

# Inside Fitness<sup>Rx</sup> Info-Bits

Brought to you by FitnessRx Magazine for Women

## How to Become a Fitness Goddess

1) A superhuman female being who has power over nature and humanity, a female object of worship; 2) A woman greatly admired for her beauty.

Look at them— they're **beeeeeautiful**. You could even say the fitness goddesses in FitnessRx for Women are almost perfect. Perfect legs. Perfect butts and of course, perfect abs. Ah, those awesome abs— what you wouldn't give to have a small, shapely waist and flat abs! You can. I'll let you in on their secret. Lean in close— are you ready? Ta-dah! They eat a balanced, sensible diet, do the right exercises daily and they don't give up! Some secret, huh? Yeah, well, that's the reality and you know what? It's good news. Here's why. To get flat abs, a firm butt and shapely legs you don't need fancy equipment or expensive cuisine. You have the tools you need already. Starting with what Goddesses don't do though, may be more helpful:

### Fitness Goddesses Do NOT:

Starve themselves; depend on diet pills; look for the quick fix. There just isn't one! For real muscle tone, sustained fat loss and good health, you must eat a healthy diet with the right combination of protein, carbohydrates and fat and strike the right balance between cardiovascular and strength training— period. Despite what the best infomercial says, there's still no substitute for hard work. So roll up your sleeves ladies— let's get started!

### Step One: Motivation

Find a job you love to do and you will never work a day in your life. —Confucius

Take the "work" out of "workout." Have fun! Find something you like to do or someone to do it with. Meet a friend or trainer at the club or at home to exercise. Need more help? Cut out a photo of one of your favorite celebs who's in great shape— a ripped up Angelina Jolie in "Tomb Raider." Rocker Sheryl Crowe's CD cover showing her sculpted arms. Whoever inspires you, use their image to motivate you.

### Step Two: The Goddess Mindset

Dress for the job you want, not the job you have. —Donald Trump, *How to Think Like A Billionaire*

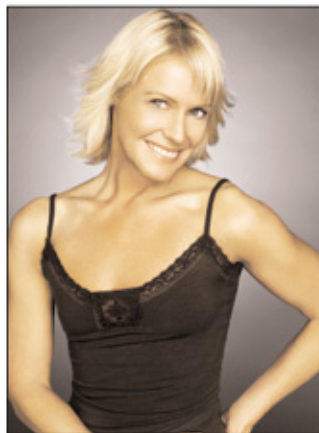
The same premise applies to a fitness Goddess in the making. Whether five or 20 pounds overweight, adopt a goddess mindset NOW. Get rid of drab, ill-fitting, out-of-date workout gear that doesn't make you feel good when you wear it. Do it! Now buy at least one new stylish outfit that makes you look good at your current transitional weight— then hit the weights!

### Step Three: Eat To Win!

You are what you eat! —my mother

While there's no one "best" diet, the Mediterranean Diet, which includes whole grains, fruits, vegetables, olive oil, a lot of fish, some chicken and turkey, a little red meat and one to two glasses of red wine per day has received good reviews lately for helping to lower cholesterol and reduce the risk of heart disease (*American Journal of Clinical Nutrition*, Nov. 2005). Robin Coltin,

registered dietitian at Beth Israel Medical Center, N.Y., recommends this diet for weight loss. "There's no deprivation factor. It includes all food groups, even carbs— the good kind, so people can stick to it and have enough energy to get through a workout."



### Step Four: The Goddess Workout

People make exercising more complicated than it needs to be.

—Mike Alexander, Jessica Simpson's personal trainer  
I recently taped an "Inside Fitness" TV segment with Mike Alexander at the Mandarin Oriental Miami hotel to find out how Jessica Simpson got in such amazing shape for her Daisy Duke role in the "The Dukes of Hazzard."

You're not going to believe what I found out! Much of what she did to get that "to die for" body were simple things you can do at home. Squats. Lunges. Push-ups. Reverse ab curls on a mat. Ab crunches on a therapy ball. And two key moves for sculpting her famous behind: step-offs and reverse lunges off of a step. The best exercises are still the most basic ones— they worked for Jessica, and they'll work for you!

### Step Five: Don't Give Up!

Even if you're on the right track, you'll get run over if you just sit there. —Will Rogers

Bonnie's Three B's:

- 1) Believe in yourself! You can do this. Even if you backslide, forgive yourself and get back on track.
- 2) Be realistic— don't put too much pressure on yourself to look like a cover girl— you may not have supermodel genes, even if you have access to their diet and exercise regimen.
- 3) Become the best you you can be. Every day is a chance to start over. Stick with your plan and you will improve your physique, your health and exude self-confidence. Now that's sexy, and certainly Goddess-worthy!

### To The Fitness Goddess In You!

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Bonnie Kaye is an Emmy-award winning producer, television and radio reporter, personal trainer, professional violinist and host of the popular "Inside Fitness" TV & radio series. Bonnie has also been a two-time Olympic correspondent, sports, health and fitness contributor for CBS News, CBS Sports, CBS Radio and MSNBC. Contact her at [www.insidefitness.com](http://www.insidefitness.com).