

fitness

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“Can I really tone up in 30 minutes?!”

and more top fitness questions answered, so you know exactly how to turn your body into a success story.

BY CAREY ROSSI



get fit



Set up a gym date with one of your friends. You'll be less likely to skip out on your workout if it's an appointment.

4 “I can't seem to stick with any workout program. Why, why, why?”

Smart solution: “Avoid setting a broad goal of just exercising more, and create a more specific one like ‘I will exercise every day for 30 minutes,’” says Diana Lattimore, Ph.D., an assistant professor of exercise and sports science at the University of San Francisco.

Try: Switching up your surroundings, the type of exercise you're doing and the people you're doing it with every couple of weeks, suggests Lattimore. Don't always go it alone:

Meet one of your friends at the gym, hop on adjacent treadmills, pick the same interval program and level, then “race” each other to see who hits the four-mile point faster. And avoid equipment burnout. Want to try something new? Check out the Espresso Fitness stationary bikes with built-in video screens (\$5,145, espresso.com for info) in Gold's Gyms and other health clubs; you can use them to compete on more than 30 virtual trails. At home, sample a variety of free workouts from www.fitnessmagazine.com/videos, or rent a different type of exercise DVD from Netflix—Pilates, belly dancing, kickboxing, you name it—each month.