



Denise Austin's



**Stop
The
Clock**

Workout Plan

Staying Fit and Fab After 40



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Disclaimer

As with any physical activity, it is important that before beginning any fitness regimen, to consult with your healthcare professional to ensure that you are aware of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time.

No information contained in the e-book is intended to be used as medical advice and the e-book is not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information in this e-book, you should carefully evaluate the accuracy and relevance of the information and obtain appropriate professional medical advice.

You must consult a qualified medical professional if you have any questions concerning your medical condition or injury.

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You must be at a moderate level of fitness to follow the exercise programs set out in this e-book.

Persons with pre-existing medical conditions, in poor health, or those commencing a new fitness regimen should consult with an appropriate healthcare professional before beginning any of these programs. You are responsible to make your own inquiries and seek independent advice from a healthcare professional before acting on any information or material made available to you through this e-book. The information in this e-book may

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not be suitable to your particular circumstances and is not a substitute for obtaining specific advice from a qualified healthcare professional. For example, if you fall within one of the following classes of persons, then you should first consult a healthcare professional before following any exercise programs or using any of the information in this e-book:

1. pregnant women;
2. women who are breastfeeding;
3. persons with any ongoing physical condition proscribing exercise or physical activity;
4. persons suffering from cancer or other long-term illness;
5. persons with liver disease, kidney disease, or renal failure;
6. persons with eating disorders;
7. persons with diabetes, blood pressure or cholesterol issues;
8. elderly persons;
9. persons recovering from or recently recovered from illness or injury; and
10. persons with a low body mass index.

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About Denise





About Denise

After 35 years of being a health and fitness instructor, I have seen my share of health trends come and go. Decades ago I started a morning workout show on a local Los Angeles television station. Since then, I have grown my brand online with a website and an online workout plan called LifeFit 360, sold more than 25 million exercise videos and DVDs, authored 12 books on fitness, and starred in the longest running fitness show in the history of television!

Today, I like to focus my positive outlook and can-do attitude as a means to be an inspirational force and trusted resource for women who aspire to live an active, healthy, full lifestyle at any age.

As I grow older, I have come to understand that aging can bring obstacles that are not present when we are younger. This e-book is one way for me to bring to you the ideas, instruction, and inspiration to live a healthy and happy life, which can lead to a lifetime of wellness from head to toe, inside and out.

So let's embark on this journey together, to promote health and well-being as we age, keeping our bodies fit and flexible, our minds healthy and alert, and our outlook positive and inspirational!

Denise Austin's

Stop The Clock Workout Plan

People often seem surprised when they discover my age (I celebrated my 61st birthday last year), which is always flattering. I guess it means I'm doing something right!

After more than 35 years as a health and fitness professional, I have learned the secrets of staying young and vital. That's why I'm sharing this e-book with you: I believe looking young, staying fit and feeling fabulous into - and well after - your 40s is something everyone can achieve! This e-book will provide an effective plan for helping you to age gracefully. Through exercise and a healthy lifestyle, you too can look as if you are glowing from within, bursting with energy, feeling positive, and looking toned, lean and healthy!



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The goal of this e-book is to help you develop positive habits that will last a lifetime. Through insight on fitness, health, sleep, stress and more, I want you to start to set small, short-term goals. These will serve as stepping stones to your ultimate, long-term goals of healthy aging no matter what your age, no matter where you are in life.

Fitness is vital to an overall healthy aging strategy, and this Stop The Clock Workout Plan e-book focuses on implementing a fitness plan into your lifestyle, to help you:

- “Stop the Clock,” with exercises to trim and shape your over-40 body
- Lose those stubborn extra pounds... and NOT regain them
- Develop and stick with a cardio plan that will help to promote heart health
- Make strength training exercises part of your lifestyle, for healthy, strong muscles - so important as we age
- Incorporate a flexibility and balance plan so you can stay limber and nimble

And more! Change is good, but change can take time. So stay committed and your efforts will pay off, I promise. And don't forget - we're all unique, and what works for me may not work for you, so adapt as you need to. Every little bit of effort is better than no effort at all!

And above all, take heart. We are a generation of smart, accomplished women. This is not about thinness - it's about fitness and well-being.

Let's get fitter, together - inside and out!

Denise Austin



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Plan Overview





Overview

About The Plan

Healthy living is essential for everyone, regardless of your age. Over my 35 years of fitness and health instruction, my goal has never been to promote thinness, but to promote overall health, a balanced lifestyle, and positivity.

To me, a healthy life is when you are confident, physically fit, full of energy, have a positive outlook, and experience an overall optimal state of well-being.

This Stop The Clock Workout Plan e-book has been written for women over and around the age of 40, who want to live healthier, happier lives now and in the future. However, women of all ages can use this plan to help tone up, get fit, and promote better health, inside and out. Since we are all unique individuals with unique biological make-ups, results will vary from person to person.

This Stop The Clock e-book touches on the aspects of fitness that you need to stay physically healthy now and in the future, including cardiovascular workouts, strength training workouts, and flexibility and balance exercises. It also covers information and suggestions for exercises that can help as we get older, including those targeting the hips and back, and what I like to call “Anti-Gravity” exercises - the little extras that can help to prevent sagging and drooping. In addition, you will find information on health and wellness as we age, including sleep, stress, and age-related health concerns for women. Plus - motivations to give you a positive spin on life!



Overview

In This E-Book You Will Find

A 4-WEEK WORKOUT PLAN THAT INCLUDES CARDIO, STRENGTH TRAINING, AND FLEXIBILITY AND BALANCE WORKOUTS

MY COMPREHENSIVE CARDIO WALKING PROGRAM WITH MODIFICATIONS TO SUIT YOUR NEEDS

STEP-BY-STEP INSTRUCTIONS FOR EACH OF THE EXERCISES IN THE WORKOUTS

A TRACKING LOG SO YOU CAN KEEP YOUR “EYES ON THE PRIZE” OF THE GOAL OF GETTING FIT AND HEALTHY

INFORMATION ON HOW TO GET STARTED

WOMEN’S HEALTH INSIGHT, AND MORE!

What Can You Expect From This Plan?

No matter what level of fitness you are at currently, you will see results if you stick with this plan. Whether you add this to an existing workout plan, or start from scratch, your results will depend on how much you put into it. I am a firm believer that anything is better than nothing when it comes to exercise and fitness. The main focus is on a “Daily Doer” workout plan, with a beginner plan option for those with less fitness experience.





Overview

Fitness is not the only aspect of healthy aging, which is why I have also included health and well-being insight in this e-book. Another pillar of a broader healthy aging plan is nutrition. My LifeFit 360 10-Week Whole Body Plan offers a customizable nutrition plan including recipes, healthy eating suggestions, shopping tips, healthy food swaps, and more.

Please visit DeniseAustin.com to learn more and start your free trial of my LifeFit 360 Plan today!

The Importance Of Exercise As We Age (Or At Any Age!)

Exercise is vital to overall healthy aging. Without physical activity, your body may age prematurely. Your bones may become brittle, putting you at risk of debilitating fractures. You're more likely to feel stiff when you get up out of a chair, or to experience soreness in your hips and knees. Research shows that the majority of those aches and pains are actually the result of atrophy, not old age.

Furthermore, exercise is, without a doubt, the most effective way to battle those extra pounds that sneak up on us as we get older. Countless women have told me that they've tried a thousand diets and nothing seems to work. But there's a simple reason that most diets fail, and it's because dieting destroys your metabolism - period. And in order to lose weight, you need to kick your metabolism into high gear, not turn it off.



Overview

If you really want to lose those love handles and keep your youthful shape, you need to jump-start your metabolism. The exercises in this e-book will help you do just that. For any woman over 40, a pouchy tummy and flabby thighs aren't inevitable. Through strength training and aerobics you can build the muscle and burn the fat necessary to keep your metabolism revved up and reclaim your waistline!

With the right exercises, you can tone your hips, thighs, tummy and other areas that have started to sag. A droopy rear end and jiggy upper arms aren't your destiny - they're simply the signs of underdeveloped muscles!

It's now well-known that regular exercise can help stave off heart disease, stroke, diabetes, osteoporosis and certain types of cancer. According to a study from Brigham and Women's Hospital in Boston, about nine percent of premature mortality deaths each year are blamed on a lack of regular physical activity. This is why working out is so important:

- Weight lifting does in fact improve cardiovascular health...
- Strength training improves the body's ability to regulate insulin levels, reducing the odds of getting diabetes - a major risk factor for heart disease...
- Strength training also reduces cholesterol, especially the "bad" LDL cholesterol...

And on and on, including lowering the risk of stroke, promoting a longer life and more.



Overview

But best of all, being fit feels fantastic! Thanks to those beta-endorphins - the body's natural pleasure chemicals - which kick in when you exercise. And working out can boost your self-esteem, as the more skill and stamina you develop, the better you'll feel about yourself and all that life has to offer.

This e-book is going to help you incorporate a healthy workout plan into your lifestyle, with a mix of cardio, strength training, and flexibility and balance exercises. All are necessary for healthy aging, so let's do this together!



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Getting Started





Getting Started

Fitness after 40 is no different from fitness at 20... depending on what you've been doing with yourself. My Stop The Clock Workout Plan focuses on a "Daily Doer" schedule, and is intended for people who have already been exercising. If you are new to working out, I encourage you to start with the Beginner Plan on [page 189](#), and work your way up. Regardless, you should consult your physician before starting if you have never exercised before; you're overweight, a smoker, over age 60 and/or have a chronic health condition (cardiovascular disease, high blood pressure, osteoporosis, kidney disease, liver disease or arthritis).

Here are five tips for getting started:

- 1 START SLOWLY** If you've never exercised before or it's been three months or more since your last workout, you'll want to start with the Beginner Plan and ease your way in. Even die-hard aerobic exercisers who haven't worked out in a while due to illness or other reasons don't automatically pick up where they left off. They start gradually. The Beginner program will offer more detail for those of you just starting out.
- 2 ALWAYS WARM UP** Before doing any type of exercise, I recommend doing a quick warm-up (about three to five minutes) to get your muscles ready for action. Any light activity such as walking or marching in place will increase the flow of blood and oxygen to your muscles, preparing them for the stress to come. Once your muscles are warm, lightly stretch the ones that you plan to use during your workout. This will help loosen up your muscles, so you're less likely to strain yourself or develop injuries.



Getting Started

3 DRESS APPROPRIATELY Proper clothing and footwear are crucial for both comfort and safety reasons. Moisture-wicking workout wear or any loose, stretchy outfit will do. Try to avoid cotton, as it tends to get wet and heavy when you perspire. Ideally, you should wear shoes that are specifically designed for the activity you'll be doing. A sturdy pair of cross-trainers will work for most activities. Your feet should feel comfy (with enough wiggle room around the toes) and have plenty of cushioning and support to help absorb any pounding to the joints. Also, if you're prone to shin-splints, make sure your shoe has a good arch support.

4 HYDRATE, HYDRATE, HYDRATE While the average person should drink 8 to 10 glasses of water a day, your body will need even more to replace excess water lost during exercise. Aim to drink a big glass of water before and after each exercise session - or keep a bottle of water nearby and sip, sip, sip throughout your workout. It will help boost your energy and keep your muscles at peak performance.

5 BREATHE! Breathing is our energizing life force. Each breath fills our bodies with oxygen. Oxygen supplies necessary nutrients to every cell, giving us the energy to keep moving. Deep breathing can help us lengthen and stretch a muscle just a little bit further or walk another half mile. Breathing is essential to any exercise that we do. It's also an easy, terrific way to energize your body or tackle a stressful moment (more about that later on in this e-book).



Getting Started

Equipment

What I love most about my Stop The Clock Workout Plan is that you can do it almost anywhere: the gym, a hotel room, outdoors, or in the privacy of your own home. This makes it easy to follow no matter where you are. Before you get started read the list below for some items you will need in order to complete these workouts.

A GOOD PAIR OF WORKOUT SHOES

A WATER BOTTLE

HAND WEIGHTS: A SET OF 3-, 5-, 8- AND/OR 12-POUND WEIGHTS (YOU CAN SUBSTITUTE WATER BOTTLES IN A PINCH)

HAND TOWEL

STURDY CHAIR

YOGA MAT (OR LARGE TOWEL IF NO MAT IS AVAILABLE)

WEIGHT BENCH (OPTIONAL)

BOOTY BAND (OPTIONAL)





Getting Started

A Note For Beginners

It is important to note that the Stop The Clock Workout Plan is designed for people who already have a basic level of fitness. If you are an absolute beginner I recommend you follow the Beginner Plan on [page 189](#), variations in my Cardio Walking Workout section, as well as the modifications throughout the Strength Training and Flexibility and Balance sections. Start slow and work your way up, and consider consulting your physician before you begin this workout plan.

Tracking Your Progress

One of the best ways to measure success and stay motivated is to track your workouts. I have provided a workout log at the end of this e-book for you to track the date, duration, activity and notes. Visit [page 200](#) to see the Stop The Clock Workout Log.



Stop The Clock Exercises

This section details the different workouts and exercises covered in my Stop The Clock “Daily Doer” workout plan. The first is a **Cardio Walking Workout**, with three different levels of difficulty; you will be doing one version of these four times per week for the next four weeks.

Each cardio session is 30 minutes long.

It also includes three **Strength Training Workouts**, focusing on your upper body, lower body and abs/lower back. You will perform each of these sets of exercises three times per week for the next four weeks, on alternate days of your Cardio Workouts. Each strength training session is 20-30 minutes long, depending on how many reps you do.

This plan also includes **Flexibility and Balance Exercises**, using yoga and Pilates moves. You should complete these moves on the same days as your Strength Training, and expect to spend anywhere from 10-20 minutes completing them. Feel free to make these exercises part of your daily routine, as they are a wonderful way to start the day or wind down the evening regardless of what day you are on.

**Let's get started and
Stop The Clock!**

Denise Austin's
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Cardio Walking Workout





Cardio Walking Workout

Cardio Walking Workouts

WHEN: EVERY MONDAY, WEDNESDAY, FRIDAY AND SUNDAY

LENGTH: 30 MINUTES

WHAT YOU NEED: WALKING SHOES • WATER BOTTLE • FITNESS TRACKER (OPTIONAL)

Workout 1

BASIC WALKING WORKOUT

Warmup:
5 minutes

Workout:
20 minutes

Cool down:
5 minutes

Workout 2

CHALLENGE WALKING WORKOUT

Warmup:
5 minutes

Workout:
20 minutes

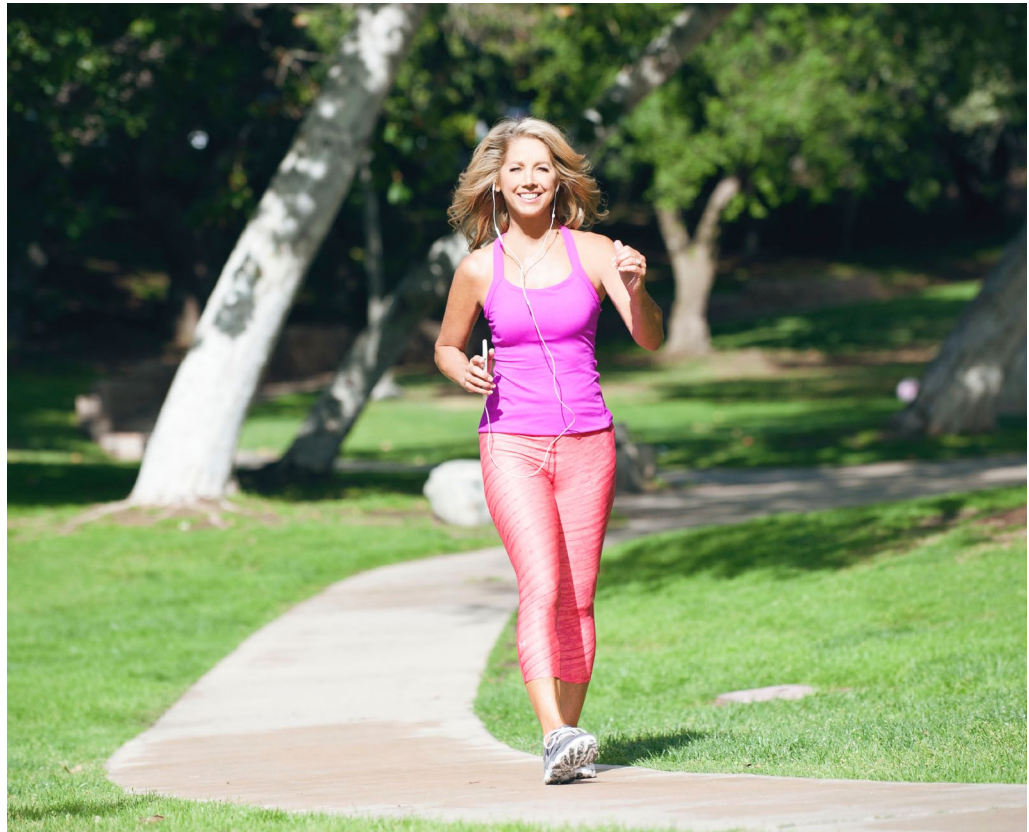
Cool down:
5 minutes

Workout 3

INTERVAL/HILL WALKING WORKOUT

Warmup:
5 minutes

Workout:
20 minutes





Cardio Walking Workout

One of our biggest obstacles to regular exercise is time - our busy schedules always seem to get in the way. That's just one of the reasons why my Walking Workout is a great way to get your cardiovascular fitness in: Walking is a heart healthy workout that you can really tailor to your schedule. All you need is a good pair of shoes and socks, so you can walk your way to better health and a healthier body practically anytime, anywhere! I love to walk - it's such a great way to work out!

No matter what your age or physical condition, walking is an ideal way to maintain your youthful shape. To lose one pound of body fat, you need to burn approximately 3,500 calories. When you walk at a brisk pace, you burn about four calories per minute - or about 120 calories in half an hour. Go for a brisk 30-minute walk every day and you'll burn about 43,800 calories in a year. If your eating habits remain the same, you'll drop about 12.5 pounds in 12 months. Cut your calories, too, and you'll lose even more.



Cardio Walking Workout

How Many Calories Can You Burn in 30 Minutes?*

**WALK SLOWLY (2.0 TO 2.5 MPH) ON A FLAT SURFACE
BURN ABOUT 90 CALORIES (3 CALORIES/MINUTE)**

**SLOW TO MODERATE PACE (3.0 MPH) ON A FLAT SURFACE
BURN ABOUT 105 CALORIES (3.5 CALORIES/MINUTE)**

**BRISK TO VERY BRISK PACE (3.5 TO 4 MPH) ON A FLAT SURFACE
BURN ABOUT 120 CALORIES (4 CALORIES/MINUTE)**

**VERY, VERY BRISK PACE (4.5 MPH) ON A FLAT SURFACE
BURN ABOUT 135 CALORIES (4.5 CALORIES/MINUTE)**

**WALK UPHILL AT A BRISK PACE (3.5 MPH)
BURN ABOUT 180 CALORIES (6 CALORIES/MINUTE)**

*Figures are estimates based on a 135-pound person, courtesy of the Cooper Institute for Aerobics Research.



Cardio Walking Workout

With this Cardio Walking Workout Plan, you'll be strengthening your heart and lungs while you burn serious calories. You'll develop those metabolism-boosting muscles and firm up your lower body.

Over the next four weeks you'll be doing three different types of Cardio Walking Workouts: Basic, Challenge and Interval/Hill. Each week the program will get a little more difficult. As your heart, your lungs and your legs build strength and endurance, you'll pick up your pace to burn maximum calories and challenge your body.

Each Cardio Walking Workout takes 30 minutes, and you will need proper footwear, a water bottle, and clothing to protect against the elements if you plan to walk outside. A fitness tracker is optional, but can help you gauge your pace and track your time.

Beginner Tip

If you're a beginner or extremely out of shape, you'll need to work up to 30 minutes, four times per week. Start by doing about 10 minutes a day three to four times per week. During Week 2 increase your time to 15 minutes per workout. By Week 3 you should be up to 20 minutes per workout, and Week 4 at 25 minutes. I've provided beginner options along with each walking workout.



Cardio Walking Workout

If time is tight, you can break your workouts down into 10-minute quickies. But remember: Your ultimate goal is to do 30 minutes of continuous aerobic activity. That's the best insurance policy for your heart. If you enjoy the walking, feel free to add 5 or 10 minutes (or even more) to your walks. With every extra minute, you'll be turning back the clock!

All three of my Cardio Walking Workouts can be done either outside or on a treadmill. Remember: Bad weather isn't an excuse to skip a workout. Fat cells and heart attacks don't take crummy weather into consideration! If you don't have access to a treadmill, you can power-walk at a shopping mall on rainy days.





Cardio Walking Workout

Walking Form Fundamentals

FEET SHOULD BE HIP-WIDTH APART, TOES POINTED FORWARD.

WALK TALL, KEEPING YOUR HEAD AND CHEST UP, SHOULDERS BACK AND ABDOMINALS TIGHT; DON'T ARCH YOUR BACK.

BEND YOUR ARMS AT A 90-DEGREE ANGLE, KEEPING YOUR ELBOWS IN.

WITH EACH STEP, PLANT YOUR HEEL AND ROLL THROUGH TO THE BALL OF YOUR FOOT, THEN PUSH OFF WITH YOUR TOES.

PUMP YOUR ARMS.

SQUEEZE YOUR BUTTOCKS AS IF YOU WERE TRYING TO HOLD A DIME BETWEEN THEM.

INHALE AND EXHALE DEEPLY AND RHYTHMICALLY.





Cardio Walking Workout

Are you doing the
Daily Doer?

Week 1

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Week 2

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Week 3

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Week 4

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GO BACK

3 Levels of Cardio Walking Workouts: Basic, Challenge and Interval

BASIC WORKOUT

THE WARM-UP (5 MINUTES) Start by walking for 5 minutes at an easy, relaxed pace (about 2.5 to 3.2 mph) to warm up your muscles and loosen up your joints. This is the time to get your form and your posture down. (See Form Fundamentals on page 27).

THE WORKOUT (20 MINUTES) Now that your muscles are warm, it's time to pick up the pace. Begin walking at a moderate to brisk pace - if you're on a treadmill, about 3.2 to 3.7 mph. Your stride should be comfortable. Pump your arms to get the blood flowing and your heart rate up. Continue at this pace for 20 minutes.

THE COOL-DOWN (5 MINUTES) Finish with 5 minutes of easy walking (about 2.5 to 3.2 mph) to let your body return to its normal temperature.

BEGINNER OPTION If you're just starting out, modify this workout as follows: Begin with a 3-minute easy warm-up (about 2.5 to 3.2 mph), 6 minutes of moderate to brisk walking (about 3.2 to 3.7 mph), and a 2-minute easy cool-down (2.5 to 3.2 mph). After one week or as soon as you feel ready, extend the length of your workout by doing a 3-minute easy warm-up, 10 minutes of moderate to brisk walking, and a 2-minute easy cool-down. Keep increasing your time when you are ready, and before long you'll be up to the full 30 minutes. You know your own body, so go at a pace that works for you!

TREADMILL OPTION Follow the above workout, but work carefully to maintain proper form. If you are unsteady, hold on with one hand and pump your other arm, changing arms every two minutes.





Cardio Walking Workout

Are you doing the
Daily Doer?

Week 2

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Week 3

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Week 4

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CHALLENGE WORKOUT

THE WARM-UP (5 MINUTES) Start by walking for 5 minutes at an easy to moderate pace (2.7 to 3.5 mph) to warm up your muscles and loosen your joints.

THE WORKOUT (20 MINUTES) When you've finished the warm-up, pick up the pace and start moving. You should be walking at a very brisk pace (about 3.5 to 4.5 mph). If you feel up to it, you may even want to try a slow jog. Either way, keep those arms pumping and don't be afraid to work up a sweat. Remember: This workout should be difficult enough that you feel challenged but not so difficult that you can't maintain your pace for the next 20 minutes. Your breathing should get heavier but you should still be able to engage in conversation. Never sacrifice form for speed - if you have to, move a little slower to keep proper form.

THE COOL-DOWN (5 MINUTES) Return to an easy to moderate pace (2.7 to 3.5 mph) for your 5-minute cool-down. Allow your body to readjust, focus on your breathing and enjoy the euphoria of a great workout. Way to go!

BEGINNER OPTION Maybe the Basic Workout isn't quite challenging enough but the Challenge Workout is too much. Try this variation to get you started: Warm up for 5 minutes at an easy pace (2.7 to 3.2 mph), then walk for 5 minutes at a moderate pace (3.2 to 3.5 mph). For the next 10 minutes, kick it into high gear (3.5 to 4.2 mph or a light jog). Return to a moderate pace for 5 minutes (3.2 to 3.5 mph) before cooling down for 5 minutes at an easy pace (2.7 to 3.2 mph). If you can't sustain 10 fast minutes, then try varying your speed: 1 minute at a moderate pace followed by 1 minute at a fast pace. Continue alternating for 10 minutes.

TREADMILL OPTION Instead of just speeding up, raise the incline on your treadmill. Try a 2- to 4-percent incline. For maximum calorie burn, pump with both arms. Studies have shown that women who had treadmills in their home and walked several times a day for short periods tended to lose weight and keep it off. Consider investing in a treadmill if weight loss is a goal for you.



Cardio Walking Workout

Are you doing the
Daily Doer?

Week 3

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Week 4

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GO BACK

INTERVAL WORKOUT

THE WARM-UP (5 MINUTES) Start by walking for 5 minutes at an easy to moderate pace (2.7 to 3.5 mph) to warm up your muscles and loosen your joints.

THE WORKOUT (20 MINUTES) This is my favorite - it really revs up your metabolism! For the next 20 minutes you're going to alternate spurts of higher-intensity walking ("work") and lower-intensity walking ("rest"). You'll be timing yourself, so make sure you have a watch if you're walking outside. Start by doing 2 minutes of very brisk walking (about 3.5 to 4.5 mph) or jogging. Your goal is to get your heart rate up - you should be breathing hard enough that holding a conversation would be difficult. After 2 minutes slow down to an easy walk (about 2.7 to 3.5 mph); continue at this pace for 2 minutes, so you can catch your breath and lower your heart rate. Continue doing 2 minutes of very brisk walking followed by 2 minutes of easy walking until your 20 minutes is up. As you get more fit, you can vary the length of your intervals to increase the challenge - for instance, you can extend the high intensity "work" portion of your interval to 3 or 4 minutes. Or you can reduce the lower-intensity "rest" interval to 1 minute.

BEGINNER OPTION Do 1 minute of high-intensity walking ("work") and 1 or 2 minutes of easy walking ("rest"). As you get in better shape, gradually lengthen the work portion of your intervals.

TREADMILL OPTION Another way to increase the intensity of your workout is to raise the incline on your treadmill. During your warm-up and low-intensity "rest" intervals, keep the treadmill flat or at a 1-percent incline. During your high-intensity "work" intervals, raise it to anywhere from a 3- to a 12-percent incline. You may have to walk at a slower speed, but as long as your heart rate is elevated, you're in business. Continue raising and lowering the incline on the treadmill every 2 minutes for the entire 20-minute workout. This "hill" training is also great for toning the backs of your legs and buttocks.



Cardio Walking Challenge Change-Up

Experiment with different strides to add a challenging change to your workout:

LONGER STRIDES

Works the buttocks and the hips while stretching the calf muscles.

SHORTER STRIDES

Taking smaller, shorter steps allows you to move more quickly, so you can get your heart rate up higher. Like a race walker, try to get your powerful hips involved - and really pump those arms!

UPHILL

Great for the backs of the legs and butt, as you use more muscle to climb.

DOWNHILL

Equally effective, as you use your quads to control your body and fight the downward gravitational pull.

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Strength Training





Strength Training

Strength Training Workouts

WHEN: EVERY TUESDAY, THURSDAY AND SATURDAY

LENGTH: 20-30 MINUTES

WHAT YOU NEED: A SET OF 3-, 5-, 8- AND/OR 12-POUND DUMBBELLS • A STURDY CHAIR • A SMALL TOWEL • 1- TO 3-POUND ANKLE WEIGHTS (OPTIONAL) • WEIGHT BENCH (OPTIONAL)

	Workout 1	Workout 2	Workout 3
Upper Body	ONE-ARM ROW 8-12 reps per side, 2 sets TRICEPS KICKBACK 8-12 reps per side, 2 sets SIDE RAISES 8-12 reps per side, 2 sets	UPRIGHT ROW 8-12 reps, 2 sets BICEP CURLS 8-12 reps, 2 sets CHEST FIRMER 8-12 reps, 2 sets	UPPER BACK FIRMER 8-12 reps, 2 sets TRICEPS DIP 8-10 reps CHEST PRESS 8-12 reps, 2 sets
	WIDE-STANCE SQUAT 8-12 reps per side, 2 sets HAMSTRING CURLS 8-12 reps per side, 2 sets OUTER THIGH TRIMMER 8-12 reps per side, 2 sets	BASIC LUNGE 8-12 reps per side, 2 sets INNER THIGH FIRMER 8-12 reps per side, 2 sets BUN BURNER 8-12 reps per side, 2 sets CALF SHAPER 8-12 reps per side, 2 sets	OVERHEAD PRESS 8-12 reps per side, 2 sets BOTTOMS UP 8-reps, 2 sets POWER SQUAT 8-12 reps, 2 sets INNER THIGH TONER 5 pulses per side, 1 set
	AB CRUNCH 8-12 reps, 2 sets LOWER TUMMY TIGHTENER 8-12 reps, 2 sets OBLIQUE CURLS 8-12 reps per side, 2 sets BACK STRENGTHENER 1 8-12 reps per side, 2 sets	ABS/LOWER BACK TOTAL TUMMY TIGHTENER 15-20 reps BICYCLES 8-12 reps per side, 2 sets LOW HOVER 30-sec hold, 2 sets BACK STRENGTHENER 2 8-10 sec hold, 3 sets	WAISTLINE TRIMMER 8-12 reps per side, 1 set ABS/LOWER BACK LOWER AB STRENGTHENER 3-5 sec hold, 10 sets REVERSE CRUNCH 15 reps per side, 1 set SPINE STRENGTHENER 10 sec hold, 2-3 sets





Strength Training

Weight lifting is one of the best age-defying secrets around. You have over 640 different muscles to help you look toned, fit and young. The key is knowing how to use these age-stoppers. While many aerobic activities help strengthen your muscles (walking and running develop your leg muscles, for example), the fastest, most effective way to build metabolism-boosting muscle is by lifting weights. This form of strength training involves doing exercises to isolate and target specific muscles or muscle groups using weights for resistance.

The Strength Training Workouts in this e-book will help ignite your metabolism and tone and tighten your muscles, while also improving your posture and balance, and strengthening your bones to help fight osteoporosis!





Strength Training

If you are new to strength training, start out with relatively light weights: 3-pound weights are good. (If you are a beginner, you should do the exercises once or twice without weights until you get the hang of them.)

When your muscles are no longer challenged, it's time to switch to a heavier weight. Your goal with each workout is to work your target muscle or muscle group to the point of fatigue. In other words, you want your triceps to feel tired during your last few triceps kickbacks. If you can't lift the weight one more time at the end of an exercise, you've reached fatigue. If this seems a bit extreme, rest assured that you don't have to kill yourself to gain benefits. But your aim is to get stronger, so try to keep those muscles challenged!

Each muscle-building exercise is divided into sets and repetitions (reps). A set consists of 8 to 12 reps. Every rep is a thoughtful, controlled movement. You're working your muscle through its full range of motion, contracting and releasing as you lift and lower. Even though it's tempting, don't rush. Moving too quickly or in a jerky, uneven way will minimize the benefits.



Strength Training

In these Strength Training Workouts you'll be doing one to two sets of each exercise, depending on your fitness level. As you focus on the muscles that you're targeting, try to relax the rest of your body, including your face, neck and shoulders. If you're holding tension in other areas, your target muscles won't benefit as much as they should.

Each workout is designed to take between 20 and 30 minutes. There are three routines divided into three parts: upper body, lower body, and abs/lower back. The exercises in each of the three workouts should be completed in the order shown. We save the lower back and ab moves for last, since these are the core muscles that stabilize your body for the upper and lower body exercises. If your core muscles are tired, you may be unable to work other parts of your body as effectively.

Before You Begin

You've already heard me talk about breathing. But proper breathing is especially important in strength training. Here's a little rule of thumb: You should always exhale as you contract, or use, the muscle and inhale as you release, or relax, it. When you're doing abdominal exercises, improper breathing can actually negate some of the good you're doing - so follow the instructions carefully!



Strength Training

Tips For Strength Training Success



LIFT THE WEIGHTS IN A SLOW, CONTROLLED MANNER.

USE PROPER FORM - DON'T GET SLOPPY!

MOVE YOUR MUSCLES THROUGH A FULL RANGE OF MOTION.

SQUEEZE YOUR TARGET MUSCLE AS YOU DO EACH MOVE.

MUSCLES NEED 48 HOURS TO REPAIR THEMSELVES;
SKIP A DAY BETWEEN STRENGTH TRAINING SESSIONS.

FOCUS YOUR THOUGHTS ON THE MUSCLE YOU'RE
WORKING, YOU'LL GET BETTER RESULTS.

IF YOU CAN DO ALL THE REPS EASILY, IT'S TIME
TO ADD WEIGHT.

STRETCH AFTER EACH EXERCISE OR AT THE
END OF YOUR WORKOUT.





Strength Training

We rarely use our upper body muscles in popular aerobic activities like walking and biking, as a result you may have little strength in your top half. The good news is that it won't take long to get results. And to me, there's nothing more attractive than toned arms. Let's get lifting!

Workout 1: Upper Body

ONE-ARM ROW

Holding a dumbbell in your right hand, stand with your feet apart as shown. Bend your knees slightly and keep your abdominals tight. Rest your left palm on your left thigh or use a chair or bench for support. Begin with your arm extended all the way down so you get a good stretch. Keeping your back flat, pull the weight up toward your armpit, then lower it. **Do 8 to 12 reps. Then switch sides. When you're finished, do another set of 8 to 12 reps on each side for a total of two sets.**

BENEFITS Strengthens and tones your middle and upper back.





Strength Training

Workout 1: Upper Body

TRICEPS KICKBACK

Hold a dumbbell in your right hand and stand with your left leg in front of your right, left knee slightly bent. For support, rest your left hand on your left thigh or lean on a chair or bench. Keeping your abs tight and your back flat, raise your right elbow until the upper part of your arm is almost parallel with the floor; keep your elbow in close to your body. Straighten your right arm as shown. Be sure to squeeze your triceps (the back of your arm) as you straighten your arm. Return your right hand to the starting position. **Do 8 to 12 reps, then switch sides and repeat. When you're finished, do another set of 8 to 12 reps on each side for a total of 2 sets.**

BENEFITS Strengthens the backs of your arms (triceps).





Strength Training

Workout 1: Upper Body

SIDE RAISES

Stand with your feet shoulder-width apart, abs tight, back straight and knees slightly bent. Start with your hands at your sides as shown. Inhale as you lift your hands up to just above your shoulders, elbows bent only slightly. Exhale as you lower your hands back to your sides. **Do 2 sets of 8 to 12 reps, resting briefly in between.**

BENEFITS Firms and tones the sides of your shoulders.





Strength Training

Workout 1: Lower Body

With every step we take, we're using our lower body muscles. Problem is, many of us use the same muscles over and over. These exercises target a variety of muscles, including ones in your inner and outer thighs - traditional weak spots. End result: a toned, jiggle-free lower body. You'll look great in those "short shorts!"

WIDE-STANCE SQUAT

Stand with your feet wider than your shoulders, arms out to your sides, toes turned out slightly (like second position in ballet). Bend your knees and slowly "sit back" to lower your buttocks toward the floor, keeping your body weight over your heels. Your thighs should be as close to parallel to the floor as possible. Squeeze your buttocks as you straighten your legs to return to the starting position. If you have a history of knee problems, begin with a partial squat, one quarter of the way down. **Do 2 sets of 8 to 12 reps, resting briefly in between.**

BENEFITS Strengthens and tones your buttocks and inner thighs.

VARIATION Hold a dumbbell in each hand.





Strength Training

Workout 1: Lower Body

HAMSTRING CURLS

In a standing position, slowly bend your left knee and extend your right leg behind you. Then slowly curl your right heel toward your buttocks. Be sure to keep your back straight, keep your abs tight and squeeze your buttocks together throughout the entire movement. Lower your right leg to the starting (straight leg) position. **Do 2 sets of 8 to 12 reps on each side. Relax and repeat.**

BENEFITS Strengthens and tones the backs of your thighs (hamstrings).





Strength Training

Workout 1: Lower Body

OUTER THIGH TRIMMER

Lie on the floor on your left side. Your head, shoulders and hips should form one straight line. Bend your left leg behind you, placing your right hand on the floor in front of you for balance. Keeping your right leg straight and your foot relaxed, slowly raise your leg. Lower it back to the floor, then **repeat for 2 sets of 8 to 12 reps, resting briefly in between sets. Switch sides and repeat.**

BENEFITS Strengthens and slims your outer thigh area.



VARIATION Place 1- to 3-pound ankle weights on each ankle or hold the weight on your thigh.



Strength Training

Strong abdominals and lower back muscles not only help you stand tall like a dancer and minimize love handles and the midlife bulge, they help guard against back pain, the number-one complaint among women over 40.

Workout 1: Abs And Back

AB CRUNCH

Lie on your back with your knees bent and your feet on the floor. Rest your head in your hands, keeping your neck and shoulders relaxed. Press your lower back firmly into the floor; there should be no arch in your back at all. Exhale as you contract your abdominals to slowly lift your shoulders and feet off the floor; focus on pressing your belly button toward your spine. This is a very small, controlled movement. Slowly lower your shoulders and feet to the floor. **Do 2 sets of 8 to 12 reps, resting briefly between each.** If you have neck problems, use a towel instead of your hands to hold your head.

BENEFITS Strengthens and firms your main abdominal muscle (rectus abdominus).



VARIATION For an added challenge, hold a 1- to 3-pound weight above your head.



Strength Training

Workout 1: Abs And Back

LOWER TUMMY TIGHTENER

Lie on your back and place your hands, palms down, just beneath your buttocks. This allows you to keep your lower back flat on the floor during the exercise. Lift your legs off the floor, bend them slightly and cross your ankles. Exhale as you contract your abs to lift your bent knees toward your chest. Your knees should stay bent at the same angle throughout the entire exercise. Lower your legs slightly back down and repeat. This is a very short range of movement; your tailbone should lift off the floor only 3 to 5 inches. **Do 2 sets of 8 to 12 reps, resting briefly between each set.** If you have back problems, place a pillow beneath your lower back for comfort.

BENEFITS Tightens and firms your lower abs - especially great if you've had a baby.



VARIATION For an extra challenge that will also strengthen your inner thighs, squeeze a towel between your legs.



Strength Training

Workout 1: Abs And Back

OBLIQUE CURLS

Lie on the floor on your right side with knees bent. Keep your back straight. There should be no arch in your back at all. Place your left hand out to the side and your right hand behind your head for support. Exhale as you lift your right shoulder blade off the floor, and tighten the sides of your waistline. Relax as you lower back to the floor. Slower is better. **Do 2 sets of 8 to 12 reps, resting briefly between each set. Switch sides and repeat.**

BENEFITS Strengthens the inner and outer obliques (sides of your waist) to minimize those love handles.





Strength Training

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Workout 1: Abs And Back

BACK STRENGTHENER

Begin in a push-up position, with hands beneath your shoulders and abs tight. Pull one knee in and reach it slightly toward your opposite shoulder. Return to starting position. **Repeat with opposite leg. Continue alternating legs for 8 to 12 reps.**

BENEFITS Strengthens and elongates your abdominals and strengthens your arm and back muscles.





Strength Training

Workout 2: Upper Body

UPRIGHT ROW

Hold two dumbbells in front of you with your palms facing in and stand with your knees slightly bent, abs tight. Inhale and squeeze your shoulder blades together as you raise the weights up toward your shoulders. Your arms should form a V shape, as shown. Exhale as you slowly lower your arms to starting position. **Do 2 sets of 8 to 12 reps, resting briefly between each set.**

BENEFITS Strengthens and tones your upper back and shoulders.





Strength Training

Workout 2: Upper Body

BICEP CURLS

Stand up tall with your knees slightly bent, back flat, abs tight. With an underhand grip, hold a dumbbell in each hand in front of your thighs. Exhale as you slowly raise the weights toward your upper arms and shoulders, bending your arms at the elbows. Be sure not to arch your back as you lift the weights, and keep your elbows close to your body throughout the movement. Hold momentarily, then return your hands to the starting position. **Do 2 sets of 8 to 12 reps, resting briefly after each.** You can also do this exercise sitting down.

BENEFITS Tightens and tones the front of your arms (biceps).





Strength Training

Workout 2: Upper Body

CHEST FIRMER (PEC FLIES)

Sit back on a chair or weight bench with your knees bent and your feet flat on the floor or bench foot rests. Hold the dumbbells in your hands with your arms extended (arms straight but not locked in the elbow joint) at shoulder level above your chest, palms facing in. Slowly lower your arms out to the sides, keeping them bent at the same angle throughout the movement. Squeeze your chest as you slowly return your arms to the starting position. This can also be performed lying down on the floor. **Do 2 sets of 8 to 12 reps, resting briefly between sets.**

BENEFITS Strengthens and firms your chest muscles (pectorals) for a better bustline.





Strength Training

Workout 2: Lower Body

BASIC LUNGE

Stand with your feet together, then take a giant step forward with your right foot (you can hold on to a chair for balance). Keeping your weight over your back toes and your front heel, bend both knees to lower yourself toward the ground; your front knee should be directly above your ankle. Keep your back straight throughout the move. Straighten legs to return to a standing position. **Do 2 sets of 8 to 12 reps, resting briefly between sets, then switch legs and repeat.** If you have bad knees, modify this lunge by only bending your knees slightly.

BENEFITS Works your entire leg, with an emphasis on your buttocks (gluteals) and the front of your thighs (quadriceps).





Strength Training

Workout 2: Lower Body

INNER THIGH FIRMER

Lie on the floor on your left side. Your head, shoulders and hips should form a straight line. Keeping your legs straight, slowly raise your legs about 8 inches off the floor. Release your bottom leg down to the floor - then bring it back up to meet your top leg. Feel your inner thighs working on the “up” motion. **Do sets of 8 to 12 reps, then switch sides and repeat.**

BENEFITS Tones and firms your inner thigh muscles.





Strength Training

Workout 2: Lower Body

BUN BURNER

On all fours, keep your back straight, hips square and abs tight. Raise your leg up, keeping it bent at a 90 degree angle. Your thigh should be parallel to the floor. Now cross it behind you over the other knee, then back to starting position. **Do 2 sets of 8 to 12 reps, then switch legs.**

BENEFITS Firms and tightens the buns (gluteus maximus).





Strength Training

Workout 2: Lower Body

CALF SHAPER

Stand with your feet hip-width apart and place your hands on your hips. Bend your left knee and place your left foot behind your right calf. Then lift your right heel up and down slowly. **Do 2 sets of 8 to 12 reps, then switch legs.** Use a chair for balance if necessary.

BENEFITS Firms, shapes and sculpts your lower legs (calves).





Strength Training

Workout 2: Abs And Back

TOTAL TUMMY TIGHTENER

Lying on your back, elevate your feet and place your hands behind your head. Lift your head and shoulders off the floor and at the same time “pulse” your hips up off the floor to also work the lower end of your abs. **“Pulse” for 15-20 reps.** Make sure the small of your back stays down against the floor.

BENEFITS Strengthens and firms the entire stomach area (rectus abdominis).





Strength Training

Workout 2: Abs And Back

BICYCLES

Lie on your back with your left leg straight up in the air and your right knee bent in toward your chest. Press your back firmly into the floor; there should be no arch in it at all. Rest your head in your hands, but keep your neck and shoulders relaxed. Exhale as you pull your right knee in toward your chest. At the same time, raise your left shoulder to meet your right knee. Straighten out your right leg and return your left shoulder to its normal position. Then draw your left leg in toward your chest to touch your right elbow. Continue to alternate sides, as if you're riding a bicycle. Keep the movement smooth and flowing; try to keep your feet from touching the floor. **Do 2 sets of 8 to 12 reps, resting briefly between sets (one rep equals one twist on each side).**

BENEFITS Strengthens and tones your inner and outer obliques (sides of your waist) for a sexy, hourglass figure.



VARIATION For a more advanced workout, keep your feet closer to the floor. The lower the legs, the more intense the workout.



Strength Training

Workout 2: Abs And Back

LOW HOVER (PLANK)

Start in a modified straight-legged push-up position with elbows on the floor directly below your shoulders, hips lifted slightly and abs tight. **Elongate your abs and back by lifting your pelvis and hold for 30 seconds. Rest and repeat.** Focus on the “core” of your body, your torso and abs.

BENEFITS Strengthens and lengthens your abdominal muscles as well as the back extensors (middle and upper back muscles).





Strength Training

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Workout 2: Abs And Back

BACK STRENGTHENER

Kneel on all fours, knees directly below your hips and hands beneath your shoulders. Simultaneously extend your right leg and your left arm. **Hold for 8-10 seconds. Relax and repeat with opposite leg and arm. Continue alternating two more times.** Focus on keeping your back flat and buttocks squeezed.

BENEFITS Strengthens the entire back muscle (erector spinae).





Strength Training

Workout 3: Upper Body

UPPER BACK FIRMER

Holding a dumbbell in each hand, sit on a chair with your feet flat on the floor. Lean forward so that your chest is near your thighs. Squeeze your shoulder blades together as you slowly lift your arms straight out to the sides, leading with your pinky fingers. Return to the starting position. Make sure that the movement is slow and deliberate; don't swing the weights. **Do 2 sets of 8 to 12 reps, resting briefly between sets.**

BENEFITS Strengthens and firms your upper back muscles—no more bra overhang!





Strength Training

Workout 3: Upper Body

TRICEPS DIP

Place your hands on the edge of a sturdy chair or weight bench, fingers facing toward you, knees bent, feet flat on the floor. Shift your buttocks forward so they're in front of the chair. Bend your elbows to slowly lower your buttocks toward the floor, keeping your back straight and close to the chair. Straighten your arms to lift your buttocks back up to chair height, feeling the workout in the backs of your arms. You can also do this exercise using the edge of a couch or bed. **Repeat 8 to 10 times.**

BENEFITS Strengthens and tones the backs of your arms (triceps) to combat upper arm jiggle.

VARIATION For a more advanced exercise, extend one leg straight out in front of you as you lower your buttocks to the floor.





Strength Training

Workout 3: Upper Body

CHEST PRESS

Lie back in a chair or on a weight bench with your knees bent and your feet flat on the floor or on the bench foot rests. Holding a dumbbell in each hand, slowly bend your arms so that your elbows are parallel to your shoulders. Push the weights straight up so that your arms are extended directly over your chest, keeping your lower back pressed firmly into the bench. Avoid locking your elbows at the top of the movement. Slowly lower to the starting position. **Do 2 sets of 8 to 12 reps, resting briefly between sets.** You can also do this exercise lying on the floor.

BENEFITS Strengthens and firms your chest muscles (pectorals).





Strength Training

Workout 3: Upper Body

OVERHEAD PRESS

Hold a dumbbell in each hand and sit on a chair with your abs tight and your back straight. Start with your hands at your shoulders. Exhale as you raise your hands over your head. Inhale as you slowly lower the weights back down to your shoulders. **Do 2 sets of 8 to 12 reps, resting briefly between sets.**

BENEFITS Sculpts your shoulders for a beautiful look and better posture.



VARIATIONS Standing, bend your left knee and extend your right leg back in a lunge position, raising and lowering the weights over your head. Or, remain sitting, but alternate your arms rather than raising both at the same time.





Strength Training

Workout 3: Lower Body

BOTTOMS UP

Lie on your back with your knees bent, feet flat on the floor, arms by your sides. Squeeze your buttocks and tighten your abdominals as you lift your buttocks off the floor (3 to 6 inches) by tilting your pelvis up. Hold for a few seconds, then lower your bottom down one vertebra at a time. For better results, place a towel between your knees. **Do 2 sets of 8 reps, resting briefly between sets.**

BENEFITS Strengthens and lifts your buttocks (gluteals) for a great rear view.



VARIATION For a more advanced exercise, straighten and lower one leg while holding your pelvis up.



Strength Training

Workout 3: Lower Body

POWER SQUAT

Extend your arms and stand with your feet a little wider than hip-width apart, arms outstretched, parallel to the floor. Bend your knees and slowly “sit back” to lower your buttocks toward the floor, keeping your body weight over your heels. Your thighs should be as close to parallel to the floor as possible. Squeeze your buttocks as you straighten your legs to return to the starting position. If you have a history of knee problems, begin with a partial squat, one quarter of the way down. **Do 2 sets of 8 to 12 reps, resting briefly between sets.**

BENEFITS Strengthens and tones your buttocks (gluteals) and thighs.





Strength Training

Workout 3: Lower Body

INNER THIGH TONER

Lie on your side, lift up your top leg and hold it in place. Then lift and “pulse” the bottom leg toward the top leg. **Pulse 5 times and then lower leg. Switch sides and repeat.**

BENEFITS A great way to tone and firm up your inner thighs (adductor muscles).





Strength Training

Workout 3: Abs And Back

WAISTLINE TRIMMER

Lie on your back with your hands behind your head. Elevate your feet. If your hamstrings are too tight, bend your knees. Use your abdominals to lift your chest and your left shoulder off the floor slightly and twist the left elbow toward your knee. **Do 2 sets of 8 reps to one side, then switch.** Concentrate on one side of the waistline at a time. Keep feet flexed.

BENEFITS Strengthens your obliques (the sides of your waistline).





Strength Training

Workout 3: Abs And Back

LOWER AB STRENGTHENER

Lie on your back with your knees bent out to the sides and the soles of your feet together. Press the small of your back to the floor as you use your abdominals to lift your feet 6 to 8 inches, head and shoulders off the floor. **Hold for 3 to 5 seconds before lowering. Relax and repeat 10 times.** Keep your abs tight as you focus on “pressing your belly button in.”

BENEFITS Strengthens lower abs and pelvic floor muscles.





Strength Training

Workout 3: Abs And Back

REVERSE CRUNCH

Lie on your back with one knee bent at a 90-degree angle and the other extended straight up into the air, keeping your feet flexed and your hands behind your head. With your back pressed to the floor, exhale as you use your lower abdominals to gently lift your hips off the floor, pressing your belly button in toward your spine. With your hips raised, pull your bent knee in as close to your chest as possible, keeping the other leg straight up. This is a very small movement; your knee should stay bent at the same angle throughout the move. Inhale as you release and lower your hips to the floor. **Relax and repeat with the other leg. Alternate legs for a total of 15 reps.**

BENEFITS Strengthens the lower abs.





Strength Training

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Workout 3: Abs And Back

SPINE STRENGTHENER

Lie facedown with your arms folded under your chin. Keep your hips pressed firmly down as you lift your legs about 4 to 8 inches off the floor; don't overarch your back. **Squeeze your buttocks as you hold for 10 seconds. Release, then repeat. Do 2 or 3 times.**

BENEFITS Strengthens and sculpts your lower back as well as your buttocks (gluteals) and backs of your thighs (hamstrings).





Denise's Top 8 Pep Talks

The long-term benefits of exercise are important, but let's not forget what it can do for you **today**. Here are eight mantras to carry with you and recite whenever you need a little inspiration.

I always feel a deep sense of calm and accomplishment after exercising...

Once I get started working out, I am happy I did...

My daily workouts help me stay fit and healthy...

Exercising makes my clothes fit better...

Working out gives me more energy to tackle the day...

I get better rest and sleep when I work out regularly...

My skin looks bright and rosy after a workout...

Food tastes better when I am consistently working out... because I've earned it!

Denise Austin's
Stop
The
Clock
Workout Plan

Flexibility And Balance





Flexibility And Balance

Flexibility And Balance Workouts

WHEN: EVERY TUESDAY, THURSDAY AND SATURDAY

LENGTH: 10-20 MINUTES

WHAT YOU NEED: YOGA MAT • PILLOW (OPTIONAL) • TOWEL (OPTIONAL)

Yoga Workout

SIDE BODY STRETCH

15 sec hold per side, 1 set

CAMEL

10 sec hold, 1 set

WARRIOR POSE

Hold for 3 breaths, 1 set

TRIANGLE POSE

Hold for 3 breaths per side, 1 set

FORWARD BEND

15-20 sec hold, 1 set

STANDING SPINAL TWIST

10 sec hold per side, 1 set

DOWNWARD-FACING DOG

Hold for 3 breaths, 3 sets

CAT STRETCH

3 complete sequences

CHILD'S POSE

Hold for 5 breaths

Pilates-Inspired Workout

THE HUNDRED

5 inhale, 5 exhale, 5 sets

THE HUNDRED (ADVANCED)

5 inhale, 5 exhale, 10 sets

THE ROLL-UP

3 sets

BRIDGE

10 second hold, 2 sets

LEG CIRCLES

10 circles per leg, 1 set

ROLLING LIKE A BALL

6 sets

SINGLE LEG STRETCH

Count of 3 per leg, 10 repeats

DOUBLE LEG STRETCH

3-6 sets

CRISSCROSS

6 reps per leg, 2 sets

SPINE STRETCH FORWARD

3 sets

THE SAW

3 reps per side

SEATED SPINE

3 reps per side

T-STAND TWIST

10-15 sec hold per side, 2 sets

TEASER (ADVANCED)

3 sets

SWIMMING (ADVANCED)

10 alternating reps





Flexibility And Balance

The third part of this fitness plan focuses on Flexibility and Balance. As we age it's important to incorporate these types of stretches and movements into your routine. The benefits are numerous:

MINIMIZES ACHES AND STIFFNESS

INCREASES YOUR AGILITY

IMPROVES YOUR POSTURE SO YOU LOOK TALLER AND THINNER

These workouts, based on yoga and the Pilates method, will leave you feeling calm, balanced and rejuvenated. I recommend that you incorporate these workouts into the days you do your strength training. You can also supplement cardio days with the "Bonus" workouts I have included starting on [page 102](#).



Flexibility And Balance

Before You Begin

This **Flexibility And Balance** routine is meant to be smooth and soothing, so eliminate any potential distractions before beginning. Turn off the television and put your phone on mute. If you like, turn on some soft music. Clear your mind of all thoughts. Concentrate on your breathing and relax every part of your body.

As you do each move, be sure that your body stays in proper alignment; don't get sloppy. Each movement should be smooth and controlled. If you find yourself wobbling or falling over, try focusing on an item directly in front of you (a lamp, a light switch, a painting), tightening your abdominals and lengthening your breath. Remember: Quality is more important than quantity, so opt for a single good stretch over 10 half-hearted ones.





Flexibility And Balance

As you move through the postures, deep breathing will help draw your mind into the present. With the Pilates Method you inhale deeply through your nose and exhale through your mouth. In yoga your goal is to breathe in and out through your nose. Notice your belly expand as you draw air into your body and then flatten as you release it. Your breathing will help promote better concentration, so you can focus on getting the most out of each posture.

Once you learn these exercises, try to flow from one to the next without stopping. This will help boost your metabolism and pump blood to your joints and muscles. Every one of these moves originates at your core (your entire torso area, including your abs and back muscles), so keep your tummy active and engaged throughout each exercise. If you lose your balance, contract and tighten those abs—it will help you regain stability. As you go from one move to the next, try to elongate and lengthen your spine; this will help keep your backbone flexible and healthy.

Also pay attention to the signals that your body is sending. Notice where you are holding your tension. (Are you hunching your shoulders? Clenching your jaw?) These exercises are designed to teach you how to tune in to your body. I want you to be aware of how your body feels every day. That way, if something does go wrong, you'll know it right away.



Flexibility And Balance

While you may be tempted to skip this part of my Stop the Clock program, DON'T. **You'll be spending only 10 to 20 minutes on this workout**, but the rewards are endless. Practice some of these moves each day if you can. I like to do them first thing in the morning, since they make me feel so good all day. Right before bed is another great time - it helps your mind relax and prepares your body for sleep. One friend of mine walks in the door from work and immediately takes the time to do these moves - an excellent way to release the negative thoughts and tension from the day. Find what works for you.





Flexibility And Balance

Yoga Workout

SIDE BODY STRETCH

Stand with your feet close together. Walk your left hand down the side of your leg, reaching as far down with your fingertips as is comfortable. Extend your right arm up and out over your head, palm facing down. **Hold for 10 seconds and repeat on the other side. Try 3 sets.** This stretch elongates the entire side of the body, opens up the hip and strengthens through the trunk (abs and back).



VARIATION Lean over with left hand extending up and out over head, and your right arm bent at the elbow reaching behind you, palm facing out with fingertips walking up your spine between your shoulder blades. Hold 10 seconds and repeat on the other side.





Flexibility And Balance

Yoga Workout

EAGLE POSE

Stand with one leg behind the other. Wrap your arms around each other so that the palms eventually touch with thumbs hooked together and fingertips aligned. Pull your elbows away from the body to feel this stretch across your upper back. Twist to the side and flex the back leg. **Hold for 15 seconds and repeat to the other side.** This feels great for your shoulders, back and chest.





Flexibility And Balance

Yoga Workout

CAMEL

Place your hands on your lower back for support, with fingertips facing down. Press your hips and pelvis forward while arching your back, very gently without going too far. This lean back always begins at the tailbone, never at the point of the lower back. Squeeze those buttocks for extra back support. Your chest and neck open up and your head falls back for a frontal body stretch and a spinal strengthener. **Stay in this arch position for about 10 seconds and breathe through the stretch.**



VARIATION An easier version can be done on your knees.



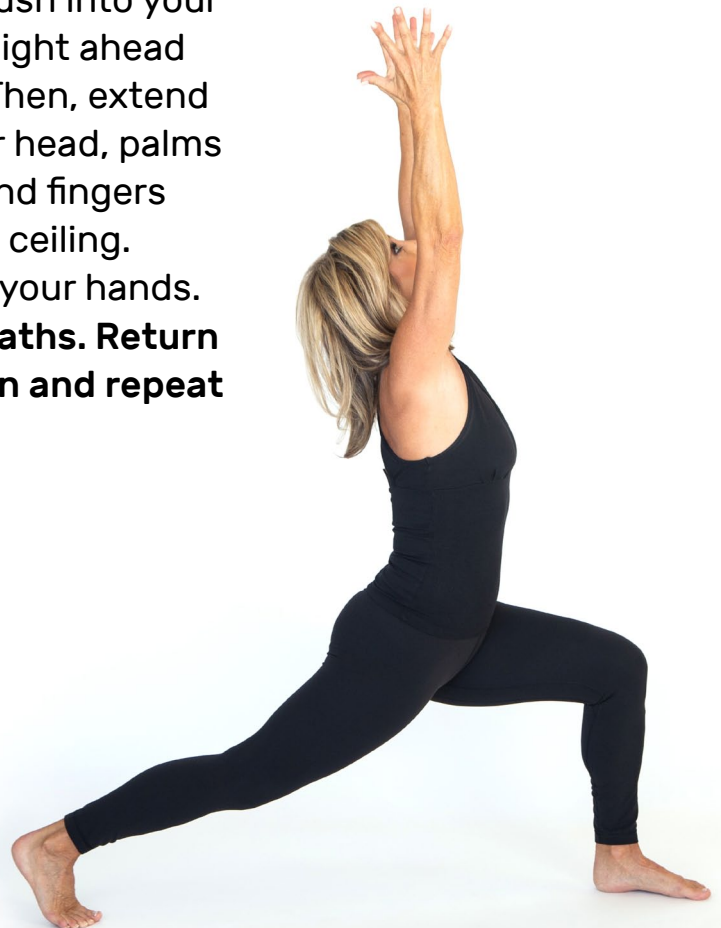


Flexibility And Balance

Yoga Workout

WARRIOR POSE

First, stand with your hands on your hips; step your feet apart so your ankles are in line with your wrists (your feet will be about 3 to 4 feet apart). Turn your left foot out at a 90-degree angle so your toes point directly to the left and rotate your right foot so your toes point to the left at a 45-degree angle. Bend your left knee as close as you can to a 90-degree angle (knee is directly over your ankle). Keeping your right leg straight, rotate your upper body so you're facing left. Push into your right heel. Look straight ahead or upward slightly. Then, extend both arms over your head, palms facing each other and fingers pointing toward the ceiling. Focus your eyes on your hands. **Hold pose for 3 breaths. Return to standing position and repeat on the other side.**





Flexibility And Balance

Yoga Workout

TRIANGLE POSE

Stand with your legs 3 or 4 feet apart. Extend arms straight out to the sides at shoulder height, palms facing down. Turn your right foot out, away from your body, as in first position in ballet. Keeping your left leg straight, bend your right leg, resting your right arm on your right thigh for support. To give your neck a good stretch, turn your head to look at the ceiling. **Take 3 deep breaths. Return to starting position and repeat on opposite side.**





Flexibility And Balance

Yoga Workout

FORWARD BEND

Spread feet a little wider than shoulder-width apart. Keeping a soft bend in your knees, bend forward from the hip joints, extending your tailbone into the air, and stretch the spine out from that point. This pose relieves back tension. Your goal is flattening your back and then leaning forward. You can use a prop (a block or a chair) if you are starting out. Later, try to reach the floor. **Hold this for 15 to 20 seconds, working up to a minute over time with practice.**



VARIATION Keep the feet together, lean over to a forward bend and roll onto the balls of the feet and back to the heels. Roll about three times forward and back to strengthen the ankles, achilles, calves and hamstrings.





Flexibility And Balance

Yoga Workout

STANDING SPINAL TWIST

Begin with feet wider than shoulder-width apart, feet pointing forward. A soft bend in the knees to alleviate too much tension in the hamstrings is fine. Bend forward, reaching your left arm toward the floor and reaching your right arm straight up over your head. **Hold this for 10 seconds, then slowly come back to standing position and repeat on the other side.**



VARIATION A more advanced spinal twist is to reach through the legs with the right arm, wrapping up and around toward your rear and lower back. Allow the left arm to also wrap around the waist to the lower back, your goal being to meet the hands and hold this deep stretch for 15 seconds. You'll feel an opening into your left shoulder and through the rib cage/waistline area.



Flexibility And Balance

Yoga Workout

DOWNWARD-FACING DOG

Kneel on all fours, with your knees directly below your hips, hands slightly in front of your shoulders. Keeping your palms planted on the floor, lift your hips and buttocks up toward the ceiling until your legs are straight. Imagine that you're pointing your tailbone up toward the ceiling; your body should form an inverted V. Now, try to slowly and gently press your heels down, feeling the stretch in your calves. **Hold the pose, as shown, for three deep breaths. Return to kneeling position, then repeat twice.**





Flexibility And Balance

Yoga Workout

CAT STRETCH

This is a great way to strengthen your abs and keep your back flexible. Kneel on all fours, being careful not to let your belly sag. Inhale as you keep your back flat, chin and chest lifted slightly upward. Now exhale as you slowly roll up your back, pull in your belly button and tighten your abdominal muscles. **Do 3 complete sequences, inhaling and exhaling deeply.**





Flexibility And Balance

Yoga Workout

CHILD'S POSE

Start in an upright kneeling position. Sit back on your heels. Keeping your buttocks on your heels, slowly bend forward and lower your head to the floor until you're curled up like a sleeping child, your forehead resting on the floor, arms by your sides, palms facing up. **Take five deep breaths - and relax!** This pose is designed to rejuvenate and nurture.



VARIATION Extend your arms in front of you, palms facing down as you lower your head to the floor.





Flexibility And Balance

Pilates Workout

THE HUNDRED (BEGINNER)

Lie on your back, then pull your knees into your chest and place your arms over your head. Gently pull your chin forward to lift your head, neck and shoulder blades off the floor. Bring your arms down so your fingers are reaching toward your toes. Lift your arms 2 to 3 inches off the floor, then quickly pump (or pulse) your arms up and down. **Breathe, inhaling for 5 counts and exhaling for 5 counts. Do this 5 times.**





Flexibility And Balance

Pilates Workout

THE HUNDRED

Same as the beginner version, with one exception: Your legs should be extended straight up into the air, then lowered to the floor as much as possible while keeping your spine pressed against the floor and your belly flat. **Hold this pose while you pulse with a count to 100.**





Flexibility And Balance

Pilates Workout

THE ROLL-UP

Start by lying on your back with your arms stretched overhead. Engage your abdominal muscles as you slowly roll your upper body up and forward into an upright position, lifting your arms toward the ceiling. Now, slowly continue reaching, with your arms curling over your fingertips toward your toes. Focus on using your abs. Your spine creates a C curve in the lower back by pulling your navel "in." Now slowly roll back down, one vertebra at a time. **Relax and repeat twice.**





Flexibility And Balance

Pilates Workout

BRIDGE

Lie on the floor on your back with your knees bent, feet flat on the floor directly under your knees. Your knees should be hipwidth apart. Lift your hips straight up so your body is supported by your shoulders and feet. Make sure your shoulders are pulled down and your neck is relaxed. **Hold for 10 seconds. Lower and repeat.** (Use caution if you have a bad neck.)





Flexibility And Balance

Pilates Workout

SINGLE LEG CIRCLES

Lie on your back, arms comfortably by your sides, legs extended straight. For a little stretch, hug your right knee into your chest, then straighten your leg so it extends up, forming a right angle with your body. Lower your right foot to your left side (like a windshield wiper), then swing it down until it's about 6 inches from your left leg. Continue swinging it (as if you're tracing an oval shape) back up toward the ceiling. The rest of your body should remain stable on the floor. The focus is to use your "power house" (abs) to create the circle with your leg. **Repeat the circle 5 times. Reverse the direction and repeat 5 more times. Switch legs and repeat.** (If you have any hip problems, do these carefully and stop if there's any pain.)





Flexibility And Balance

Pilates Workout

ROLLING LIKE A BALL

Sit up with your knees bent in front of you, your buttocks as close to your heels as possible. Grasp your lower legs or ankles with both hands and “hug” them. Bring your chin in toward your chest, pulling your abs in and curving your back. Your body is curled up like a ball; your spine forms a C shape. Arch your feet so only your toes touch the floor. Inhale slowly as you roll back until your shoulder blades touch the floor, pulling your belly button into your spine. Exhale slowly as you roll back up to a seated position, maintaining a ball position. **Repeat 6 times.**





Flexibility And Balance

Pilates Workout

SINGLE LEG STRETCH

Lie on your back, legs extended in front of you, arms by your sides, palms facing down. Inhale slowly and tighten your abs as you bring your chin toward your chest, lifting your head and shoulders off the floor. Simultaneously bring your left (bent) knee into your chest. Place your left hand on your left ankle and your right hand on the inside of your left knee. Relax your shoulders and open your elbows out to the sides. **Gently lift and hold your left knee to your chest for a count of 3, keeping your shoulders square and your torso stable. Switch legs and repeat, alternating 10 times.** If you have neck problems, place a pillow under your neck and shoulders for support.





Flexibility And Balance

Pilates Workout

DOUBLE LEG STRETCH

Begin by lying on your back with both knees pulled into your chest. Inhale and stretch your body long, pushing your legs straight in front of you and extending your arms over your head. Keeping your lower back and shoulders flat on the floor, reach your chin toward your chest, simultaneously raising your arms up until they're even with your ears. Exhale as you sweep your arms around by your sides. Use your abs as you slowly draw your legs toward your chest; hug your knees and hold. Tighten your abs as you stretch your limbs away from your torso. Pull limbs back in again, then hug your knees and hold. **Repeat 3 to 6 times.**





Flexibility And Balance

Pilates Workout

CRISSCROSS

Lie on your back. Pull your knees into your chest and pull your chin forward. Rest your head in your hands. Lift your upper body (your head, neck and shoulders) off the floor. Exhale as you extend your left leg out straight while twisting your left elbow toward your right knee. Inhale as you return to center and switch. Repeat, this time extending your right leg out straight and twisting with your right elbow. **Continue alternating legs 12 times total (6 on each side). Rest and repeat one more set.**





Flexibility And Balance

Pilates Workout

SPINE STRETCH FORWARD

Sit up with your legs extended in front of you, feet shoulder-width apart. Extend your arms in front of you as if you're sleepwalking. Tighten your abs as you lengthen your spine and lift your chest. Starting with your head, roll your upper torso down as you pull your abdominal muscles in. Keeping your arms elevated and your buttocks firm against the floor, continue rolling down until your spine forms a C (as if you're rounding yourself over a beach ball). Exhale. Inhale as you roll back up and sit tall. Exhale. **Repeat 3 times.**





Flexibility And Balance

Pilates Workout

THE SAW

Sit with your legs extended in front of you, feet shoulder-width apart, kneecaps pointing directly up toward the ceiling. Extend your arms out to the sides (you should be able to see your hands out of the corners of your eyes). Tighten your abs and lift your chest. Keeping your buttocks firmly planted on the floor, use your abs as you twist slowly to the right. Twist from your waist, not from your hips. Reach your left pinky finger toward your right baby toe. Then, leaning forward, stretch your torso toward your right leg. Your head should reach over your right knee. Relax your neck and keep your opposite hip down. Exhale slowly as you pulse 3 times (pretending to “saw off” your baby toe). Feel the stretch in your waist. Tighten your abs as you straighten up and return to center. Switch sides and repeat. **Do 3 times total on each side.**





Flexibility And Balance

Pilates Workout

SEATED SPINE TWIST

Sit with your legs extended in front of you and your arms extended straight out to the sides. Tighten your abs as you lift your chest and pull your shoulders down. Inhale as you slowly twist from your waist (not your hips) to the right as far as possible. Keep your eyes focused on your right hand as you shift it behind your body; your left hand comes forward. Both arms should form a straight line from front to back. Exhale as you twist back to the starting position. **Repeat, this time twisting to the left side. Continue alternating twists, for a total of 3 times on each side.**





Flexibility And Balance

Pilates Workout

T-STAND TWIST

Sit on your left hip with your legs slightly bent and your left hand on the floor directly under your shoulder. Pushing up on your left hand, inhale as you lift your hips off the floor and straighten your legs to create a straight line from your head to your toes, keeping your abs and buttocks tight and your shoulders relaxed. Lift your right arm up over your head to form the letter T. **Hold for 10 to 15 seconds.** Exhale as you lower your hips and bring your right arm back down to your side. Do 2 times, then switch sides and repeat.



VARIATION For a beginner variation, support yourself on one knee.





Flexibility And Balance

Pilates Workout

TEASER (ADVANCED)

Lie on the floor on your back with your legs straight and your arms extended overhead. Inhale as you lift both legs while raising both arms overhead and in front of you until your fingers are pointed toward your toes. Your entire body should form a V, with your weight balanced on your buttocks. Keep your legs extended in the air as you exhale and slowly roll your upper body back down to the floor, vertebra by vertebra, and return your arms to an overhead position. **Repeat 3 times.**





Flexibility And Balance

Are you doing the
Daily Doer?

Week 1
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Week 2
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GO BACK

Pilates Workout

SWIMMING (ADVANCED)

Lie on your belly with your legs straight, feet hip-width apart and slightly turned out, arms extended out straight over your head, palms facing down. Place your body weight over your pelvis and lower ribs, press your belly button toward your spine and elongate your neck, keeping your shoulders down and relaxed. Simultaneously lift your right arm and your left leg a few inches off the floor. Repeat, this time lifting your left arm and right leg. **Do a total of 10 reps, alternating.** Be sure to squeeze your buttock muscles so you don't overarch your lower back.



Denise Austin's
Stop
The
Clock
Workout Plan

Healthy Back And Hips





Healthy Back And Hips

As we age, different areas of our body may need more attention. This section of the e-book covers these areas, with a specific look at the back and hips, as well as some “anti-gravity” exercises that can help to prevent drooping and sagging that can occur after age 40! These movements are in addition to your Daily Doer plan, and you should add them in as you can. See each section for my specific recommendations of how often you complete them!

Healthy Back and Hips Exercises

Our back and hips can need extra attention: by keeping them flexible and strong, you can help to prevent injury and tightness, allowing you to lead the active healthy lifestyle that you want to, free of pain!

The following pages cover exercises for your back, which I call “Keeping Your Back Healthy In 5 Minutes A Day,” because that is truly how long it takes to complete them! **Add these back exercises to your daily routine to keep your back strong.**

There is also a section for healthy hips, with stretches to help keep your hips flexible - especially important for women as we age. **I suggest doing one or two per day to promote healthy hips.**



Healthy Back And Hips

Keep Your Back Healthy In 5 Minutes A Day

As you get older, it's crucial to keep your spine strong and healthy. Consisting of small bones or vertebrae separated by cushy discs that act as shock absorbers, your spine is literally your lifeline, protecting the millions of nerves that control our everyday actions and agility. By strengthening and stretching the back and abdominal muscles that support the vertebrae with exercises like the ones shown on the following pages, you'll form a girdle of support that can help prevent pain and injuries, as well as stooped shoulders, as we age.

These moves work your back muscles in four different ways:

SIDEWAYS, OR LATERAL FLEXION

FORWARD, OR FLEXION

BACKWARD, OR EXTENSION

ROTATIONALLY, TO HELP KEEP YOUR BACK STRONG AND SUPPLE

For best results, do the six exercises on the following pages every day - they take only a couple of minutes! As you do them, try to focus on keeping your body relaxed and in a straight line. If you have a bad back, be sure to check with your doctor before doing these exercises.





Healthy Back And Hips

Back Rotation

SPINAL TWIST

Sit on the floor with your legs extended in front of you, feet flexed. Bend your right knee, then lift your right foot up and place it on the left side of your left knee. Bending your left arm, place your left elbow on the outside of your right knee and turn your upper body to the right. Try to keep your shoulders down as you twist your spine farther to the right. Pushing your chest forward will further lengthen your spine. **Hold the pose for 3 deep breaths. Return to starting position and repeat on opposite side.**





Healthy Back And Hips

Flexion

FORWARD BEND

Sit on the floor with your legs extended straight in front of you. Keeping your back straight and your abdominals pulled in, reach both hands toward your toes as far as possible. Feel a gentle stretch all the way from your hamstrings to the top of your neck. As you stretch, you'll be increasing blood flow to your entire vertebral column. **Hold the stretch for 15 to 30 seconds; release and repeat.**





Healthy Back And Hips

Back Extension

COBRA (LEVEL 1)

Lie facedown with your hands directly under your shoulders, palms facing down, fingers pointed forward. Exhale and tighten your buttocks muscles as you lift your head, shoulders and chest off the floor, dropping your hips and lengthening forward; don't use your arm muscles to push yourself up. Focus on your buttocks instead. Squeeze your buttock muscles and lengthen your spine. Picture a snake. **Hold for 3 deep breaths, then lower to starting position.**





Healthy Back And Hips

Back Extension

SUPERMAN (LEVEL 2)

Lie on your belly with your arms and legs extended and your feet about 6 inches apart. Squeeze your buttocks as you slowly raise your head, your arms and your legs an inch or two off the floor. Slowly circle your arms out to your sides and then behind you, palms facing up. Look down at the floor to keep your neck in alignment and anchor your hips to the floor. Concentrate on using proper form - don't overarch your back. **Hold for 5 to 10 seconds, then release. Repeat 2 times.**





Healthy Back And Hips

Lateral Flexion

SIDE BEND

Kneel on the floor with your feet tucked under your bottom. With your arms extended straight up overhead, clasp your hands and stretch upward. Feel the stretch through your waist. Maintaining the stretch, bend your body to the right and take three deep breaths. Return to an upright position, then bend to the left. **Take 3 deep breaths. Repeat.**





Healthy Back And Hips

BACK RELAXER

Lying down with a pillow underneath your neck and shoulders, let your upper body totally relax into the floor. Gently bring your knees in toward your chest while holding the backs of your legs, your hamstrings. **Hold this position for about 30 seconds, then gently rock knees slowly to one side, then to the other.**





Healthy Back And Hips

Healthy Hip Stretches

Women's hips are different from men's. Our hip socket is called a Q socket, and unlike men, the line from knee to hip isn't straight; our femurs, or upper leg bones, fit into the hip socket at an angle. For this reason, women tend to experience more hip problems as they grow older. Hip problems can make walking difficult and lead to back pain and other injuries. You need to keep those hips loose and pliable, particularly as you age.

Here are four soothing stretches that zero in on those tight, achy hips to promote healthier joints and prevent stiffness and pain. **I try to do one or two every day...**

Start by taking some deep breaths or marching in place (for about 60 seconds) to get the blood flowing and loosen up your muscles. With each exercise you should feel a nice stretch in your hip area, but you shouldn't experience any pain. On a scale of one (no stretch whatsoever) to 10 (maximum stretch), aim for a five or a six. Breathe into each stretch and relax your body - don't fight it!



Healthy Back And Hips

STANDING HIP OPENER

Stand on your left foot and place your right ankle on your left thigh, right knee bent out to the side. Keeping your knees bent, bend at the hips slightly and push your buttocks back, placing both hands on leg. You can use a chair or wall for balance. **Hold for 15 to 30 seconds. Switch sides and repeat.**





Healthy Back And Hips

HIP OPENER (ADVANCED)

As in the Standing Hip Opener, place your right ankle on your left thigh, right knee bent out to the side. Bend at the hips slightly and push your buttocks back, this time reaching down to the floor. **Hold for 15 to 30 seconds. Switch sides and repeat.**





Healthy Back And Hips

HIP STRETCH (ADVANCED)

Sit on the floor with your right leg stretched behind you and your left leg folded in front of you. Place both hands on the floor for balance. Keep your hips down as you lift your chest and let your whole spine lengthen. **Hold for 10 seconds. Switch sides and repeat.**



VARIATION Lower your head and chest to the floor and stretch your arms out to the sides.





Healthy Back And Hips

OUTER HIP RELIEVER

Lie on your back with your knees bent and cross your right ankle over your left thigh. Raise your left foot off the floor and place both hands behind your left thigh for support (your left knee should point directly up toward the ceiling). For a deeper stretch, gently pull your left thigh toward you as you use your right elbow to press your right thigh very gently. **Hold for 15 to 30 seconds. Switch sides and repeat.**



Denise Austin's
Stop
The
Clock
Workout Plan

Anti-Gravity Exercises





Anti-Gravity Exercises

Gravity-defying toning exercises can help you target and tone your specific trouble spots - you know, places like your thighs and the backs of your arms that may have started to sag and cause “mirror” anxiety.

There are five areas of the body that tend to sag with age:

- Your bust
- The backs of your upper arms
- Your waistline
- Your buns
- The area right above your knees

These are definitely the over-40 problem spots! You can do my targeted toning exercises to supplement your regular Daily Doer routine to further transform the shape of your body. Remember the rule: If your muscles are toned and taut, nothing can droop or sag!

With these exercises, you’ll be creating resistance yourself by contracting or squeezing your target muscle during the move. Remember: Toning exercises are the key to changing the shape of your body. **Do these moves 2 to 3 times per week for firmer muscles in as little as three weeks.** If you want to use light dumbbells for some of these exercises, go ahead: the more tension on the muscle, the better the results!



Anti-Gravity Exercises

Beautiful Bust Exercises

Strong chest muscles are essential for statuesque posture and to make breasts look more firm and lifted. For a younger, more feminine figure - regardless of your age - **do these chest exercises 2 to 3 times a week**. For best results, be sure to keep your abdominals tight and don't arch your lower back.

CLEAVAGE ENHANCER

Have one foot in front of the other for balance and stability. Lean forward slightly. While holding your weights with wrists straight, begin with arms wide and rounded, elbows slightly bent. Then, with control, pull your arms toward one another, crossing the arms in front. **Do 2 sets of 8 to 12 repetitions, alternating.**

BENEFITS Firms and strengthens your pectorals (chest).





Anti-Gravity Exercises

Beautiful Bust Exercises

BUST LINE LIFT

Stand with your feet together, knees bent and back nice and straight. Place your arms in front, shoulder level with palms facing each other. Quickly, with a pulsing motion, press palms in and apart without actually touching hands together. **Do 20 to 25 tiny contractions, pulsing inward.**

BENEFITS Will give you a natural breast lift, toning the chest muscles.





Anti-Gravity Exercises

Beautiful Bust Exercises

60-SECOND CHEST DEVELOPER

Kneel and bring the heels of your palms together in front of your chest (or place your hands in prayer position). Press your hands together for 10 seconds. Feel your chest muscles working. Relax for 5 seconds. **Repeat the sequence 3 to 4 times.**

BENEFITS Firms and tones your chest.





Anti-Gravity Exercises

Beautiful Bust Exercises

CHEST STRETCH

Clasp your fingers behind your neck. Pull your elbows back as far as you can. Hold for 10 seconds. Keeping your fingers clasped, try to bring your elbows together in front of you. Hold for 5 seconds. Release your hands and relax for 5 seconds. **Repeat the sequence 3 times.**





Anti-Gravity Exercises

Awesome Arms

Your biceps (the front of your arms) get a workout every time you open a car door or lift a bag of groceries, but your triceps (the back of your arms) are rarely called to action in everyday life. Weak triceps muscles (and excess fat, of course) translate to that dreaded upper arm jiggle that's difficult to hide. Here are some excellent exercises to help you banish those bat wings once and for all!





Anti-Gravity Exercises

Awesome Arms

ARM SERIES

Stand with your feet together and knees bent for balance. Your arms will extend all the way out to the side from your body. Make two fists and twist the wrists down, then open the hands, palms facing up, and finish by lifting the arms up close to your ears, palms facing each other. Return to standing position and **repeat these 3 moves 10 times for firmer arms.**

BENEFITS For firmer, sexier-looking arms.





Anti-Gravity Exercises

Awesome Arms

ELBOW STRIKES

Lunge from side to side with elbow extended, hands in fists with palms facing down. Use momentum and your hips with the lunging motion. Keep your arms and shoulder muscles strong while executing this strike. **Do 15 sets using both elbows.**

BENEFITS Dodge the aging process by toning your upper body.





Anti-Gravity Exercises

Awesome Arms

TRICEPS TONER

In a seated or standing position with your abdominals tight and back straight, hold a weight in your right hand and raise your right arm so that your hand is directly over your right shoulder. Slowly bend your elbow and lower the weight behind your head, as shown, keeping your elbow as close to your head as possible. Squeeze the back of your arm as you raise your hand back over your head to the starting position. **Do 2 sets of 8 to 12 reps, then switch arms and repeat.**

BENEFITS Strengthens and tones your triceps—no more sag!





Anti-Gravity Exercises

Awesome Arms

DOUBLE ARM ROW

Begin with your feet together, knees bent and lean slightly forward. Hold your weights with your palms facing in. With a slow movement, pull the weights back at a diagonal angle using your upper back, shoulders and biceps. Let your shoulders relax, then squeeze your shoulder blades together at the last second for extra-strength work in the back. **Do 2 sets of 8 to 12 repetitions.**

BENEFITS Fight back against gravity with this great exercise to help you firm up.





Anti-Gravity Exercises

Awesome Arms

60-SECOND TRICEPS TIGHTENER

Stand with your feet together. Extend your arms straight behind you, elbows close in to your body, palms facing the ceiling. Focus on squeezing the back of your arms as you lift your palms up toward the ceiling. **Hold for 1 to 2 seconds, then release briefly. Repeat for a total of 1 minute.**





Anti-Gravity Exercises

Awesome Arms

NECK AND SHOULDER STRETCH

Also known as the “Head Tilt.” Relax in a comfortable seated position. Right arm rests by your side. Your left fingertips gently tilt and pull your head sideways or toward your shoulder. Do other side. Then, with both hands, gently pull your head forward away from your body. **Hold each position for 15 seconds.**

BENEFITS Releases stress and tension from the neck and shoulders.





Anti-Gravity Exercises

Amazing Abs

Soft, weak abdominal muscles can contribute to back pain and poor posture. The exercises on the following pages target your four main abdominal muscles (the rectus abdominis, the transversus and the inner and outer obliques) to help you achieve a firmer, tighter belly.

If you have weak abdominals, you may find these moves especially challenging at first, but they should get more doable as you develop your middle muscles. Remember: If you really want to see the effects of these toning exercises, you'll need to get rid of some of the overlying fat through healthy eating and the aerobic exercises included in this e-book. Use the four tips below for getting the most out of your ab exercises:

DURING FLOOR EXERCISES, KEEP YOUR LOWER BACK PRESSED FIRMLY TO THE FLOOR THROUGHOUT THE MOVEMENT.

PREVENT STRAIN ON YOUR NECK AND UPPER BACK. DON'T PULL ON THE BACK OF YOUR HEAD TO LIFT UP - USE YOUR ABS INSTEAD.

EXHALE AS YOU CONTRACT OR "CRUNCH" AND INHALE AS YOU RELEASE; IT'S KEY TO A FLAT, FIRM TUMMY.

SLOWER IS BETTER TO MAKE SURE YOU'RE USING YOUR MUSCLES, NOT MOMENTUM.



Anti-Gravity Exercises

Amazing Abs

AB REACH

Lying on your back, lift your legs into the air, forming the letter L with your upper and lower body. Your arms will begin by your side. Then, with abdominal strength, lift up, reaching your hands to your feet. Make sure your legs stay still and your lower back is pressed into the floor to really isolate those ab muscles. **Try 20 of these, or as many as you can do.**

BENEFITS A great toner for the upper and lower abdominal region. Also, this is a good way for building a tall spine and good posture.





Anti-Gravity Exercises

Amazing Abs

TRUNK STABILIZER

Begin on your back with both knees bent and arms overhead. Using the muscles in your torso, bring your left knee in toward your chest, at the same time reaching your right arm to your leg. **Switch sides and repeat 20 times.**

BENEFITS You'll feel this working the rectus abdominis (the front part of your abs) and the obliques (the sides of your waist). A super exercise to target your entire middle section.





Anti-Gravity Exercises

Amazing Abs

WAISTLINE TRIMMER

Lie on your back with your knees bent and feet flat on the floor and place your hands behind your head for support. Contract your abdominals and press the small of your back into the floor as you lift your head and shoulders about 6 inches from the floor. Twist slightly to the side, reaching your elbows to the outside of your right thigh. Hold and pulse (lift up and down slightly) for 5 to 10 seconds, trying to keep your shoulders off the floor. Relax and repeat to the other side for one more set. **Do 2 sets of 8 to 12 reps on each side.**

BENEFITS Tightens and tones your oblique muscles to create waistline contour.





Anti-Gravity Exercises

Amazing Abs

TUMMY TUCK

Balancing on your tailbone and seat, let your hands hold you up. Legs will extend in front, creating a V with the body. Pull knees into the chest, crossing at the ankles. **Alternate the crossing of the ankles 8 to 12 times.**

BENEFITS This will isolate the upper and lower abdominal area and the entire waistline, with the variation included.



VARIATION An exercise to target the “love handles” or obliques area - keep the knees together and twist at the waist, knees pulling in alternating shoulders, also done 8 to 12 times. This is a challenging move.





No-Anywhere 60-Second Ab Firmer

I do this belly buster practically everywhere,
including cars and airplanes!

**Exhale as you “tuck in” your tummy
and contract the abdominal muscles as hard as you can.**

Hold for 3 to 5 seconds, then inhale as you release.

Repeat, contracting and relaxing for 1 minute.



Anti-Gravity Exercises

Amazing Abs

ABDOMINAL STRETCH

Lie on your back with your arms stretched overhead. Stretch your hands away from your toes to lengthen your abdominal region. **Hold for 15 to 30 seconds.** Try a rolled towel or exercise ball under your back for an extra stretch to create more length through the abdominals.

BENEFITS Will give you a natural breast lift, toning the chest muscles.





Anti-Gravity Exercises

Better Buns

Most of us spend way too much time sitting in front of our TVs and computers or in our cars. Since your buttock muscles go to work with every step you take, it's no wonder our butts are getting soft and droopy! Strong gluteals, or buttock muscles, will give your derriere a wonderful shape. As you do these exercises, focus on contracting or squeezing your buttock muscles. Remember: If you don't squeeze it, no one else will!

TUSH TIGHTENER

Kneel on the floor on all fours, hands directly beneath your shoulders, knees beneath your hips. Keeping your back flat, abs tight and hips square to the floor, raise your right leg out, keeping it bent at a 90-degree angle, until your thigh is parallel to the floor. Slowly lower your knee back down to relax, and then back up again, squeezing your buttocks. **Continue until you've completed 2 sets of 8 to 12, then switch legs.** To add resistance, use an ankle weight.

BENEFITS Tones and firms your buttocks (gluteus maximus).





Anti-Gravity Exercises

Better Buns

TUSH TONER

You'll want to start this in a push-up position on the palms of your hands and the balls of your feet - also known as the Plank Position. Abs are in. Back stays straight. Squeeze your buttocks. Lift one foot 6 to 8 inches off the floor and hold for 5 seconds. **Return to Plank and repeat. Do 2 more sets.**

BENEFITS Anti-aging and anti-gravity for the rear end. Keep it up and firm! Also a great trunk stabilizer.





Anti-Gravity Exercises

Better Buns

BUNS BLASTER

Stand with one foot in front of the other and arms extended out to the sides. Bend front knee and point your back foot toward the floor so you're balancing on your front leg. Bend the knee of your standing leg to lower yourself down slightly, squeezing your buttocks muscles. Now, **lift and lower the back leg 8 to 12 times. Relax and repeat with the other leg.** (Don't do these if you have bad knees.) If you're a beginner, hold on to a wall or chair for balance.

BENEFITS Isolates and strengthens your buttocks (gluteals); improves balance.





No-Anywhere 60-Second Butt Blaster

A perfect exercise, whether you're waiting in line at the store or in a chair at your doctor's office!

Squeeze your buttocks together for 5 seconds, then release. (This is equal to 1 squat).

Continue squeezing and releasing for 1 minute.



Anti-Gravity Exercises

Better Buns

BEST BUNS STRETCH

Sit with your legs crossed in front of you and reach your arms in front with both hands. Feel the stretch. Now gently walk your fingertips to the side over one knee and then the other. You should feel the stretch in your right buttock cheek and then the left buttock cheek. A pillow will help to cushion your tailbone, but is optional. **Hold for 10 to 15 seconds in each direction.**





Anti-Gravity Exercises

Lovely Legs

These are some easy exercises to tighten and tone the muscles above your knees. Not only will these moves help you achieve sexy, lean legs, they can help prepare you for sports like tennis and skiing. They're perfect for anyone with bad knees!

QUADS SCULPTOR

Sit on the floor with your knees bent, feet on the floor. Slowly extend one leg straight in front of you, foot flexed, and tighten the top of your thigh. Lift leg 1 foot off the floor, then lower. **Do 8 to 12 reps with each leg.**

BENEFITS Strengthens and tones your quadriceps (front of your thighs).



VARIATION For a beginner exercise, lean back on your elbows, fingers facing forward.





Anti-Gravity Exercises

Lovely Legs

INNER THIGH SHAPER

Repeat the Quads Sculptor with toes turned out to the side to work the inner thighs. **Do 1 to 2 sets of 8 to 12 reps with each leg.**

BENEFITS Firms the inner part of your thighs, especially around the inner part of your kneecap.





Anti-Gravity Exercises

Lovely Legs

LEG SWING

Lie on your side, left arm extended overhead. Right arm is bent, resting in front of your chest, supporting your upper body, fingertips touching the floor. Hips are stacked one on top of the other. Your right top leg swings forward, creating an L with your legs, then swing back with perfect control in the opposite direction. **Continue this fluid forward-and-back motion 8 to 10 times**, keeping the pelvis in neutral position. Only the legs will be moving. Your middle and upper body should stay still. Squeeze the buttocks so that your back does not over-arch. **Relax and switch sides.**

BENEFITS Excellent toning for the front and back of the thighs. Also will strengthen your hips and the core of your body (the torso area).





Anti-Gravity Exercises

Lovely Legs

INNER THIGH SQUEEZE

Stand with feet about shoulder-width apart. Keep knees bent. Place the palms of your hands directly above the knees on the inner thigh area. Use your upper body for resistance and to create a degree of difficulty with this move at the same time your knees are pushing together. **Do 10 to 20 repetitions of the in-and-out movement.**

BENEFITS Targets the inner thighs, shaping and firming, just like a weight machine, but you're using your own body for resistance, which adds upper body toning—chest, shoulders, biceps and triceps.





No-Anywhere
60-Second Quads Firmer

You can do this thigh toner whenever you're sitting.
Bonus: It strengthens the muscles surrounding your knees
and promotes circulation!

Extend one leg, foot flexed, up as high as possible.

Hold for 5 to 10 seconds.

Lower.

Repeat for a total of 1 minute.



Anti-Gravity Exercises

Lovely Legs

LEG SERIES

First, to target the inner thighs, begin with your feet shoulder-width apart, a soft bend in your knees for balance. Lift one leg up 6 inches off the floor with the instep of your foot facing up to the ceiling, squeezing and focusing on your inner thigh. Repeat on other side. Next, to target the outer thighs, alternate a side, and lift toes barely off the floor. For balance, lean a little in the opposite direction of the leg you are lifting. Finally, lean slightly forward, alternating lifts behind you squeeze your glute (your rear) and the hamstring (back of your leg). **Do 6 to 8 sets for both legs for each of these three exercises.**

BENEFITS Great for hips, thighs and buns. Reverse the aging process with these three exercises.

VARIATION I'm using an exercise band wrapped around my ankles for greater resistance. If you don't have one, don't worry, you can do the same exercises with ankle weights. Or just use your own body weight for resistance, especially if you're just starting out.





Anti-Gravity Exercises

Lovely Legs

QUAD STRETCH

Stand with your feet together and hold on to a wall or a chair for balance. Bend your right knee behind you and hold your foot with your right hand. Gently pull your heel toward your buttocks and feel the stretch in the front of your thigh. **Hold for 15 to 30 seconds. Switch legs and repeat.**



Denise Austin's
Stop
The
Clock
Workout Plan

Body Sense For Women



Body Sense For Women

As you age, good health is less a matter of luck and more a matter of making smart choices. You have to take preventive measures and be more disciplined about health-related issues.

Being proactive and taking steps NOW to head off health problems before they start is one of the smartest decisions we as women can make. Very small changes can turn out to be lifesavers.

Use the information in this section to learn more about my Body Sense Strategies For Women, from stress and sleep to medical care insight. I also cover health concerns to keep an eye on, and include information on breathing exercises - one of my favorite ways to address and manage unhealthy stress or give myself an energy boost when I need it!

The payoff will be enormous. Seize the moment. Take a breath, get that oxygen flowing and resolve to start today. You can do it!



Body Sense For Women

Five Body-Sense Strategies For Women

To help create these five strategies, I've talked to experts from the American Heart Association, the American Cancer Society and other top authorities. I've asked them what works and what doesn't, what's harmful and what's helpful, and I've used their answers to develop five simple strategies for defending yourself against common health problems.

If you're the kind of person who gives thought to her health, you will probably discover that some of the healthy aging essentials discussed on the following pages are already part of your life. If so, it won't be much trouble to add a few more. If not, make a resolution to start. They're crucial to keeping you at the top of your form.

The five cover:

- Stress
- Sleep
- Smoking

- Sun Exposure
- Medical Care

1. STRESS

According to the American Institute of Stress, 75 to 90 percent of all visits to primary-care physicians are stress-related complaints. The stress response - sometimes called the "fight-or-flight" response - enables humans to deal with brief physical changes. Your body releases hormones such as adrenaline and cortisol to increase your blood pressure and give you extra energy. This set of physiological responses is Mother Nature's way of giving an instant shot of get-up-and-go. In response, your heart thumps. Your muscles tense. Your blood vessels constrict. Your hands tremble. Your face gets hot. You start to perspire.

In the stressful world we live in, our bodies may activate the stress response chronically and often in response to psychological stressors. This can cause a variety of short- and long-term problems.

Body Sense For Women

Constant stress can result in serious, long-term consequences. Because it weakens your immune system, stress can make you more vulnerable to colds and can cause wounds to heal more slowly. Scientists have found that stress-related diseases include depression, hypertension, atherosclerosis, ulcers, colitis and reproductive dysfunction. One study links emotional stress caused by the loss of a loved one to an increased risk of early death from heart disease or cancer. Another suggests that people who suffer workplace stress are more likely to have a disorder in the body's clot-dissolving system that can lead to the buildup of fatty deposits in the arteries.

Even if such devastating long-term effects don't shorten your life, stress can reduce its quality. When you are constantly stressed, you can't enjoy your life.

The following are coping techniques that can help to reduce the impact of stress on your body. These are some of my favorite strategies:

Back off. When you start feeling stressed in any particular situation, stop, if you can, and ask yourself: "Is this situation truly important? Can I distance myself from it? Can I get control of it in any way? Is there good reason to spend energy getting upset about it?" If you have many or chronic stressful situations to deal with, would it be helpful for you to learn meditation techniques? Or could you consider counseling?

Get moving. A report in the *Annals of Behavioral Medicine* confirms what dedicated exercisers like me have known for years: Working out can help reduce the physical effects of daily stress. Whether the exercise is a peppy jog or a soothing yoga routine, it will release mood boosting hormones called endorphins that help chase away your worries. Whenever I feel myself getting anxious - the airline lost my bag, the heating system has gone on the fritz again, or I'm going to have to argue with the customer service rep at the utility company - I try to force myself to take a break.

Body Sense For Women

I do some neck exercises, or I stand and do some stretches. Better yet, if possible I head outside and take a quick walk. Physical movement takes my mind off my problems and also gives my muscles a workout. That's the beauty of exercise - it's good for you in so many ways!

Slow down. Meditate. The simple act of sitting quietly and clearing your mind of to-do lists, bills to pay, deadlines and all other thoughts has been shown to reduce the physical effects of stress and anxiety. For stress maintenance, try to meditate for at least five minutes daily. Find a peaceful place and use deep, controlled breathing to draw your consciousness inward and away from your everyday cares. Focus on a single object, such as a burning candle, or repeat a phrase in your head to keep your mind from wandering. This isn't the time to start planning your Thanksgiving menu or have an imaginary conversation with the friend who hurt your feelings. It's a time to let all of that negative energy go. I like meditating at the end of a tough day, right before bedtime. Before I know it, my body is relaxed, and I'm sinking into a blissful slumber.



Breathe deeply. If you don't have time for a full-fledged meditation, try this shortcut for any occasion when you feel anxious - before you have to make a presentation to your boss, say, or while you're waiting to see the doctor. To slow down your racing heart and relax your body, take a few deep, long breaths. Draw the air into your abdomen, not the upper part of your chest. Feel your belly expand as you inhale, then release all that pent-up stress as you exhale. Within a minute you should feel the tension lessening. See [page 166](#) for more breathing exercises to try when you are in various stressful situations.

Write it down. Many studies have shown that putting your problems and concerns down on paper can help reduce stress and improve your

Body Sense For Women

outlook on life. Spend 5 to 10 minutes each day writing your deepest thoughts and emotions in a journal. Many people find it useful to write a quick letter to yourself outlining your feelings when there is an immediate crisis such as a fight with your sister or being told by your boss that there will be no raises this year. Writing down your thoughts helps you think more clearly and also gets the negative emotions out of your system.

Do a good deed. Turn negatives into positives by doing something kind for someone else. It can be something as small as helping an elderly person cross the street or assisting someone in the supermarket. I always help moms with strollers - I've been there. Go through your address book and call a friend you haven't heard from in a while, just to say hello. Write a little "I love you" on a piece of paper and put it in your partner's briefcase or suitcase for their next trip. It's a nice surprise. Copy an old photograph and send it to family members. The best gifts cost little and, what's more, give you something back by raising your spirits.

Laugh out loud. Studies have found that humor can help reduce tension and improve immune function. Some doctors have recommended that patients turn to humor as a relief for everything from depression to cancer. *I Love Lucy* reruns always get me giggling, or I watch another favorite comedy.

Talk it out. I've been blessed with a mother, three sisters, a brother and a husband who have been good listeners. I also have good friends with whom I share my life. When I'm feeling overwhelmed by work or have had some bad news, I turn to them for emotional support. Just knowing that they are there makes me feel better instantly. And in turn, I always want to be there for them. Talking out your problems helps you come up with rational solutions instead of just feeling overwhelmed. If you're having a major crisis such as a divorce or serious illness, consider finding a counselor who can listen and give advice. Another point of view, whether it comes from a friend or a professional, is immensely valuable.

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2. SLEEP

Do you constantly feel drained? Your body is trying to tell you something. Fatigue is a cry for help! We've all experienced the short-term effects of not getting enough shuteye. It makes us tired, lethargic, cranky and unable to concentrate. We're more likely to have an accident or fall asleep at the wheel. Our skin looks dull and we develop big, dark circles under the eyes. But sleep doesn't simply improve our personality and make us look better.

Sleep is an essential ingredient of a healthy, fit lifestyle. While you sleep, your body gets rid of waste products and circulates minerals, vitamins and hormones. During sleep your body produces most of the infection-fighting substances that help you recover from illness and injury. It also produces the natural human growth hormone that maintains and repairs muscles.

Cutting back on sleep has many consequences. Lack of sleep:

- Increases the incidence of all kinds of illnesses, from the common cold to more serious immune-deficiency disorders.
- May hasten the onset of ailments such as hypertension and memory loss.
- Upsets the body's metabolism in the same fashion as aging, increasing the risk of diabetes, high blood pressure and obesity.

Getting enough sleep is critical to enjoying good health. Even if you're committed to exercising and following a sensible diet, you won't get the full benefits of all your hard work if you don't get your ZZZs. Cut out something else, but don't skimp on the shut-eye. If you haven't been getting enough, you'll notice the difference right away. With the right amount of sleep, you'll feel better, look better and be able to engage in life with renewed energy.

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Of course, not all sleep is good sleep, and experts say quality is just as important as quantity. Create a sleep friendly environment with these strategies for achieving a good night's rest:

Skip the caffeine. Avoid caffeine and other stimulants for at least six hours before your scheduled bedtime. This means no coffee, no cola, no tea and no chocolate. And check medicine labels. Some over-the-counter medications are loaded with caffeine.

Don't hit the sack until you're ready to sleep. Do not balance your checkbook or correct your management presentation in bed. Only get in bed when you are ready to fall asleep.

Stick to a routine. Our bodies respond to patterns. Try to go to bed at the same time each night and arise at the same time each morning. Sleeping late on weekends (or any day) disrupts sleep patterns and may leave you staring at the ceiling come nighttime.

Avoid alcohol. Alcohol alters your normal sleep patterns - not to mention those extra trips to the bathroom. No matter if you've spent eight hours in bed, you'll still feel tired and groggy the following day.

Try aromatherapy. Essential oils, lotions or an aromatherapy diffuser are wonderful sources of soothing scents. Researchers have found that lavender is especially effective for insomnia. Try a lavender eye pillow or eye mask.

Take a warm shower or bath. Warm water can help you relax by relieving tension and soothing tired muscles. Take a 30-minute bath a few hours before bed allowing for some cool-down time.

Remember: If you have chronic sleep problems, don't shrug them off. Talk to your doctor. This may be caused by menopause, depression or other problems for which medical help may be available.

Body Sense For Women

3. SMOKING

There's no way around it, smoking just simply isn't healthy and has no place in a healthy lifestyle. The price you'll pay for smoking is enormous. Those little white sticks contain thousands of chemicals, including many that dramatically increase your risk for a host of life-threatening diseases. Among them are nicotine, a stimulant that not only keeps you addicted but also increases your blood pressure, and traces of poisons such as arsenic.

Smoking may lower blood levels of antioxidants, which protect against many of the diseases of aging. Smokers are at a higher risk of cataracts, lung cancer, heart attack, stroke, chronic bronchitis, emphysema and osteoporosis.

Because smoking decreases blood flow to the skin, researchers calculate that it is second only to sunbathing as a cause of premature aging of the skin.

Even if you've been a chain-smoker for half your life, experts say that you can undo some of the damage to your arteries and lungs by quitting now. Within one to three years of grinding out your last butt, your heart disease risk could be cut in half, and your risk for lung cancer and emphysema could be significantly lower. But that doesn't mean you can afford to wait a few years before stopping. Every time you light up, you make things a little bit worse.

Quitting is tough, but take heart: Many, many people have managed to do it. Talk with your physician about medications, and use the information and tips at the American Lung Association's website at www.lung.org to determine the best route for you. You can do it, and **YOU ARE WORTH IT!**

Body Sense for Women

4. SUN EXPOSURE

Direct sun exposure significantly increases your risk of skin cancer and cataracts. And if you want to know how well your skin will age, take into account your genes and how much time you spend catching the rays.

I was a sun junkie, growing up on the California coast, and like the rest of my friends, I used to slather myself in oil and bask in the sunshine, which, along with general aging, has left me with wrinkles. While I wouldn't dream of going out in the sun today without some protection, for active women like me, staying out of the sun entirely is virtually impossible.



It's also not a great idea. Everyone needs a little sun in her life! It lifts your spirits and it gives you a healthy dose of vitamin D. I believe 15 to 20 minutes of outdoor sun without sunscreen and with some of your body parts, such as arms or legs, unclothed to be a great way to soak in the good vitamin D for that short period of time.

Other than that, wear a wide-brimmed hat and sunglasses and long sleeves and pants when you will be in the sun for longer. Also be sure to use sunscreen with at least an SPF of 15. You should be using the amount that would fill a shot glass to apply to your body and face - it seems like a lot, but that's what is recommended!

Wearing a hat - and sunglasses, of course - also cuts your risk of cataracts, which are caused by frequent exposure to the sun's ultraviolet rays. In addition, scientists believe that vitamins C and E and carotenoids (most often found in dark, green leafy vegetables) helps prevent cataracts, so make sure to eat those leafy greens!

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5. GET THE BEST MEDICAL CARE

Having a regular checkup once a year is the best anxiety reliever I can think of. Instead of focusing solely on a single symptom, you can discuss all aspects of your health. In talking with you, your doctor can note any changes in your health and lifestyle habits that you may not have noticed and order whatever tests are appropriate at your age. Having a regular consultation with a professional will help you take better care of yourself. If something unusual does subsequently turn up, you have the assurance that you've been checked recently and chances are you're okay; also, you'll have someone to turn to who's familiar with your medical history.

Give yourself a regular checkup as your birthday present to yourself. It'll make you feel great - and you'll never forget when you're due next. Here are some ways to get the best medical care you can:

Choose the right doctor. If you feel comfortable with your doctor, you'll be more likely to go on a regular basis. Finding the right doctor may require some time and effort, but the results will be worth it! A good doctor

should relate to you as a person and ask questions about your lifestyle and any emotional issues that might be relevant to get a complete picture. The doctor shouldn't make you feel rushed during an office visit.

Bottom line: Use common sense and follow your instincts. If you feel unsure about a doctor, find another one. It is important to be very candid when you are a patient, and you may not be inclined to do that with someone who doesn't make you comfortable. Worse, a distant and unempathetic doctor may make you even more anxious than you would ordinarily be. And although warmth and kindness are no guarantee of a doctor's competence, it stands to reason that someone who cares about people will take more interest in every case.

Make the most of each visit. Visiting the doctor is an anxiety-producing experience for many people, but it's like cleaning up your files or similar good-for-you responsibilities. Once it's over, you'll feel terrific. Make the most of the visit by planning for it. Don't keep your concerns from your doctor. Before the visit, make a list of anything that's troubling you: headaches, stomach upsets, rashes,

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whatever - and jot down the details that the doctor will want to know: dates of each occurrence, frequency and any other facts that may shed light on the problem, such as what you were eating before a symptom arose. Write down any questions you may have. And take notes when the doctor gives you answers and instructions.

It's amazing how easily you can forget what the doctor says, particularly if you're a little nervous. Keep those notes for your medical history book. If the problem recurs - "Didn't I have that rash before? What cream did I use?" - it will be very useful to have a record. (This is handy advice for moms, too. Not only is it hard to recall details, it's amazing how you can forget which child had what ailment and when.)

Be totally open. Don't hold back your concerns or questions about intimate problems or be afraid to reveal that you smoke or drink. Physicians aren't there to judge you but to help you. Conditions that you may find embarrassing, such as pain during intercourse or urinary incontinence, can often be easily treated or can at least shed light on your medical condition. Get involved in the process. Ask

questions, do research, and come prepared. While the internet is a wonderful source of information, try not to jump to conclusions with self-diagnoses - it can lead to undue stress of "worst case scenario." If you have been diagnosed, then read up on available treatments and discuss with your doctor. Your informed point of view will help ensure that you get the best possible treatment.

Keep track of your family medical history. Keep a medical "resume" of your family's history as well as your own illnesses, injuries, hospitalizations and surgeries from childhood to the present. Keep other medical information, such as notes you take after doctors' visits and any X-ray films that you are given, in the same place.

Keep up to date on medical tests. Early detection is key in addressing and treating all sort of medical conditions. After the age of 40, you should talk with your physician about how often to test for the following:

- Blood Pressure
- Cholesterol Levels
- Glucose
- Pap Smear
- Colorectal Cancer
- Breast Cancer
- Skin Cancer
- Bone Density
- Vision Health



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OTHER AFTER-40 HEALTH CONCERNS

Your family history, lifestyle or any unusual symptoms may mean that you need to talk to your doctor about one or more of the following health concerns.

Thyroid Health

The thyroid gland, located inside the neck, is a very influential little organ. It releases two hormones that control heart rate, body temperature and the speed with which the body burns calories. These hormones also affect strength, appetite, mood, brain function, and skin and hair texture.

Some 13 million Americans - most of them women - suffer from an over- or underactive thyroid. And because this gland has so much responsibility, it can create a whole slew of problems if it's not working right. Hypothyroidism, or an underactive thyroid, can cause fatigue, memory loss and sudden weight gain and may create what appears to be psychologically caused depression. Untreated, it can also raise cholesterol levels.

Hyperthyroidism, an overactive thyroid, puts the body in overdrive.

Symptoms include a racing heart, anxiety, heart arrhythmia, weight loss, bone loss and muscle weakness. Women with hyperthyroidism may also have sleep problems. Since many of these symptoms are subtle and can mimic other problems, thyroid problems often go undiagnosed. Fortunately, new blood tests can detect the slightest rise or dip in hormone levels, and anyone with a family history of thyroid problems should be tested. Ask your doctor if you should have your thyroid checked if you are experiencing any unusual symptoms.

Varicose Veins

Starting in your 40s, you may begin to discover little purple or red squiggles, like a spiderweb, on your ankles or legs. These spider veins, as they are called, are the teasers for varicose veins, which is the main event. Both are caused by the same factors and both can occur anywhere on the body but usually show up on the legs.

In healthy veins blood travels toward the heart, helped by resilient vein walls and one-way valves that combat gravity's downward pull.

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But defective valves or a weakness in the vein walls sometimes allows blood to flow backward and pool in the vein so it bulges under the skin, creating a ropelike pattern.

Spider veins may cause dull aches. Varicose veins typically cause tired, achy and heavy-feeling legs and, in some cases, night cramps. There is no known cause for varicose veins, but there seems to be a congenital link and some connection to female hormones, possibly including links to pregnancy or birth control pills.

Varicose veins occasionally cause serious complications. These include leg swelling and phlebitis (inflammation and clotting), which can be disabling and painful. On rare occasions blood clots that occur in varicose veins can dislodge and travel to the lungs. Sudden pain, redness, swelling or warmth of the leg should be reported to your doctor immediately.

A problem with varicose veins is progressive, and they can't be prevented, but you can minimize their effects.

7 Ways To Help Prevent Varicose Veins

TRY NOT TO STAND IN ONE PLACE FOR LONGER THAN 15 MINUTES, AND AVOID SITTING FOR MORE THAN 30 MINUTES AT A TIME

IF YOU HAVE A FAMILY HISTORY OF VARICOSE VEINS AND/OR YOU STAND A LOT AT WORK, WEAR SUPPORT HOSE

WEAR SUPPORT SOCKS OR HOSE WHEN FLYING, VISITING HIGH ALTITUDES AND DURING THE LAST TWO TRIMESTERS OF PREGNANCY

EXERCISE SUCH AS WALKING AND BICYCLING HELPS TO DEVELOP THE PUMPING MOTION OF THE CALF MUSCLES AND BOOST CIRCULATION IN THE LEGS

AVOID EXERCISES THAT CAUSE SUDDEN, PROLONGED MUSCLE CONTRACTION, SUCH AS HEAVY WEIGHT LIFTING WITH THE LEGS. INSTEAD, DO EXERCISES THAT INVOLVE MORE REPETITION WITH LESS WEIGHT.

IF YOU NOTICE SWOLLEN ANKLES, SLEEP WITH YOUR LEGS UP ON A PILLOW, HIGHER THAN YOUR HEART

MAINTAIN A HEALTHY WEIGHT

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Ovarian Cancer

There is no infallible test for ovarian cancer, and the warning signs are subtle, partially because the ovaries are located so deep inside the pelvis. Usually this cancer is detected only after a surgical examination and a biopsy, at which point it may have already spread. Only 25 percent of cases are discovered in stage I, when it is confined to one or both ovaries.

However, at age 40 the likelihood of getting ovarian cancer is only 15.7 per 100,000 women. The risk increases when you're over 60, rising to 54 per 100,000 at age 79. You are at higher risk if a member of your immediate family (mother, sister and/or daughter) has been diagnosed with the disease; if you have a personal history of breast cancer or the genetic markers for breast and ovarian cancer; if you are of Ashkenazi Jewish descent and have a genetic marker; and/or if you've never been pregnant.

More than 25,000 American women will be diagnosed with ovarian cancer this year. Thanks to new treatments, survival rates have soared. Talk with your doctor if you are experiencing any of these warning symptoms for more than one month:

Ovarian Cancer Warning Signs

VAGUE, CHRONIC GASTROINTESTINAL DISCOMFORT, SUCH AS GAS, NAUSEA OR INDIGESTION

FREQUENT AND/OR URGENT NEED TO URINATE

CHANGE IN BOWEL HABITS

ABNORMAL VAGINAL BLEEDING

PELVIC OR ABDOMINAL SWELLING THAT MAY OR MAY NOT BE ACCOMPANIED BY PAIN

LOSS OF APPETITE OR FEELING FULL AFTER EVEN A LIGHT MEAL

UNEXPLAINED FATIGUE

PAIN DURING INTERCOURSE

SHORTNESS OF BREATH

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Menopause

If you are in your 40s, chances are menopause is still down the road a ways. Though some women become menopausal as young as 35, the average woman in this country reaches menopause at 51, though no one can predict exactly when it will happen. There is no correlation between the age at which you start your period and the age you reach menopause, or between menopause and your race, height, number of children you have or whether or not you took birth control pills. There may be some correlation with the age your mother was at when she achieved menopause, and it appears that smokers and former smokers can reach menopause two years earlier than nonsmokers.

What we call menopause is in fact several different stages. The earliest is perimenopause, which usually begins in your late 40s and lasts several years. This is when symptoms begin: irregular periods, spotting, night sweats and/or hot flashes.

Technically, menopause is the moment in time when your ovaries run out of eggs. Every woman starts out with a lifetime's supply, and then

over the years she runs out. At menopause, your period stops for good.

It will take a full 12 months of not having a period before you are considered in menopause - this 12 month range is called perimenopause.

This time frame, from perimenopause through permanent cessation of menstrual periods, can last for years - a time that, for some women, can become an emotional roller coaster, as they feel alternately moody, sad or out of control. These unpredictable emotions occur because when you run out of eggs, you also stop producing the sex hormones estrogen, progesterone and testosterone.

Many women also suffer unsettling physical side effects such as hot flashes, fatigue, vaginal dryness or difficulty sleeping. Talk with your physician about ways to manage and alleviate these side effects - many methods are available, and she will work with you to find the one that fits your needs.

Hot flashes are a common side effect of menopause; try the tips on the next page.

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Hot Flash Help

IF YOU'RE STANDING UP OR EXERCISING, FIND A PLACE TO SIT AND BREATHE DEEPLY UNTIL THE FLASH PASSES

DRESS IN LAYERS (SO YOU CAN PEEL OFF CLOTHING AS NEEDED)

DRINK PLENTY OF WATER, HERBAL TEAS AND OTHER NON-CAFFEINATED LIQUIDS

DON'T SMOKE

ELIMINATE OR CUT BACK ON CAFFEINE, ALCOHOL, SUGAR AND SPICY FOODS

GET REGULAR MASSAGES AND MEDITATE TO KEEP STRESS LEVELS IN CHECK

BUY YOURSELF A PERSONAL FAN, AND DON'T BE EMBARRASSED TO USE IT!

Pelvic Muscles

Women may have feelings of weakness in the pelvis after childbirth or due to hormonal changes related to pregnancy or menopause. The common cause is prolapsed uterus, a stretching of the ligaments and tissues that normally keep the womb in place. One result may be stress incontinence - that involuntary trickle of urine that comes when you laugh, cough, sneeze or strain. Another may be that during intercourse, the muscles of the vagina don't seem as "tight" to your partner.

Any such problem should be reported to your doctor, who may prescribe some other form of medication or recommend surgery. One simple way to reduce the problem is to avoid bladder irritants and diuretics such as artificial sweeteners, fruit juices, alcohol, carbonated beverages, coffee, tea and other caffeinated drinks. If the problem is mild, the solution is often Kegel exercises.

Body Sense For Women

With the easy-to-do Kegel exercises, you may be able to prevent this problem before it arises or get relief once it exists. Sixty percent of women who do Kegels report significant improvement and 15 to 20 percent return to normal bladder function.

How To Do A Kegel

For best results, do these for two minutes, two to three times a day and prior to or during any activity that usually causes leakage.

Remember: To strengthen your pelvic floor muscles, you must work them harder than they're used to. If you continue challenging them, you should see a change in as little as three to four weeks.

Ready to get cracking on those Kegels? Let's go.

STEP 1: FIND YOUR TARGET MUSCLES

These muscles are a lot harder to locate than your biceps! You'll need a little practice.

1 Sit or stand. Without tensing the muscles of your legs, buttocks or belly, imagine that you're trying to hold back gas or a bowel movement. Try to isolate and tighten the ring of muscle around your vagina and your anus. Make sure you are not using the muscles of your abdomen or buttocks - put your hands on them, and if you feel movement, continue to experiment until you have isolated the pelvic floor muscles.

2 When urinating, empty your bladder partially, then try to stop or slow the flow of urine in midstream. The muscles that you use to do this are your pelvic floor muscles. Then relax and completely empty your bladder. Repeat this test twice a month to see if your pelvic floor muscles are getting stronger. With time it should get easier, and you will be able to contract these muscles for longer periods of time.

STEP 2: STRENGTHEN THOSE MUSCLES!

When you start these exercises, do the Kegels lying down to reduce stress on your muscles. Lie on your back and bend your knees or elevate your feet on a pillow. You should be

Body Sense For Women

comfortable and your legs should be relaxed, since tensing your other muscles or holding your breath will make it difficult for the pelvic floor muscles to work correctly.

Working from back to front, tighten your pelvic floor muscles and count to four slowly. Then release. The rest of your body should be completely relaxed. Do not tighten your abdominal, thigh or buttock muscles. Exhale as you contract, inhale as you release. Stop and rest when you are no longer performing each contraction properly.

As you get stronger, you can do these exercises anywhere - sitting or standing, while watching TV or waiting for a bus.

The Importance Of Breathing: Eight Breathing Exercises



If there's one thing you probably thought you were doing right, it's breathing. There's a way to do it better: As you breathe, you pump oxygen to all the cells and muscles of your body. The deeper you breathe, the more oxygen you take in, whether you're walking on a treadmill or sitting in front of a computer. Breathing the right way will result in an increased oxygen intake that can buy you more energy, less stress, a clearer mind and better health in general.

There's more to deep breathing than simply filling your lungs with air. The following eight breathing techniques that offer benefits ranging from a quick pick-me-up to lowering blood pressure. Try to do five to ten breathing exercises a day, either different ones or the same one, depending on how you're feeling.

Whenever possible, do them in a quiet, relaxed setting. If possible, turn off the phone ringer, shut down your computer and loosen your clothing. (Caution: If you have heart disease, high blood pressure or have had a stroke, consult your doctor before trying a technique that involves holding your breath.)

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BREATHING EXERCISES: THE BASICS

Abdominal Breathing. This is good for instant relaxation and also the starting point for several exercises that follow.

- Lie down on your back or sit comfortably.
- Place your hands on your abdomen.
- Inhale slowly and deeply, breathing air all the way down into the lower lobes of your lungs. As these fill with air, your lower belly should expand like a balloon. (Keep one hand on it so you can feel this happening.)
- Exhale slowly, allowing your abdomen to deflate as your body releases stale air.
- Inhale easily. Feel your belly expand again.
- Repeat for 3 to 5 minutes.

Yogic Breathing. This ancient technique promotes calmness and clarity of thought.

- Sit in a comfortable position (in a chair or cross-legged on the floor).
- Begin with 1 to 2 minutes of Abdominal Breathing.
- Close your right nostril with your right thumb and inhale through your left nostril for 2 counts.
- Close your left nostril with your right ring finger and hold your breath for 8 counts. (Both nostrils are now closed.)
- Open your right nostril and exhale through it for 4 counts.
- Inhale through your open right nostril for 2 counts.
- Close your right nostril and hold your breath for 8 counts.
- Open your left nostril and exhale through it for 4 counts.
- Repeat for 3 to 8 minutes.

Note: Your counts should be slow and consistent. If you feel fidgety, rock your body back and forth slowly.

Body Sense For Women

BREATHING EXERCISES: RESTORATIVE BREATHING

The Morning Revitalizer. Doing this exercise before you get out of bed each morning will help fill you with energy and make you more productive throughout the day. Follow it with some energizing stretches for the ultimate wake-me-up.

Note: Keep your eyes open throughout the exercise.

- Lie on your back in bed.
- Inhale through your nose as you raise your arms straight up toward the ceiling.
- Exhale through your mouth as you let your arms drop back onto the bed.
- Slowly repeat the last 2 steps 6 times.
- Exhale forcefully through your mouth while pulling your tummy in, then sit up.
- Inhale through your nose and reach your hands toward the ceiling.
- Exhale through your mouth as you pull your hands down to your shoulders and make tight fists.
- Repeat the last 2 steps 4 times.
- When you feel ready, swing your feet out of bed and move forward with enthusiasm and energy!

Blood Pressure Reducer. Any relaxing type of breath can help control and reduce high blood pressure.

- Sitting comfortably in a quiet place, relax with a few Abdominal Breaths: 4 counts in, 8 counts out.
- Inhale to about two-thirds lung capacity for about 4 counts. (Inhaling to only two-thirds of your maximum will help prevent an unintentional rise in blood pressure.)
- Hold for 8 counts.
- Exhale for 8 counts.
- Continue the two-thirds breaths for 3 to 8 minutes.

Body Sense For Women

The Stress Buster. This technique helps you let go of anxiety and tension. Do it hourly, whenever you're at work or under a lot of pressure.

- Lie down on your back or sit up in a comfortable chair where you will not be disturbed.
- Relax with several Abdominal Breaths, breathing in for 4 counts, allowing your abdomen to balloon as the lower part of your lungs fills with air, then exhaling for 8 counts.
- Relax your feet as you exhale through your mouth with a loud sigh: "AHHHHHHhhhhhhhhhh."
- Take a few Abdominal Breaths.
- Take a deep breath through your nose and hold it as you tense your calves.
- Relax your calves as you exhale through your mouth with a loud sigh: "AHHHHHHhhhhhhhhhh."

- Repeat for each area of the body, working from your feet up to your thighs, buttocks, abdomen, fingers, forearms, upper arms, shoulders and face.

Note: If you have limited time, mentally scan your body and focus your breath directly into the spots that feel tense. Try to move the affected area if possible—for example, shrug your shoulders or roll your neck.

The Mood Booster. Try this breath whenever you're down in the dumps or feeling low-energy and blah.

- Stand with your arms at your sides, relaxed and with good posture.
- On a slow, steady inhalation, raise your arms horizontally until they're even with your shoulders.
- Move your arms in front of you. Finally raise your arms over your head.
- Exhale sharply through your mouth - make a "ha!" sound while simultaneously dropping your head, neck and arms. Your body should be loose at the moment of exhalation.
- Repeat 3 to 5 times.

Body Sense For Women

The Energizer. Beat the three o'clock doldrums with this uplifting trick.

- Do 1 to 2 minutes of Abdominal Breathing.
- Place your finger on your right nostril gently to help close its air flow.
- Take a deep, long breath in.
- Expel air through your left nostril, using short, forceful exhalations, as you pull in your abdominal muscles. Continue this staccato exhalation until your lungs are completely empty.
- Repeat 10 times.
- Do 1 minute of Abdominal Breaths.
- Inhale to about two-thirds of your lung capacity and hold it as long as comfortable before exhaling.
- Repeat the staccato breaths 10 times through your right nostril, placing your finger on your left nostril.
- Finish with 1 minute of Abdominal Breaths.

Ease The Pain. This breathing technique can help whether you have chronic back pain or you have merely stubbed your toe.

- Close your eyes and keep them closed throughout.
- Begin with an Abdominal Breath.
- Imagine pain leaving your body like a vapor or stream of color with each exhalation.
- Imagine your incoming breath traveling to the area of discomfort like a soothing balm.
- Release tension by wiggling various parts of your body as you breathe in and out.
- Release any emotion related to your pain by crying or sighing loudly. Don't keep this emotion bottled up. Let go of those painful feelings!
- Repeat for 4 to 8 minutes.
- As soon as you're ready, open your eyes. Stretch your arms and legs before getting up.

Body Sense For Women

Calm Your Nerves. This instantly soothing exercise can minimize tension, whether you're stuck in line or fighting a traffic jam. Or try it right before bed and you'll sleep like a baby!

- Do deep Abdominal Breaths with long, slow exhalations.
- As you exhale, let go of any tension that you're holding in your body. Picture aggravation and worry drifting away with each exhalation.
- Imagine that with each inhalation you are filling your body with strength and the ability to solve problems.
- Realize that impatience will not get you to the head of the line faster. It will only make the time seem longer and increase your aggravation.
- Think of those around you as fellow human beings who are working to the best of their abilities.

- Continue breathing in and out as you imagine how great it would be if everyone else were relaxed and trying new ways to be patient and efficient.

As you age, good health is less a matter of luck and more a matter of making smart choices. You have to take preventive measures and be more disciplined about health-related issues. The payoff is enormous. You can do it! Be proactive. Take steps now to head off health problems before they start. Very small changes can turn out to be lifesavers. You've got years ahead of you to see those changes pay off, and it's critical you make time for them - starting right now!

You can always find more health advice on DeniseAustin.com and through my free email newsletters!

Denise Austin's
**Stop
The
Clock**
Workout Plan

Motivation And Inspiration



Motivation And Inspiration

I'm a true believer in a positive, think-young attitude. It's a crucial part of my formula for creating happiness in every facet of your life. A positive outlook can help minimize the stress that leads to illness, prevent frown lines that make you look old and dour, and make you the type of person that others - old or young - enjoy spending time with. But a positive outlook doesn't come naturally for everyone. Just like good exercise, nutritious eating and healthy habits, it can require thought and effort. In this chapter I'll share with you my very own secrets for developing a healthy attitude and getting more out of life. You'll also learn how to eliminate the negative thoughts that may be preventing you from leading a full, active life or that may be sabotaging your efforts to trim down and stay in shape.

The mind-body connection is controlled by a master gland called the hypothalamus. This all-important connector is located where your brain and spinal cord join. Together with your hypothalamus, a complex set of nerves and biochemicals sends messages back and forth between your brain and the rest of your body. The key is sending the right messages.

For 5,000 years yoga practitioners

have preached the power of the mind to improve physical health. Scientific research also suggests the incredible impact that a positive attitude can have on your immune system. People with optimistic outlooks have fewer illnesses and recover from injuries and diseases more quickly. According to one study, optimists can live as much as 20 percent longer than pessimists. The choice could be yours: You can think yourself sick or think yourself well.

How often do you hear yourself say, "I won't;" or "I can't" or "I don't?" "I won't try tofu." "I can't lose weight." "I don't like to exercise." If you're like most people, you use negatives as a shield against new experiences. If you don't take risks, you'll have nothing to lose, right? Wrong! As the saying goes, the only things that you regret in life are the things that you don't do. So start right now by announcing to the world:

I CAN I WILL I AM

Make these words your new mantras. Repeat them to yourself several times a day. Believe that anything is possible! As you embark on your Stop The Clock program, follow these tips for staying young at heart:



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1. SIMPLIFY YOUR LIFE

As employees, spouses and caretakers, it seems like there's always something demanding our time and attention. When stress levels soar, healthy habits often go out the window.

Stress is often the result of time deficiency. To prevent those stress situations from happening, try to keep tabs on your time with these suggestions:

Get organized. An hour spent organizing your office or living quarters can save you a lot of frustration and make you more efficient and productive. Lists also help. At the start of each month I sit down with my calendar to plot out the coming weeks. It only about 15 to 20 minutes.

Set boundaries. Many of us pride ourselves on our productivity and time spent helping others. But you need to be realistic. Think about what you're actually able to do, and do well, in the time that you have. When you try to do too much, you often end up cutting corners, which can lead to aggravating mistakes. Instead, try limiting yourself to a few activities

and do them well. It's hard to say no, especially when you're used to saying yes. But your guilt won't last as long as the stress that comes from overextending yourself and not doing anything well.

Eliminate hidden time eaters. Take a close look at your routine to determine where you may be wasting precious minutes. Do you make multiple trips to the grocery store during the week or spend a lot of time getting dressed in the morning? Learn to streamline your routine, and you'll find the time you need to do things like exercise, eat right and get enough sleep.

Learn to delegate. Whether you're at home or in the office, don't hesitate to ask for help. It isn't a sign of weakness. It's a smart way to free yourself up for more important tasks, such as exercising or providing balanced meals for your family. At home, I give my girls the job of setting the table (and have learned not to care if the spoons are in the wrong place). After dinner, my husband Jeff pitches in by washing pots and putting the dishes in the dishwasher. He's happy to do it - by now, I don't even have to ask!

Motivation And Inspiration

2. BELIEVE IN YOURSELF

If I didn't believe in myself, I wouldn't be where I am today. I didn't wake up one day and have my own national TV show. It was a long, arduous road, and I suffered a lot of rejection along the way.

Self-confidence isn't something that is automatic for most of us - so we have to work to continually build and reinforce it. We all need to accept the fact that we're not perfect. Everyone has bad hair days, days when you change outfits a hundred times and still don't like what you see. It's just a part of life. You can't expect a complete attitude adjustment overnight. But you can start taking baby steps toward a better self-image. Perfectionism is a common problem with women, and it can lead to feelings of depression. Remember, you're not perfect - you're just the perfect version of you!

The first step is to focus on your gifts. If you don't know your gifts, ask someone close to you to tell you what they like about you. Which of your qualities stand out as being special and unique? Write their comments down on an index card. Review the list every morning before getting out

of bed and every night before going to sleep.

You are an incredible, unique individual with much to offer. So focus on what you are instead of what you aren't. Reprogram that little voice way down inside you with positives. Replace than say "fat" or "unattractive," think "smart, funny, interesting, motivated, giving, beautiful." Try to erase any memories of feeling like a failure or being embarrassed. Keep reminding yourself of your successes, no matter how small, and all that you give to your family and others.

Remind yourself of your attributes whenever you start feeling doubt or insecurity. Remember that you ARE WORTH IT!

3. STAY CONNECTED

Whether you're a 40-year-old mom or a housebound senior, it's important to have friends and loved ones that you can count on for advice and who appreciate your opinions and efforts. This kind of positive support system is particularly crucial when you're making major lifestyle changes like starting an exercise program or trying to lose weight. Who better to share concerns about nagging personal

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problems with than your sister or a trusted friend?

Taking time to maintain or build healthy relationships isn't selfish it's a vital part of the anti-aging equation. Whom I spend my time with has become more and more important to me as I get older. Why waste all that precious time and energy on people who make you feel bad about yourself? While positive relationships can make life more interesting, exciting and fun, negative relationships do just the opposite. They suck the life out of you. Literally. Take a moment right now to think about the people who surround you at work, at home and socially. Would you characterize them as optimists or pessimists? Do they make you feel good or sad? Relationships should be positive and invigorating forces in our lives. So if you're not getting the love and support you need, it's time to go out and find it.

4. REACH OUT TO OTHERS

What could be more spiritually uplifting than doing something nice for another person? Being altruistic doesn't have to mean donating your life savings to charity. The best gifts in life are free - and they give back

times three! Here are a few ways to reach out to those around you:

Volunteer. Spend a Saturday with your kids cleaning up a local park or lend a hand at your local soup kitchen. The community will benefit, and so will your muscles as you rake leaves or dish up dozens of meals! You'll realize how lucky you are and all that you have to offer. You'll feel appreciated and learn to revel in the joy of small gestures.

Help your children. Chaperone the high school dance. Become a Girl Scout leader. Be an assistant coach for your son's soccer team. Your children will see the importance of involvement, leadership and participation - and you'll gain inspiration to get off the couch along with priceless bonding opportunities. Don't have kids? No problem. Become a Big Sister or volunteer at the local school.

Be a good listener. Listening may be the ultimate example of selfless living - and it's a gift that you can bestow every day. It can be tough to sit and listen to someone else's problems without jumping in and trying to solve them. Remember that the person doing the talking may not want advice - she simply may want to get



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her troubles off her chest. The best way to help may be to listen without offering your two cents.

5. ROLL WITH THE PUNCHES

Whenever the road of life gets a little bumpy, picture yourself gliding over the potholes. Instead of pulling down the shades and hiding or freaking out, search for solutions. You have the power to solve almost any problem that comes your way. So don't waste energy sweating the small stuff - save it for more important tasks like working out or cheering your daughter on at her big softball game.

If you find yourself reacting to a stressful situation rather than rolling with it, do what I do - take a time-out. To calm yourself, try taking some deep breaths (see the breathing exercises on [page 166](#) for more insight) or doing some soothing stretches. Then imagine yourself floating in a beautiful, tropical blue sea or sitting on a mountain watching the sunset. Remember: An emotional breakdown won't help you out of a jam - all it will do is raise your blood pressure!

One of the best ways to prevent a major meltdown is by not letting stress build up in the first place. I'm

more likely to let the pressure get to me when I feel bombarded by a million different things. Avoid letting it get to that level by maintaining balance in your life and practicing regular stress-reducing techniques like the breathing exercises covered in this e-book, or by practicing meditation.

6. BAN NEGATIVE THOUGHTS

There's a positive and a negative side to every situation. Only you can decide which you would rather dwell on. You can complain about the rain or be thankful for the lush, green grass and well-nourished flowers. If you think you live under a black cloud, you probably will; likewise, if you anticipate positive outcomes, they'll be more apt to happen. Everyone needs to vent once in a while - myself included. It isn't good to keep feelings all bottled up. But too much complaining can be counterproductive. It won't solve your problems. It won't help you lose weight. And it certainly won't help you turn back the clock.

Many of us aren't aware of our own negativity. Listen to yourself speak and try to become more conscious of it. Then practice turning those negative thoughts into positive ones.

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There will be times that you'll just feel like sulking and complaining. But try not to do it. Remember, allowing pessimistic thoughts to linger can put your health at risk!

Over the course of my life I've learned to rephrase the negatives. I'll give you some examples. Then I want you to write down some of your main beefs and try rephrasing them in an optimistic light. This is a great mental exercise to do while you're walking or working out! Once you get the hang

of putting a positive spin on negative feelings, it should start to happen automatically.

Use the Old Negative/New Positive chart for some ways to retrain your outlook... And as soon as you notice pessimistic thoughts popping into our head, quash them immediately. Try putting a rubber band around your wrist and snap it whenever you find yourself being negative or critical. That's my favorite trick for instantly snapping out of it!

Motivation And Inspiration

Old Negative

MY KIDS ARE DRIVING ME CRAZY.

I'M FAT

I CAN'T DO ANYTHING RIGHT.

NOBODY EVER LISTENS TO ME.

New Positive

MY KIDS ARE SMART, FUNNY AND TALENTED, AND THEY'RE A GREAT EXCUSE TO EXERCISE BY RUNNING AROUND THE PLAYGROUND OR GOING FOR A BIKE RIDE. IT'S ALSO A GREAT WAY TO TIRE THEM OUT!

I'M BEAUTIFUL AND ON MY WAY TO A HEALTHY NEW BODY.

NO ONE'S PERFECT, AND I'M DOING THE BEST THAT I CAN. I PREFER TO FOCUS ON MY ACHIEVEMENTS RATHER THAN MY FAILURES.

I'M IN CONTROL AND I'M GOING TO MAKE MYSELF HEARD. IF THEY DIDN'T SEE ME BEFORE, THEY WILL NOW!

Old Negative

IF IT'S NOT ONE THING, IT'S ANOTHER.

I'M STUCK IN LINE... AGAIN.

I'M TOO OLD.

I'LL NEVER LOOK YOUNGER.

IT'S NOT APPROPRIATE FOR MY AGE.

New Positive

LIFE IS FULL OF CHALLENGES, AND WITH A LITTLE INGENUITY, I CAN SUCCESSFULLY TACKLE EACH ONE.

I'M NOT GOING TO GET ANGRY ABOUT THINGS I CAN'T CONTROL. INSTEAD, I'LL TAKE THIS OPPORTUNITY TO FIDGETIZE! SHOULD I DO CALF RAISES OR INVISIBLE BUTT SQUEEZES?

I'M JUST GETTING STARTED.

I MAY LOOK OLDER, BUT I'M ALSO WISER.

WHO CARES! IT'S MORE FUN TO BE SILLY THAN TO BE STODGY AND BORING.

Motivation And Inspiration

7. KEEP LEARNING

Youth is all about growth and learning. As children, we seemed to have countless hours to practice the piano, perfect our French accent or read the classics. But now that we're grown-ups we usually spend our free time paying bills, cleaning the house or watching TV.

Just because you're getting older doesn't mean that you should close the door on education experiences. Like all the muscles in your body, your mind needs regular exercise. So as you work to get your body in better shape, consider how to keep your brain stimulated and sharp - it will keep you interesting, too!

Check out your community college or local activity center for courses. Study Italian while saving up for a trip to Italy. Take up a new hobby like painting, pottery, woodcarving or cooking. Read one worthwhile book a month or - one of my favorite motivators - download a biography or an educational podcast and only allow yourself to listen when you do your daily walks!

8. DON'T TAKE THINGS PERSONALLY

Other people are going to say and do things that hurt your feelings, either out of jealousy, stupidity or (sometimes) because they had a little too much to drink. It sounds cliched, but it isn't you, it's them. People usually say mean things out of insecurity or unhappiness. So rather than waste your time wondering what's wrong with you, try to shrug it off and, if you can, steer clear of that person for a little while. If you do start to feel upset or angry, take a few deep breaths or go for a walk - it'll help calm you down. Whatever happens, don't stoop to their level. Always be the bigger person - and don't lose your sense of humor!

9. LIE ABOUT YOUR AGE - AT LEAST TO YOURSELF!

As you age, don't use it as an excuse to slow down and stop trying. Continually challenging yourself can be good both physically and mentally. Pretending that you're 10 years younger - even if it's just in your own head - can help eliminate those old-age excuses that may be holding you back. You have nothing to lose, and lots of rich, meaningful experiences to gain.

Motivation and Inspiration

If you've always been the kind of person who plays it safe, it's never too late to learn to develop a sense of adventure. Some of the greatest rewards in life include some measure of risk. You're the only one who loses if you're unwilling to step outside of your comfort zone. Don't let your desire to be comfortable outweigh your desire to live a full, vibrant life!

10. Laugh and Have Fun!

There is nothing like fun and laughter to get you through the tough times and to remind you of the joy that surrounds you. So take time to be silly - tell jokes, throw a Frisbee, fly a kite or

pay the toll for the person in the car behind you. Try to have at least one good belly laugh every day. All this play is powerful: Many experts say that it can boost your immune system and help keep your body disease-free.

You're not the only one who will benefit from a little lightheartedness. So will everyone around you - from your kids to your parents to the guy who sells you a bottle of water each morning. Smile and you are guaranteed to get a smile in return. Enthusiasm is infectious. Happiness and a positive attitude are gifts you can pass along - so get out there and start giving!



Denise Austin's
**Stop
The
Clock**
Workout Plan

Keep It Going



Keep It Going

For some of you, the healthy suggestions in this e-book to stay fit and fabulous after 40 will be easy to implement. Some of you may struggle. Whenever you're having trouble, try the mental trick that I use whenever I'm on the verge of doing something unhealthy. For instance, if I'm tempted to eat a big serving of fries, or skip a workout only because I am not "feeling it," I ask myself, "Would I want my daughters to do this?" The answer is usually no, which puts things into perspective and serves as an excellent motivator to choose the healthy option.

It's easy to put off making positive changes until tomorrow or the next day. But the longer you wait to ditch those bad habits, the less likely you are to do it. By delaying, you'll only create bigger problems for yourself and prolong the negative feelings that you have about your body. You'll miss out on opportunities for adventure that begin with taking charge of your life and your health.

Good health is more valuable than money. It's worth more than a fancy car or an expensive piece of jewelry. I'm not saying that it's wrong to want financial success and all of its

rewards. But it shouldn't come at the cost of your physical health and well-being. After all, what good is it to be the richest person on the block if you're too sick or tired to enjoy it?

Putting your health and happiness higher on your agenda isn't selfish - it's better for everyone around you. If you're still feeling guilty about spending time on you, have an honest chat with yourself. Wouldn't your husband love to see you fitter and healthier even if he has to give up home-made desserts? Wouldn't your kids be happy if you hiked and biked with them instead of keeping your house as clean as a Hollywood set? You'll be teaching them to take care of their bodies by your good example.

As you move forward I want you to notice and appreciate every one of your accomplishments. When you pass on the donuts during a breakfast meeting at work, give yourself a pat on the back and say, "That was easy, and I can do this!" Whether you complete your first one-mile walk or conquer a 40-mile bike ride, note how good you feel afterward - and remember that feeling the next time you consider skipping a workout.

Keep It Going

Occasionally reward yourself with a non-edible treat such as a new exercise outfit or a candle. You deserve it!

Education and growth are essential to turning back the clock, so don't stop with this e-book! Arm yourself with as much knowledge about health, fitness and nutrition as possible. Sign up for my weekly emails for more information on fitness, nutrition, healthy aging and well-being. Or join my [LifeFit 10-Week Plan](#) for video workouts and a customized eating plan. You can learn more at [DeniseAustin.com](#). Use whatever tools you can to help you stay young and healthy - no matter what your age! You are worth it!

Let's get fitter, together -
inside and out,

Denise Austin



Credits

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Daily Doer (28-Day Workout Plan)

Week 1

MONDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

BASIC
WORKOUT

PAGE 28

DO IT!

TUESDAY



STRENGTH TRAINING
AND FLEXIBILITY

45 minutes

HAND
WEIGHTS

CHAIR

MAT

**Strength
Training**

Workout 1

PAGES 38-47

DO IT!

**Flexibility
And Balance**

PAGES 77-101

DO IT!

WEDNESDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

BASIC
WORKOUT

PAGE 28

DO IT!

THURSDAY



STRENGTH TRAINING
AND FLEXIBILITY

45 minutes

HAND
WEIGHTS

CHAIR

MAT

**Strength
Training**

Workout 2

PAGES 48-58

DO IT!

**Flexibility
And Balance**

PAGES 77-101

DO IT!

FRIDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

BASIC
WORKOUT

PAGE 28

DO IT!

SATURDAY



STRENGTH TRAINING
AND FLEXIBILITY

45 minutes

HAND
WEIGHTS

CHAIR

MAT

**Strength
Training**

Workout 3

PAGES 59-69

DO IT!

**Flexibility
And Balance**

PAGES 77-101

DO IT!

SUNDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

BASIC
WORKOUT

PAGE 28

DO IT!

Daily Doer (28-Day Workout Plan)

Week 2

MONDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

BASIC
WORKOUT

PAGE 28

DO IT!

TUESDAY



STRENGTH TRAINING
AND FLEXIBILITY

45 minutes

HAND
WEIGHTS

CHAIR

MAT

**Strength
Training**

Workout 1

PAGES 38-47

DO IT!

**Flexibility
And Balance**

PAGES 77-101

DO IT!

WEDNESDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

BASIC
WORKOUT

PAGE 28

DO IT!

THURSDAY



STRENGTH TRAINING
AND FLEXIBILITY

45 minutes

HAND
WEIGHTS

CHAIR

MAT

**Strength
Training**

Workout 2

PAGES 48-58

DO IT!

**Flexibility
And Balance**

PAGES 77-101

DO IT!

FRIDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

CHALLENGE
WORKOUT

PAGE 29

DO IT!

SATURDAY



STRENGTH TRAINING
AND FLEXIBILITY

45 minutes

HAND
WEIGHTS

CHAIR

MAT

**Strength
Training**

Workout 3

PAGES 59-69

DO IT!

**Flexibility
And Balance**

PAGES 77-101

DO IT!

SUNDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

BASIC
WORKOUT

PAGE 28

DO IT!

Daily Doer (28-Day Workout Plan)

Week 3

MONDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

BASIC
WORKOUT

PAGE 28

DO IT!

TUESDAY



STRENGTH TRAINING
AND FLEXIBILITY

45 minutes

HAND
WEIGHTS

CHAIR

MAT

**Strength
Training**

Workout 1

PAGES 38-47

DO IT!

**Flexibility
And Balance**

PAGES 77-101

DO IT!

WEDNESDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

CHALLENGE
WORKOUT

PAGE 29

DO IT!

THURSDAY



STRENGTH TRAINING
AND FLEXIBILITY

45 minutes

HAND
WEIGHTS

CHAIR

MAT

**Strength
Training**

Workout 2

PAGES 48-58

DO IT!

**Flexibility
And Balance**

PAGES 77-101

DO IT!

FRIDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

BASIC
WORKOUT

PAGE 28

DO IT!

SATURDAY



STRENGTH TRAINING
AND FLEXIBILITY

45 minutes

HAND
WEIGHTS

CHAIR

MAT

**Strength
Training**

Workout 3

PAGES 59-69

DO IT!

**Flexibility
And Balance**

PAGES 77-101

DO IT!

SUNDAY



CARDIO

30 minutes

WALKING
SHOES

WATER

**Walking
Workout**

INTERVAL
WORKOUT

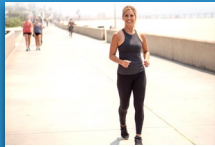
PAGE 30

DO IT!

Daily Doer (28-Day Workout Plan)

Week 4

MONDAY



CARDIO

30 minutes

WALKING SHOES

WATER

Walking Workout

CHALLENGE WORKOUT

PAGE 29

DO IT!

TUESDAY



STRENGTH TRAINING AND FLEXIBILITY

45 minutes

HAND WEIGHTS

CHAIR

MAT

Strength Training

Workout 1

PAGES 38-47

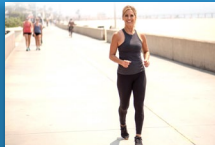
DO IT!

Flexibility And Balance

PAGES 77-101

DO IT!

WEDNESDAY



CARDIO

30 minutes

WALKING SHOES

WATER

Walking Workout

CHALLENGE WORKOUT

PAGE 29

DO IT!

THURSDAY



STRENGTH TRAINING AND FLEXIBILITY

45 minutes

HAND WEIGHTS

CHAIR

MAT

Strength Training

Workout 2

PAGES 48-58

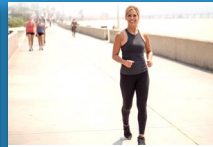
DO IT!

Flexibility And Balance

PAGES 77-101

DO IT!

FRIDAY



CARDIO

30 minutes

WALKING SHOES

WATER

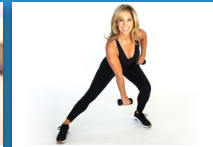
Walking Workout

BASIC WORKOUT

PAGE 28

DO IT!

SATURDAY



STRENGTH TRAINING AND FLEXIBILITY

45 minutes

HAND WEIGHTS

CHAIR

MAT

Strength Training

Workout 3

PAGES 59-69

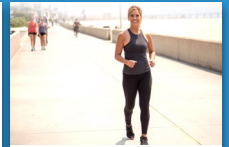
DO IT!

Flexibility And Balance

PAGES 77-101

DO IT!

SUNDAY



CARDIO

30 minutes

WALKING SHOES

WATER

Walking Workout

INTERVAL WORKOUT

PAGE 30

DO IT!

Beginner Workout (28-Day Plan)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Week 1

<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>10 min 3 min warm up, 5 min workout, 2 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 1</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 38-47</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>10 min 3 min warm up, 5 min workout, 2 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 2</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 48-58</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>10 min 3 min warm up, 5 min workout, 2 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 3</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 59-69</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>10 min 3 min warm up, 5 min workout, 2 min cooldown</p> <p>PAGE 28</p>
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Week 2

<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>15 min 5 min warm up, 5 min workout, 5 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 1</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 38-47</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>15 min 5 min warm up, 5 min workout, 5 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 2</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 48-58</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>15 min 5 min warm up, 5 min workout, 5 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 3</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 59-69</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>15 min 5 min warm up, 5 min workout, 5 min cooldown</p> <p>PAGE 28</p>
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Beginner Workout (28-Day Plan)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Week 3

<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>20 min 5 min warm up, 10 min workout, 5 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 1</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 38-47</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>20 min 5 min warm up, 10 min workout, 5 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 2</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 48-58</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>20 min 5 min warm up, 10 min workout, 5 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 3</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 59-69</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>20 min 5 min warm up, 10 min workout, 5 min cooldown</p> <p>PAGE 28</p>
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Week 4

<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>25 min 5 min warm up, 15 min workout, 5 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 1</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 38-47</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>25 min 5 min warm up, 15 min workout, 5 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 2</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 48-58</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>25 min 5 min warm up, 15 min workout, 5 min cooldown</p> <p>PAGE 28</p>	<p>STRENGTH TRAINING</p> <hr/> <p>Strength Training</p> <p>Workout 3</p> <p>20 min do lower set of reps suggested</p> <p>PAGES 59-69</p>	<p>CARDIO</p> <hr/> <p>Walking Workout</p> <p>BASIC WORKOUT</p> <p>25 min 5 min warm up, 15 min workout, 5 min cooldown</p> <p>PAGE 28</p>
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Extra Exercises

Additional exercises to help “Stop the Clock!”

Healthy Back And Hips

Back Exercises

WHAT YOU NEED: MAT

- BACK ROTATION: SPINAL TWIST** • 3 breaths per side, 1 set • **PAGE 105**
- FLEXION: FORWARD BEND** • 15-30 sec hold, 2 sets • **PAGE 106**
- BACK EXTENSION: COBRA (LEVEL 1)** • 3 breaths, 1 set • **PAGE 107**
- BACK EXTENSION: SUPERMAN (LEVEL 2)** • 5-10 sec hold, 3 sets • **PAGE 108**
- LATERAL FLEXION: SIDE BEND** • 3 breaths per side, 2 sets • **PAGE 109**
- BACK RELAXER** • 30 sec hold per side • **PAGE 110**

Hip Openers

WHAT YOU NEED: MAT

- STANDING HIP OPENER** • 15-30 sec hold per side • **PAGE 112**
- HIP OPENER (ADVANCED)** • 15-30 sec hold per side • **PAGE 113**
- HIP STRETCH (ADVANCED)** • 10 sec hold per side • **PAGE 114**
- OUTER HIP RELIEVER** • 15-30 sec hold per side • **PAGE 115**

Anti-Gravity Exercises

Beautiful Bust Exercises

WHAT YOU NEED: HAND WEIGHTS (OPTIONAL)

- CLEAVAGE ENHANCER** • 8-12 reps, 2 sets • **PAGE 118**
- BUST LINE LIFT** • 20-25 pulses, 1 set • **PAGE 119**
- 60-SECOND CHEST DEVELOPER** • 10 sec hold, 3-4 sets • **PAGE 120**
- CHEST STRETCH** • 10-15 sec hold, 3 sets • **PAGE 121**

Awesome Arms

WHAT YOU NEED: HAND WEIGHTS

- ARM SERIES** • 3 reps, 10 sets • **PAGE 123**
- ELBOW STRIKES** • 15 reps per side, 1 set • **PAGE 124**
- TRICEPS TONER** • 8-12 reps, 2 sets per side • **PAGE 125**
- DOUBLE ARM ROW** • 8-12 reps, 1 set • **PAGE 126**
- 60-SECOND TRICEPS TIGHTENER** • 1-2 sec hold, 1 minute total, 1 rep • **PAGE 127**
- NECK AND SHOULDER STRETCH** • 4, 15 sec holds, 1 set • **PAGE 128**





Extra Exercises

Anti-Gravity Exercises (continued)

Amazing Abs

WHAT YOU NEED: MAT • CHAIR • BALL • TOWEL (OPTIONAL)

AB REACH • 20 + reps, 1 set • PAGE 130

TRUNK STABILIZER • 20 reps per side, 1 set • PAGE 131

WAISTLINE TRIMMER • 8-12 reps, 2 sets per side • PAGE 132

TUMMY TUCK • 8-12 reps, 1 set • PAGE 133

ABDOMINAL STRETCH • 15-30 sec hold, 1 set • PAGE 135

Better Buns

WHAT YOU NEED: MAT • CHAIR • WEIGHTS • BALL (OPTIONAL)

TUSH TIGHTENER • 8-12 reps, 2 sets per side • PAGE 136

TUSH TONER • 5 sec hold, 3 sets • PAGE 137

BUNS BLASTER • 8-12 reps, 1 set per side • PAGE 138

BEST BUNS STRETCH • 10-15 sec hold, 1 set • PAGE 140

Lovely Legs

WHAT YOU NEED: MAT • PILLOW • EXERCISE BAND (OPTIONAL)

QUADS SCULPTOR • 8-12 reps, 1 set per side • PAGE 141

INNER THIGH SHAPER • 8-12 reps, 1 set per side • PAGE 142

LEG SWING • 8-10 reps, 1 set per side • PAGE 143

INNER THIGH SQUEEZE • 10-20 reps • PAGE 144

LEG SERIES • 6-8 sets per leg • PAGE 146

QUAD STRETCH • 15-30 sec hold • PAGE 147

Tracking Your Progress

Workout Log

One of the best ways to measure your success and stay motivated is to record your workouts. I've provided space for you on the next pages to write down the date and duration of each exercise session as well as details on what you did and how it felt. Before filling it in, I recommend making copies of this weekly log to use for the next four weeks and after the program is over. If you miss a workout, be sure to note the reasons why you couldn't get to it. At the end of each week, pat yourself on the back for your accomplishments! If you don't achieve your goals, consider why. By recognizing your exercise obstacles, you'll prevent them from getting in your way again.

Progress Photos

Another way to track your progress is through photos! This is a great way to visually see how you are progressing. Follow these photo tips:

- Take the "before" photos prior to starting this plan
- Take follow-up photos every Monday when you wake up
- Take the photo in the same place
- Take full length body shots, with both a front view and a side view
- Keep your position natural - arms to the side, feet together, standing straight

Tracking Your Progress

Before And After Stats

Before starting my Stop the Clock program, take these simple tests to assess your aerobic capacity, strength, flexibility and balance. Repeat the tests at the end of four weeks to see how far you have come.

There's one thing that I want to clarify. When we talk about losing weight, we're really talking about losing excess body fat. With a combination of exercise and healthy eating, you can shed that extra flab and improve the shape of your body. But in this program, you'll be strength-training, which means that as you lose fat you'll be adding muscle to speed up your metabolism and guard your body against osteoporosis and other by-products of aging.

Since muscle weighs more than fat, the bathroom scale may not be an accurate monitor of your success. Rather than getting obsessed with the numbers, concentrate on how

your body looks and feels - you'll notice the difference when your dress size goes down, or when you make it up the stairs without huffing and puffing.

The most accurate way to evaluate your progress is to get your body fat measured. Many health clubs offer skin-fold or electronic imaging tests; these tests may not be 100 percent accurate, but they can give you an idea of how you're doing in terms of fat loss. After a few weeks of exercise and good eating habits, you can get retested to see roughly how much fat you've managed to shed. Another good way to monitor your progress is to use a tape measure or check your clothes. Have you lost inches around your thighs and belly? Are your pants looser? Do your hips, thighs and tummy feel firmer? Remember, even if you've lost only a pound or two on the scale, you've added muscle and gotten rid of fat, which is your ultimate goal.



Tracking Your Progress

AEROBIC CAPACITY

There is one aerobic test to complete before you begin: track how far you can you walk in five minutes. You can use a treadmill, a fitness tracker or an app to complete this. Mark your stats below.

Day 1

Day 28



Tracking Your Progress

Strength Capacity

There are two strength tests to complete: a push-up test and a crunch test. Do these before you start and then again when you are done with the plan.

THE 1-MINUTE PUSH-UP TEST

- Rest your weight on your hands and knees, hands shoulder width apart, lower legs bent up at a 90-degree angle. (Crossing your ankles will increase your stability.)
- Your body should form a straight line from head to knees.
- Bend your elbows, lowering your body until your chest all but touches the floor; do not break the line of your body by letting your waist bend or your stomach droop.
- Raise yourself up to the starting position, extending your arms fully.
- See how many push-ups you can do in 1 minute and mark below.

Day 1

Day 28





Tracking Your Progress

Strength Capacity

THE 1-MINUTE CRUNCH TEST

- Place a strip of tape on the floor.
- Lie on your back with your knees bent directly over the piece of tape, your feet flat on the floor.
- Press your shoulders against the floor and extend your arms along your sides. Your fingertips should be about 3 inches from the tape. Place your palms flat on the floor.
- Lift your head and shoulders off the floor in a partial sit-up or crunch, coming up only as far as necessary for your fingers to touch the tape.
- Release.
- Do as many of these crunches as you can in 1 minute, counting each time your fingers touch the tape. Be sure that your shoulders touch the floor after each crunch. Mark your results below.

Day 1

Day 28



Tracking Your Progress

Flexibility And Balance

There are two flexibility and balance tests to complete: a sit-and-reach test and a one-legged test.

THE SIT-AND-REACH TEST

- Place a strip of tape on the floor.
- Place a yardstick perpendicular to the tape at the 14-inch mark, with the 1-inch mark toward your body.
- Sit on the floor and extend your legs straight in front of you, straddling the yardstick.
- Place your heels on the floor about 5 inches apart, so that they just touch the near edge of the tape.
- Keeping your legs straight, reach forward, with your hands side by side (do not lead with one hand).
- Touch the yardstick as far away as you can.
- Reach slowly and hold; do not bounce. See how close you can come to touching your toes.
- Record how far you stretch below.

Day 1

Day 28





Tracking Your Progress

Flexibility And Balance

THE ONE-LEGGED TEST

- Stand on your right leg.
- Place your hands on your hips.
- Raise your left foot in front of you, about 6 inches off the floor.
- Keep your balance as long as you can without letting your left foot touch the floor (focusing your gaze several inches in front of you will help).
- Count how many seconds go by before you lose your balance. Mark your results below.

Day 1

Day 28

NOTE Please keep a chair nearby to hold on to in case you lose your balance.



Keep It Going

Stop the Clock After 40, 50, even 60 with Denise's NEW Nutrition Plan



With My **Stop The Clock Fitness Plan**, you are already implementing healthy cardio, strength and flexibility workouts that help you tone and tighten common “problem areas” in our over-40 bodies.

My **Stop The Clock Nutrition Plan** is the next step toward fueling your body with the foods that will help you implement healthy nutrition choices into your lifestyle. Soon you will be glowing from within, bursting with energy and looking & feeling great!

LEARN MORE

DeniseAustin.com