

October 13, 2003

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See pg. 44



Steal the star secrets to a beautiful bustline



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steal their secrets

Little bust beautifiers

Making your breasts appear fuller and firmer is as easy as working the right muscle group for just minutes a day!

health



Sure, push-ups boost your bust, but toning the surrounding areas is the *real* key to perky breasts. "The muscles in your torso are connected, so working them directly impacts the appearance of your breasts," says Brad Schoenfeld, author of *Sculpting Her Body Perfect* (Human Kinetics, 2003). Maximize your assets with these moves.

A CUP

Kate Hudson makes the most of a smaller bustline by sculpting super-toned abs—the secret to breasts that stand at attention.

To get a perkier bustline

Targeting your **rectus abdominus**, the "six-pack" muscle that connects your breastbone and pelvis, helps the bust stand tall so even smaller sizes appear larger. "Working this area strengthens the entire torso, giving your muscles the power they need to lift your chest from below," says trainer Schoenfeld.

The move: Sit up straight on the edge of a chair with your feet positioned so that your knees are bent at a 90-degree angle. Hold the sides of the chair with your arms straight and slightly behind you. Use your abs to lift your knees as high as you can, then return your feet to the floor. Repeat 10 times.



B CUP

Jennifer Aniston proves that shapely arms not only look great in a tank but also create the illusion of larger breasts (and a smaller waist).

To make breasts look bigger

"Working the **lateral deltoids**, which are located on the outer sides of your upper arms, defines the arms and shoulders and gives the illusion of a narrow middle," says Schoenfeld. "And that, by contrast, makes your bust look fuller."

The move: Stand with your feet shoulder-width apart and your arms down at your sides, palms facing in, while holding a two-pound dumbbell or soup can in each hand. Lift your arms out to your sides until they are at shoulder height and parallel to the floor. Hold for a second, then lower slowly. Do 12 reps.





C CUP

Maybe Angelina Jolie's cleavage looks so much deeper than most C cups because her trainer tipped her off about two key bust-boosting muscles.

To create more cleavage

Toning the **pectoralis major and minor** creates a hollowed-out effect down the center of your chest, which adds to the appearance of cleavage, says Schoenfeld. "Plus, it helps support the fatty tissues that form breasts, delaying the effects of gravity."



The move: Position a few pillows on the floor, then lie down, placing the small of your back at the edge of the cushions and your butt on the floor. Hold a three-pound dumbbell or soup can in each hand, elbows slightly bent, arms raised above your chest. Then lower arms to your sides and raise them again. Do 12 reps.



D CUP

Diane Lane works every red-carpet appearance to her advantage with perfect muscle-supported posture that defies droop-inducing gravity.

To eliminate sag

The middle and lower trapezius muscles in your back help you effortlessly maintain the posture that promotes perky breasts.

"Strengthening these muscles pulls your shoulders back so you stand more erect," Schoenfeld explains. "And since standing up straighter lifts your chest area, it makes your breasts look more pert," he adds.



The move: Stand tall, keeping your back straight and chest lifted. Squeeze your shoulder blades together as if holding a tennis ball between them, moving upper arms and elbows slightly behind you. Hold for five seconds, then release. Repeat 12 times.

Trim trouble spots in seconds

Q: Do you have a move that will tone my saggy rear?

A: One-legged squats firm the hamstring muscles below your gluteus, giving your butt a beautiful lift. Rest your right hand on a table or countertop for support, then lift your right leg forward about six inches and hold it there so all your weight is on one leg. Bend your left leg and squat back, as if sitting on a chair, then slowly squeeze your buttocks to straighten up. Concentrate on keeping your weight on the left heel, which will help you target the muscles in the back of your leg and butt even more effectively. Repeat 12 times, then switch sides.

Q: How can I flatten my pot belly? My friend told me that jogging would help, but I really hate running.

A: You don't have to jog—any aerobic exercise that burns fat will melt your middle, so take a brisk walk instead. And to strengthen your abdominal muscles, do reverse curls: Lie on your back, hands under your hips, legs in the air, feet flexed. Exhale and press your feet straight up, as if you were trying to push the ceiling. As you do so, tighten your abs and lift your hips and legs slightly. Repeat 12 times.

Q: What's an easy way to trim the back fat that hangs over my bra? Nothing I try works.

A: This adaptation of ballet's *port de bras zeroes* in on that area. Stand with your arms down and rounded in front of your hips. Keeping your shoulders down, lift your arms until they're in front of your chest. Slowly extend them out to the sides and straighten them. Then lower your arms, rounding them as they return in front of your hips. Repeat 12 times.



How can First help you? Joan Price is a certified fitness instructor and author of *The Anytime, Anywhere Exercise Book* (Adams Media, 2003). To ask her a question, e-mail joanprice@firstforwomen.com, or visit her website at joanprice.com.