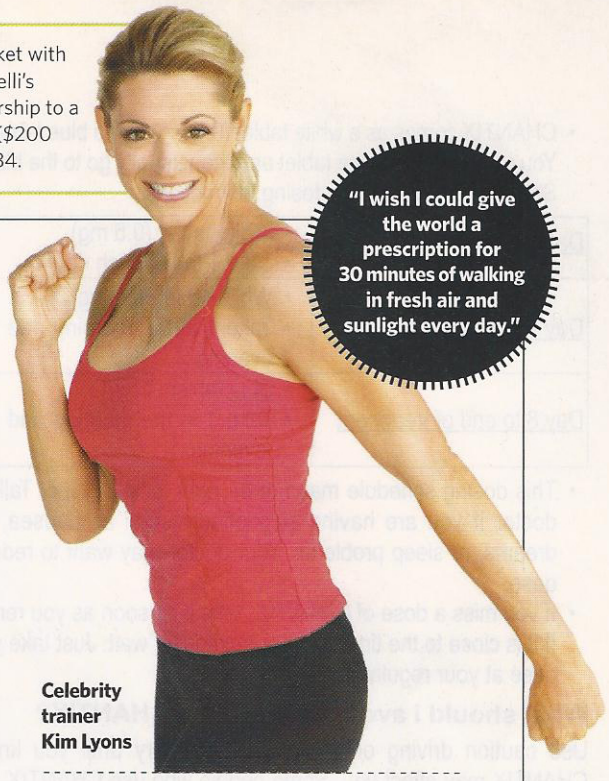
by Cheryl S. Grant

WIN! Ten readers will get a gift basket with Kim Lyons' and Valerie Bertinelli's workout DVDs, a VIP membership to a Jenny Craig center and more ($200 value). For details, see page 134.

Boost Your Mood, Drop Pounds

Feeling stressed can be the body's way of telling us we need to take a break or make a change for the better. But most of us do the exact opposite. "Typically, stressed-out individuals cut back on enjoyable activities," says Karen Matthews, Ph.D., professor of psychiatry at the University of Pittsburgh School of Medicine. Instead, we need to bump up the fun in our lives, be it by taking a brisk walk with friends or heading to the movies. People who spend more time doing these types of activities weigh less, have lower blood pressure and lower cortisol (stress hormone) levels—plus they're more satisfied with life. Check out the workout from celebrity trainer Kim Lyons, and you'll be adding a few more skips, hops and jumps to your day.



"I wish I could give the world a prescription for 30 minutes of walking in fresh air and sunlight every day."

Celebrity trainer Kim Lyons

MINUTES	WALK THIS WAY	OPTIONAL ARM MOVES
0:00-3:00	Warm up with a slow walk.	**Keep arms bent at 90 degrees.**
3:01-6:00	Move quickly with short strides.	**Swing your bent arms underhanded, so fists are in front of face, like a boxing uppercut.**
6:01-7:00	Your favorite pace.	
7:01-10:00	Keep it relatively slow but take longer strides.	**Punch your fists from next to your chest to straight out in front of you.**
10:01-12:00	Recover and reflect on what motivates you to move.	
12:01-14:00	Lift legs in a march-like motion with each step.	**Bend and straighten your arms back behind you to work the triceps.**
14:01-15:00	Walk normally but keep arms pumping to burn more calories.	
15:01-17:00	Stop walking and face a curb; step up and down, alternating feet.	**Punch your fists from in front of your chest to up and overhead.**
17:01-18:00	Take it easy for one minute.	
18:01-20:00	When there's nobody around to laugh, do the bunny hop: Start with feet shoulder-width apart. Squat and then leap as far ahead as you can. Repeat.	**Extend arms behind you when you squat and then swing them forward as you jump.**
20:01-21:00	Focus on breathing at a comfortable rate.	
21:01-23:00	Lift legs in a march-like motion, making sure to raise knees at least to hip level, if not higher.	**Twist opposite elbow toward the high knee (they don't have to touch).**
23:01-24:00	Zero in on keeping your shoulders back as you recover.	
24:01-26:00	Skip. If the neighbors see you, don't worry; it will simply make them smile.	**Allow your arms to swing naturally from side to side.**
26:01-27:00	Slow it down and think about friends you used to skip with as a child.	
27:01-30:00	Cool down. Walk slowly or stop and step from side to side.	**Do some easy but focused biceps curls.**

Photo: Courtesy of Jenny Craig. Illustrations: Brown Bird Design.