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## Take a Stand



Betty

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### Betty Gets Sweaty

**How I'm working out this month** AIRbarre by AntiGravity class at New York City's Crunch Gym.

**Why I love it** Instead of relying on a stationary ballet barre for support, you use a silk hammock for jumps, pliés, inversions, and more toning and lengthening dance moves. Getting into pretty acrobatic poses takes some body awareness—wait, you want my leg to cross over where?—but isn't as daunting as you would imagine. The best part: ending class with relaxation breaths while wrapped up head to toe in your gently swaying silk cocoon.

**Try it** Go to [antigravityfitness.com](http://antigravityfitness.com) or [crunch.com](http://crunch.com) to find a class near you.



The FITNESS team and I hanging out in our silk hammocks!

**Does this chair make my butt look big?** I've been pondering that since reading this month's special health report, "In the Hot Seat," on page 74, which made me realize that even though I'm a frequent exerciser, any treadmill run or Spinning class that I manage to fit into my day—and typically feel pretty smug about—is no match for what my office chair is doing to my body. Experts blame sitting, something that most American workers do 12 to 15 hours a day, for escalating our risk for obesity, certain cancers, diabetes, heart disease and early death. It also hurts our metabolism, mobility, and muscle strength.

So I'm vowing to get up from my desk more frequently (at least 10 minutes every hour) to stretch my legs. Yes, FITNESS staffers, that's me wandering past your office—again. Switching to a smaller water bottle, which I have to take to the kitchen to refill more often, is another trick. And if papers land on my desk to read, I'll try to process them while standing, which research suggests fosters more creative and collaborative thinking. I hope you'll join this uprising to boost your mind and booty!



## LO-CAL GINGER ALE

PREP TIME 10 MINS | MAKES 8 SERVINGS

### INGREDIENTS

- 2 liters plain seltzer water
- 1 tablespoon fresh pressed ginger juice
- 1 fresh squeezed lemon (medium-sized)
- 1 teaspoon pure vanilla extract
- 5 packets Stevia In The Raw®

### PREPARATION

Cut small pieces of peeled ginger root and place in a press (a garlic press works great). Press ginger root to produce 1 tablespoon of juice and place in small bowl. Add strained lemon juice, vanilla extract and Stevia In The Raw®. Stir to combine. Open 2-liter bottle of seltzer and pour out 1/2 cup to make room for soda flavor mixture. Using a funnel, carefully pour mixture into seltzer bottle and screw closed. (The ingredients may react with the carbonation causing extra bubbles.) Open cap slowly and let the extra gas escape before pouring. Serve over ice and enjoy!



To learn more about our products, recipes and more, go to [InTheRaw.com](http://InTheRaw.com)