

17

Percentage of weddings that happen in June

70

Percentage of brides-to-be who want to lose weight

23

Pounds the average bride wants to lose

56

Percentage of readers in a recent online survey who dropped 10-plus pounds pre-wedding

14

Percentage of brides who purposely bought a dress that was too small

13.4

Months the average engagement lasts

5

Percentage of brides in a FITNESS survey who encouraged their bridesmaids to slim down



In Fitness and in Health

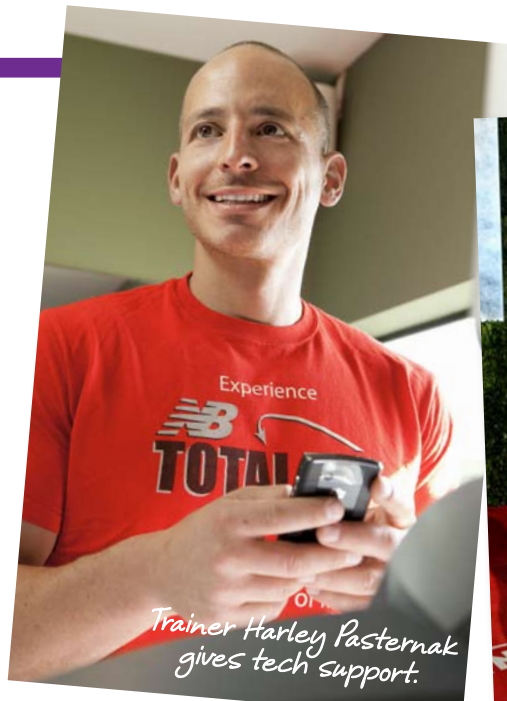
Every inch matters during the countdown to the gown. Here we unveil some wedding weight-loss stats.

Follow the Tweeter

A session with a personal trainer to the stars could set you back as much as \$500 to \$1,500 an hour. But if you follow celebrity trainers on Twitter, you can get their diet and exercise tips free of charge.

e **For multitasking moves**, follow @madfit (Mike Alexander, who works with Kristin Chenoweth and Ashlee Simpson): “Squats, step-ups and lunges are great because they work quads, glutes and hamstrings.”

e **For diet secrets**, follow @David Kirsch (David Kirsch, who works with Anne Hathaway and Kerry Washington): “Between meals, try these healthy snacks: edamame, almonds, tuna, egg whites, and celery with almond butter.”



Trainer Harley Pasternak gives tech support.



e **For healthy-travel tips**, follow @harleypasternak (Harley Pasternak, who works with Katy Perry and Amanda Seyfried): “Long layover? Walk/lunge the hallways, do push-ups at the gate and jog the concourse.”

{Sweatiquette}

Q “What’s the proper way to make a pit stop when hiking?”

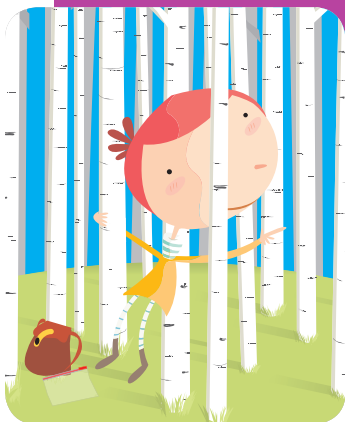
A You’ll be a whiz with these tips from Tracy Howard, a Subaru/Leave No Trace Traveling Trainer who camps 250-plus days a year as she leads workshops on minimizing human impact on the environment.

1. Do a spot check. Take 70 steps (200 feet) away from the trail or any body of water. Find a rocky or sandy area free of poison ivy (three separate waxy leaves on one small stem).

2. Clear your shoes. Stand in front of a tree, hold on with both hands and squat back as far as you can.

3. Be prepared. Stash toilet paper in your pocket before you head out. Or you could use leaves. Seriously.

4. Clean up. Stuff used TP in a bag and take it with you, and bury number two in a hole that’s six inches deep and four inches wide. But keep in mind that in some busy areas, you have to pack out your poo (eww!).



Free-for-All



Julia scores a free kick-boxing class.

Julia Neyman feels a little guilty Spinning next to people who shell out \$150 a month. But that’s the point: The 24-year-old Columbia University law student’s blog (bunsofsteal.blogspot.com) is about working out free in some of Manhattan’s fanciest

gyms and yoga studios. At year’s end she’ll join her favorite. “I was bored with my routine and thought this would be a fun, affordable way to explore new workouts,” she says. She gave us three ideas for breaking a sweat without breaking the bank.

✓ **Make a deal.** Ask a gym or yoga studio if they have a work-study arrangement. Many will let you exercise free if you help pass out flyers or stock towels.

✓ **Be a team player.** Sign up to coach a youth sports team at a Y (check ymca.net or ywca.org). You may have access to the facilities after practices and games.

✓ **Get schooled.** Seek out stores that offer free classes, such as the yoga-wear chain Lululemon (go to lululemon.com/giftofyoga).

—Ayren Jackson-Cannady

Pop Culture

In honor of Father's Day, we asked FITNESS readers to share the meaningful, helpful and sometimes confusing words of athletic wisdom they got from their dads when they were growing up.

At high-school cross-country meets:
"It's easier to keep up than to catch up."

—Michelle Thomas, 40, New Braunfels, Texas



Before canoe competitions in middle school:
"Paddle till you puke, honey!"

—Farel Hruska, 39, San Diego

Before my high-school golf matches:
"Whether you think you can or you think you can't, you're always right."

—Jen Scheuneman, 33, Grand Rapids, Michigan

When I played softball as a kid:
"Look where you're going instead of where you've been and you'll quit running into stuff."

—Jodie Turner, 44, Plano, Texas



Dude Spanx? No, Thanks!

Spanx for Men recently hit department stores. We asked readers on our Facebook page what they think.

68%
are
horrified.

"Not sexy!"
 comments Cynthia
 Hardy from
 Frederick, Maryland.

32%
say it's
about time.

**"I know men who'd wear
 them if they could buy them
 without anyone knowing,"**
 says Heather Hurd from
 Lusby, Maryland.

Editor Ayren
 clears fitness
 hurdles
 with ease.



"you want me to do what?!"

I Tried It!

Parkour

FITNESS associate beauty editor Ayren Jackson-Cannady went for a leap in the park to learn Parkour, a sport in which you try to get from point A to point B by using your body, often in wacky ways. She discovered how to turn her surroundings into a fitness obstacle course.

"Months ago my husband, John, forwarded me a YouTube video of a man backflipping over staircases and jumping over vehicles. John thought it was the coolest thing ever; I thought the guy was nuts. Well, call me crazy, because I headed to Central Park to meet Oasis Khan and Mike Araujo, New York Parkour instructors who teach the same kind of challenging strength-building techniques to novices (that's me!). I found myself bounding, climbing and scaling fences, trees and walls with these cool moves."

For a quad workout, find stairs. Squat at the base of the steps. Swing your arms back and then all the way forward as you jump as high up the stairs as you can. Too tough? Just squat and jump in place.

For an upper-body workout, find a low wall. Stand facing the wall, with both hands on top of it. Lift your left leg, placing left foot on the outside of left hand. Push off right foot and swing right leg under left leg, clearing the wall (as Ayren is doing in the top photo).

FitPulse

We asked readers on fitnessmagazine.com which late-night TV host they would want as a running buddy. Survey says:



39%

Jimmy Fallon

26% Jon Stewart

21% Stephen Colbert

8% Jay Leno

6% David Letterman

Dash for

CASH

Register for a 5K or half-marathon and make every step count—literally. It's a cinch to create a DIY fund-raiser if you follow these three steps.

- 1. Choose a cause**, like a local soup kitchen, a scholarship drive, you name it.
- 2. Go to giveforward.org** and sign up for an account to create a personal fund-raising page.
- 3. Share the link** with friends and loved ones and ask them to donate. *Cha-ching!*

Will this mat soothe staffer Chee's aching back?



Survival of the *Fit* Test

Yantra Mat

(from \$59, yantraway.com)

The claim Resting on the spiked mat stimulates blood flow, soothes back pain, relieves anxiety and may lower blood pressure.

The tester Features Writer Chee Gates

The bottom line "Considering the wonky state of my lumbar region, I was psyched to try the mat . . . until I saw it. It's about two and a half feet long and covered with spiky plastic 'flowers.' Gulp. I followed the directions, which told me to lie on it for five minutes and gradually work up to 20, because the 'sensation' takes getting used to. As promised, it hurt (I don't recommend fidgeting). After a few sessions, the pricks became less irksome. When I reached 15 minutes, I actually felt equally relaxed and invigorated, as if I had just received a massage. Unfortunately the twinge in my lower back was still there. I decided to try another of the recommended positions: Drape the Yantra on the seat of my office chair, spikes up. My alertness and productivity soared. The mat didn't heal my achy spine, but it had my back when I was on deadline."

Fair Warning

Step right up . . . to summer's biggest diet traps. We asked Lisa Lillien, founder of Hungry-Girl.com, to dish on the calories and fat grams in classic fair foods.

Funnel cake
760 calories,
44 g fat

Corn dog
375 calories,
21 g fat



Chocolate-covered frozen banana
240 calories,
4 g fat



Frozen lemonade
280 calories,
0 g fat



Cotton candy
225 calories,
0 g fat

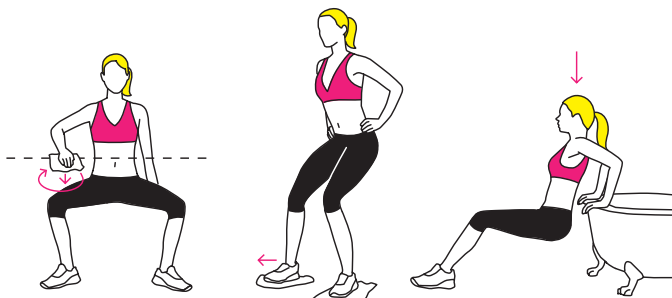


Caramel apple with peanuts
400 calories,
10 g fat



Clean Your Way Lean

"I was skeptical when a new DVD, cLean Momma (\$14.95, cleanmomma.com), landed on my desk, promising that I could 'taskercise' my way to a tight tush and spotless counters," says our very own fitness director, Mary Anderson. So she spent a Saturday lunging while vacuuming and doing leg lifts while dusting. Sure enough, these three sneaky sculptors made her thighs and triceps burn.



WAX ON, WAX OFF

Targets chest, triceps, butt, legs
Stand facing counter with feet slightly wider than shoulder-width apart, feet turned out 45 degrees, cleaning cloth in right hand. Lower into plié squat and press cloth on counter with right palm. Maintaining squat, trace 10 small circles with right palm, then switch hands and repeat. Spritz cleaner as you go.

RAG DRAG

Targets butt, legs
Stand on kitchen floor with each foot on damp rag, feet shoulder-width apart. Lower into squat, back straight and abs tight. Slide right foot out 6 inches and back in 6 inches 7 times. Maintaining squat, repeat with left leg and continue moving around floor until linoleum is spiffy.

BATHTUB DIP

Targets triceps
Before baby's bath time, sit on edge of tub as it fills. Place palms flat on tub's edge on either side of hips, fingers pointing forward. Step feet a few inches forward and scoot hips off edge. Bend elbows directly behind you 90 degrees to lower hips toward floor, then straighten them to raise hips again. Do 2 to 3 sets of 10 reps.

Fit Families

Spray Time

Make outdoor fun with the kids cooler with these hot toys.

In the backyard

SwimWays Splunk-A-Dunk

The classic beanbag toss gets an update; when you hit the bull's-eye, your pals are soaked by the sprinkler. (\$14.99, swimways.com)



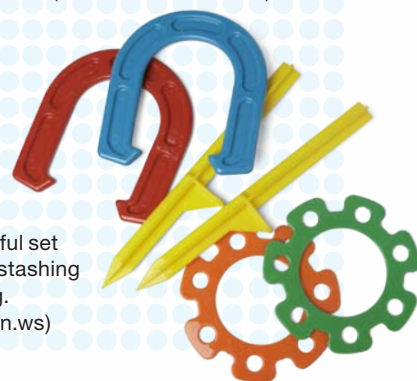
In the pool Wham-O Ripster

Get the hang of hanging ten on this foam surfboard. Practice balancing on the board or sit on it and paddle with your arms. (\$19.99, wham-o.com)

At the beach

Water Sports Horseshoe Ring Toss

Two classic games come together in a lightweight, colorful set that's perfect for stashing in your beach bag. (\$14.99, instantfun.ws)



Get Out There!
Trailblazer
Evelina Rowan, 47, of New York City isn't letting arthritis slow her down.



Did you set a challenging goal for yourself? Tell us about it at fitlife@fitnessmagazine.com.

Change of pace "I love karate. I was going for my black belt when I was diagnosed with osteoarthritis last year."

Dream team "I joined Project Athena, a nonprofit that helps women who've had medical setbacks achieve their athletic goals. This month I'm hiking the Grand Canyon from rim to rim—44 miles!—in two days."

Step-by-step "Figuring out what my body can do is a learning process. I had to give up my black-belt dream, but now I can hike miles, even carrying a 10-pound pack."