and twist torso to bring right elbow to left knee. Return to start and repeat on the other side, bringing right knee toward left elbow. Continue switching sides.

4 MIN: Repeat all four moves
Leg lifts, chair dips, plié squats and seated crunches.

1 MIN: Cooldown
Stand up and stretch arms overhead as you lean side to side and take deep breaths.

SOURCES: Peter Magyari, PhD, associate professor of exercise physiology, Brooks College of Health, University of North Florida. Cindy Whitmarsh, ACE-certified fitness instructor, star of the UFit DVD series. Moves demonstrated by health editor Rachel Morris.

STYLING: CLOTHRE

SHAPE-UP SHORTCUTS

Don't have 10 minutes? Try these quickie workouts that help your heart.

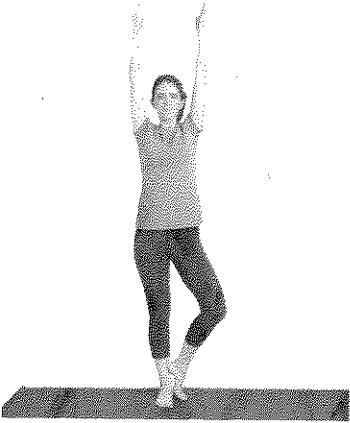
If you have 1 minute...
Jog in place, do jumping jacks or jump rope.

If you have 2 minutes...
Go up and down one flight of stairs three times.

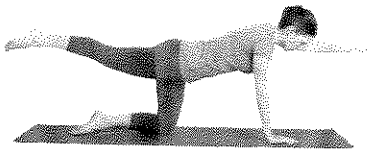
If you have 5 minutes...
Turn on the radio and dance to two songs.

WORKOUT #3 *Stretch away stress*

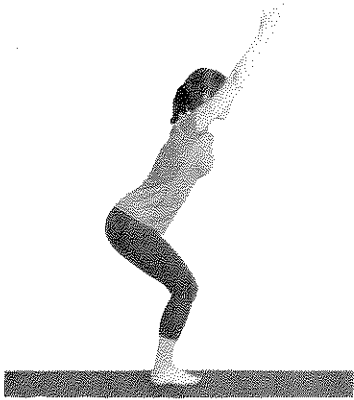
Yoga has been shown to lower anxiety levels *and* blood pressure, making it a truly heart-friendly exercise. Run through this feel-good routine four times in a row for a mind and body boost.



30 SEC: Tree pose
Stand with left heel touching right ankle. Bring hands into prayer position in front of chest, then extend arms straight up on either side of head, palms facing. Hold. (If you have a heart condition, avoid raising arms overhead.)



1 MIN: Bird dog
Start on hands and knees with back straight and abs pulled in. Lift left arm up until it is parallel to floor while straightening and lifting right leg so it's also parallel to floor. Hold for one beat, then lower to start position and repeat on other side. Continue switching legs.

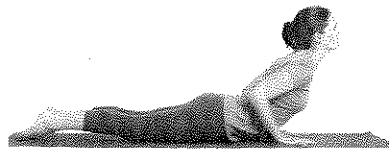


15 SEC: Fierce hold
Stand with legs together and feet touching. Sink hips back as if you're about to sit, bringing arms straight up above you next to your ears. Hold. (If you have a heart condition, extend arms in front of you instead.)



30 SEC: Bridge
Lie on your back with knees bent directly over heels. Place arms at sides, then press feet into the floor as you lift hips. Slightly squeeze buttocks and press arms into floor for support. Hold.

CLASS ACT
If you're new to yoga, it's a good idea to take a few classes to learn correct form. Go to yogafinder.com to find lessons in your area.



15 SEC: Cobra
Lie face down with legs straight, tops of feet on floor and palms flat on the floor. Lift your chest, keeping hands under your shoulders and upper body relaxed. Hold.

SOURCE: Mala Cunningham, PhD, founder, Cardiac Medical Yoga. All moves demonstrated by health editor Rachel Morris.