

SELF

The Quickie Workout

Your 20-minute shortcut to a better body

SPECIAL FITNESS ISSUE

- ★ **12 ab flatteners**
Not a crunch in the bunch, p. 91
- ★ **Stay slim for life**
Keep fat out of your future, p. 190
- ★ **The #1 way to lose inches**
Finally get the results you want, p. 180

Eat your way thin

The miracle food you may be missing

Health emergency!

Would you make the right decision?
Test yourself and find out



SEPTEMBER 2002 \$2.99
CANADA/FOREIGN \$3.95

Sheryl Crow
Fit and high energy at 40

Plus:
Secrets of Madonna, Britney and other ROCK BODIES
p. 49

Spend, spend, spend

Woodway's Desmo Elite treadmill is as cushy as a trampoline. \$15,900; 800-WOODWAY



Invite a friend over—two at a time can lift on Vectra's On-Line 1850. \$4,695; www.vetrafitness.com



Peak Pilates's Classic Contemporary Reformer limbers you up... and doubles as a table! \$2,895; www.peakpilates.com



Prada Sport's top is warm and cozy on the inside, sleek and well cut on the outside. Just like you! \$290
Neiman Marc

Thanks to a comfy sole, Hogan's shoes can go from a long walk right to the coffee bar. \$355; Hogan, NYC



Ankle drawstrings make Jill Sander's pants sporty. \$560; Barneys, NYC



Wake up! Puma's cheery top gets us moving. \$40; www.puma.com



You can roll Patagonia's Dragonfly Pullover into the size of a Ping-Pong ball—and take it anywhere. \$135; www.patagonia.com



No short shorts: Lady Foot Locker Sport pants. \$20; 800-991-6815

Why no sneaker here? Because it's not the brand but the fit that counts. Head to an athletic-shoe shop for one that suits your high-arched, wide-toed or flat foot.

Eau to go: CamelBak's Cloud Walker holds 70 ounces. www.camelbak.com



COST
\$4,985

Who doesn't love the beach? Sand offers more resistance (and a bigger calorie burn) on a walk or run. And we're all for an invigorating dip when you're done!



Music keeps us moving. Sony's S2 Sports CD Walkman plays CDs and MP3s. (Donna Summer sounds sooo good.) \$150; www.sony.com

Promise yourself a week at Body & Soul Adventures, a Brazilian spa where you can kayak and hike. \$2,500; www.bodyandsouladventures.com

A top-of-the-line treat: the newly restored Hotel Hana-Maui resort. From \$2,975 per week; www.hotelhanamaui.com

Get a guru who will push you to your limit working both body and ego. About \$68 per hour; www.nasca-lift.org/CPTReferrals



COST
\$29,940

Haute hydrator: Fiji, drawn from beneath volcanic rock. \$1.69

The plushiest gyms (like Clay in NYC) offer indulgences such as fireplace lounges, cooking classes and famous trainers. About \$2,200 per year



Cardio

Strength

Flexibility

Gear

Water

Place to do it

Motivation

Reward