

Mind, Body + Spirit

fitness **fitness**



FREE
New Fitness
Videos
For Every Body
Type p.12

Walk Off More Weight

Melt Winter Flab Fast

So Long, Cellulite!

Firm Your Hips, Thighs
& Butt in 3 Moves p.58

BEST ABS EVER!

Trick Your Body Into
BURNING MORE FAT

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FITNESSMAGAZINE.COM

**LeAnn
Rimes**
Her Sexy-Body
Workout

IF YOU WANT A BURGER, HAVE ONE, BUT BALANCE IT OUT THE NEXT DAY BY EATING SALMON AND VEGETABLES." —Spice Girl Mel B on how she stays in shape without dieting.

GEAR GIRL...HITS THE SLOPES

When you look great, you ski great. We suggest:



Line Celebrity skis, \$600, lineskis.com These wide-bottom, all-mountain skis are perfect for sailing over powder. Twin tips make it easy to pull out any tricks.



Tecnica Karin Boot, \$290, tecnicausa.com Say good-bye to cold feet. Waterproof and breathable, these après-ski boots feature a cozy synthetic-wool lining.



Anon Optics Majestic Goggles, \$85, anonoptics.com Comfy and ventilated, these goggles are designed for a woman's narrow face.



Tech 40 Alti-Ski watch, \$100, tech4o.com Base-side bragging just went high-tech. Clock your runs and keep track of them.



Roxy Eden one-piece suit, \$320, roxy.com You? In a romper? Yes! The sleek cut of this one-piece suit flatters any figure.

—Alice Oglethorpe



Ricki: What's Your Number?

Ricki Lake, 39, executive producer of the new documentary *The Business of Being Born*, talks candidly about getting on the scale after having two kids:

- "I got up to 200 pounds during both of my pregnancies." So putting her naked self in the film—giving birth to her second son, Owen, in a bathtub—was a decision she didn't make, well, lightly.
- "I took four years to lose the baby weight." Unlike celeb moms who slimmed down in record time, Lake says she "didn't really try to lose until Owen was 3. I wasn't obsessed with my image."
- "I couldn't have toned up without my trainer." Lake, now 123 pounds, admits about working out: "I complain a lot and I need someone to kick my butt." —R.S.

Fitness Cam

WHEN WAS THE LAST TIME YOU WEIGHED YOURSELF?



"Yesterday, but I only check once a week."
—Roxanne Mejia, 24, architect



"At the gym a few weeks ago."
—Deena Goldblatt, 32, art director



"This morning. Sometimes I'll weigh myself twice a day to see how food and liquids affect my body."
—Vivianne Castanos, 55, business owner



"I don't believe in weighing myself. I'd rather go by how I feel or the way my clothes fit."
—Kristina Emmott, 21, student

—R.S.