



## walk it off

by Cheryl S. Grant

# lose 10 pounds—fast!

“Stop slouching” might have been some of the best advice your mother ever gave you. Experts have found that if you stand up straight when you walk, you’ll burn more calories, flatten your belly and look thinner.

» “It all starts with being an **ab-conscious** walker,” says Brooke Siler, owner of re:AB Pilates in New York City and designer of the 30-minute workout below. “You can teach yourself to do this naturally with one simple trick: **Before going out for a fitness walk, place a belt around the thinnest part of your waist (not through any belt loops). Make it snug, but not too tight. As you move, pull your abs up and your shoulders back so that the belt begins to feel almost loose.** Wear the belt every time you go walking and in about three weeks (the time it generally takes for something to become a habit) you’ll automatically start tightening your abs. Soon you’ll find yourself walking taller and looking leaner throughout your entire day.

Good posture leads to better digestion and an increase in energy—so you can walk farther and lose more weight.



## Stand Tall Walking Plan

Designed by Brooke Siler

|                  |   |
|------------------|---|
| <b>2 minutes</b> | Walk with your hands clasped on top of your head. This causes the heart to pump blood upward, increasing the cardio benefit and jump-starting the calorie burn. |
| <b>5 minutes</b> | Focus on your belt and the ab-conscious walking described above.  |
| <b>2 minutes</b> | Make an effort to push harder off of your back foot and feel how that changes the dynamic of your gait.   |
| <b>5 minutes</b> | Continue ab-conscious walking at a brisk pace.  |
| <b>3 minutes</b> | Pump your arms, keeping elbows in (no chicken arms) and your fists moving in an arc from chin to hip level.   |
| <b>5 minutes</b> | Return to a brisk ab-conscious walk.  |
| <b>3 minutes</b> | Add large arm circles to engage your obliques and further elongate the waist. Circle forward and then backward.   |
| <b>3 minutes</b> | Try one more burst of the ab-conscious brisk walking.   |
| <b>2 minutes</b> | Slow it down to reduce your heart rate.   |

**WIN!**

**Stride in Style** Ten readers will be heading around the block in a pair of New Balance sneakers (specifically designed for walking) along with relaxed-fit pants and a sporty jacket (\$255 value, [newbalance.com](http://newbalance.com)). See page 306 for rules.

Photo (woman): M. Sandkühler/jumpfoto.