

# fitness

More Flavor, Less Fat

7 EASY, SATISFYING DINNERS

Mind, Body + Spirit

ARMS + ABS + LEGS

**TRIM &  
TONE  
EVERY  
BULGE**

**IN 18  
MINUTES**

Simple Ways to  
➔ **Cook Smarter**  
➔ **Eat Healthier**

**BEAT  
EXERCISE  
BOREDOM**

**BEAUTY  
BARGAINS!**

How to Look  
Pretty for  
a Lot Less

**Half-Marathon  
Special  
A Complete  
Guide for  
Beginners**

Scrubs Star  
**SARAH  
CHALKE'S  
STAY-SLIM  
SECRETS**

MARCH 2009  
FITNESSMAGAZINE.COM



# Warm-Up Workshop

Put a spring in your step before you stretch for this five-minute warm-up routine. *Running Strong & Injury Free*



**2 ▼ BOUND FORWARD**  
leaping stride (leg fully extended)



**HANDY CANDY**  
These fruity chews are a tasty way to get electrolytes. Eat one 100-calorie pack of Luna Sport Moons every hour (\$1.29, lunabar.com).

**RAY BAN**  
Don't let a sunburn ruin your run. Coola Sport 45 SPF water-resistant sunscreen keeps you cool as you sweat (\$32, coolasuncare.com).

## GET MOTIVATED!

Find the drive to go the distance with these tips from marathon pros.

● **JUST SHOW UP.** "I never think all or nothing," says three-time MORE Marathon winner Susan Green. "If I'm not motivated to do an entire workout, I'll do a quick mile run and I still feel like I've accomplished something. Even if I only finish out of 10 times, I end up completing the whole distance."

● **KEEP YOUR EYES ON THE PRIZE.** "When I go through a bad training, I refocus on my goals and remind myself that it's worth it," says Tera Goucher, who placed third in the 2008 ING New York City Marathon with the fastest-ever marathon time by an American woman. "If you just push through those times once, you'll know you can do it again."

● **SEEK OUT INSPIRATION.** Pick up page-turner books about amazing physical feats like swimming across the English Channel," says Tera Moody, who finished fifth in the women's marathon at the 2008 U.S. Olympic Team Trials. "After that, my training simply doesn't seem so bad!"

## Race-Day Emergency Kit Dodge any runner bummer with these on-the-go essentials.



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**RAY BAN**  
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**RUN-BRELLA**  
In case of rain, pack a cap! The Daybreak Women's Running Hat is breathable and wicks away sweat—or water (\$22, nike.com).

**STEP SAVER**  
Nexcare Active Waterproof Blister Pads stick to sweaty feet and offer extra cushioning (\$3.19 to \$4.49, drugstores).

**FRICTION FIX**  
Asics Chafe Free Endurance Gel dries instantly (\$7, asics.com for stores).

**MOUTH GUARD**  
Keep lips moist and sun-safe with Nivea A Kiss of Protection SPF 30 balm. It contains soothing shea butter and vitamin E (\$3, drugstores).

**FANNY PACK... only better.**  
The CamelBak Delaney run-walk belt comes with a 24-ounce water bottle and four pockets (\$40, camelbak.com for info).

**Run With Fitness!** Go to [www.fitnessmagazine.com/marathon](http://www.fitnessmagazine.com/marathon) to sign up for the MORE/FITNESS Marathon and Half-Marathon in New York City's Central Park on April 26. Plus, check out blogs from FITNESS staffers in training.