

The Curvy Girl's Workout

Celeb trainer Scott Parker helped Jill Scott keep her curves while losing 68 pounds. Here, the program he designed just for you!

BY MICHELE BENDER | PHOTOGRAPHY BY KAREN PEARSON

Ever seen a plus-size fitness routine in a magazine before? Neither had we. So we asked Scott Parker to design one for big, beautiful women everywhere. "You need cardio to lose weight, but high-impact forms like running are too taxing on joints if you're plus-size," explains Parker, founder of TruResults (truresults.com), a personal fitness company in Los Angeles. "This 90-day workout gets your heart rate up to its target zone without risking injury." Follow Parker's routine and eating tips and you'll feel leaner in just two weeks!



CHAIR SQUAT

Stand in front of a chair with feet shoulder width apart and toes facing straight ahead. Clasp your hands in front of your chest. With your weight in your heels, bend your knees and lower your body until your butt touches the chair. Then press through your heels to return to standing. Looking at the ceiling helps keep your weight in your heels to protect your knees.

Targets: Glutes and thighs
Month One Reps: 15 ▶



Getting Started

WHAT'S THE WORKOUT?

Do one set of each of the following exercises in the order shown, then repeat the whole thing three times.

HOW OFTEN DO I DO IT?

Just three days a week.

WHAT ABOUT THE OTHER DAYS?

Two days per week, power-walk for 20 minutes.

DISCOUNT!

Get **25% off** Taffy plus-size workout wear. Go to shoptaffy.com and use code **ESSENCE** at checkout until November 30.

2 TRICEPS DIP

Sit on the edge of a chair with your hands gripping the sides. Keep legs bent and shoulder width apart. Extend your arms straight and move your hips forward and off the chair. Now bend your arms to 90 degrees with elbows pointing back and lower your body. Squeeze the back of the arms and return to start.

Targets: Triceps and core
Month One Reps: 20



TIP
Don't lock your elbows or extend them beyond 90 degrees.

3 LEG LIFT

Get into push-up position, holding the sides of a chair's seat and keeping your elbows straight but not locked. Bend your left knee and bring it toward your chest. Then extend it behind you, keeping your hips flat, and lift until the left side of your glutes contract. Do all reps on one leg, then switch.

Targets: Buttocks, lower back and lower abs
Month One Reps: 15 per leg



TIP
Watch your form: Keep your abs strong and body aligned.

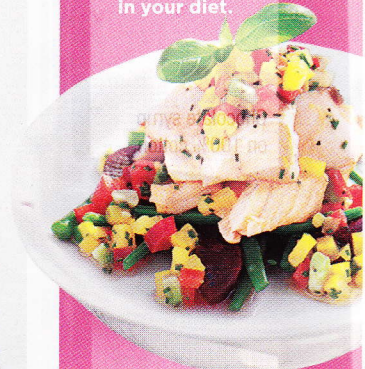
4 CHAIR PUSH-UP

An incline makes this move easier than floor push-ups. Place your hands on the sides of a chair's seat. Keeping your arms straight, walk your legs back behind you until your weight is on the balls of your feet. Now bend your elbows, lowering your chest toward the seat. Then push back up.

Targets: Arms, chest, back and core
Month One Reps: 10 ▸



Aim for a colorful plate to get more veggies in your diet.



3 SMART FOOD MOVES

Cook in bulk.

You'll always have good-for-you food on hand. "By the time you get hungry, it's too late to figure out how to find a healthy meal," Parker says.

Drink at least three liters of water a day.

Being well-hydrated wards off water retention and bloating. "I've seen women lose three or four inches just by upping their water intake," says Parker.

Munch five small meals a day instead of three biggies.

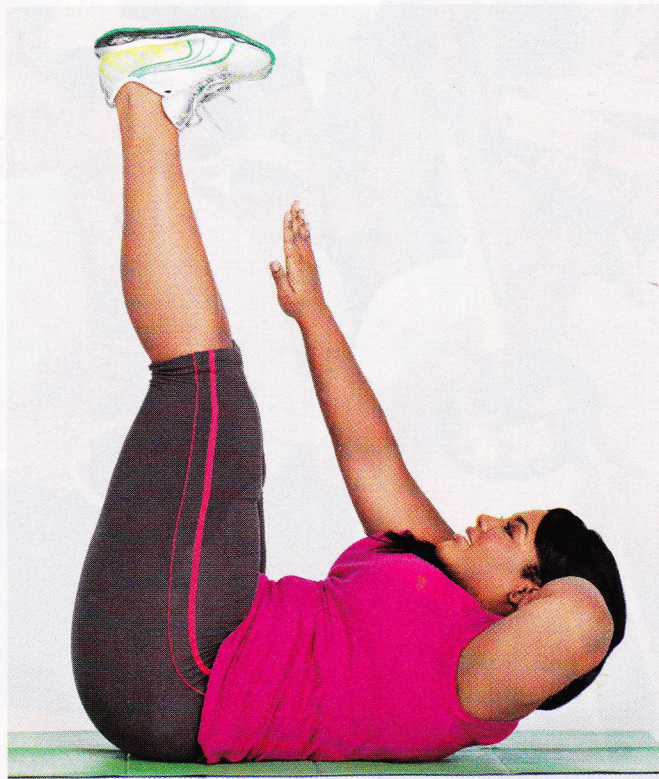
"This increases your metabolism because your body constantly has food to work with," Parker says. "You should be eating 1,800 to 2,000 calories a day, so just divide that among your five meals."

5 TOE TOUCH

Wrap up this workout by taking the moves to the floor. Lie on your back with your legs extended straight up toward the ceiling and your feet flexed. Extend your arms toward your legs. Now lift your shoulders off the mat and reach your right hand toward your right foot ten times and your left hand toward your left foot ten times. You can use your nonreaching hand to cradle your neck for support. Concentrate on working your stomach muscles to move upward.

Targets: Upper abs and obliques

Month One Reps: 20



TIP
Don't strain your neck: All the work here is done by your abs.



6 BUTTERFLY CRUNCH

Lie on your back with the soles of your feet touching and your knees pointing out to the sides. Place your palms together in a prayer

position or point your fingers toward your toes. (The latter will force you to contract your lower abs during the move.) Now focus on using just your abs to lift your head and shoulders off the floor as

you perform a crunch. If you're having trouble or find this move too hard, hook your feet under a couch or chair to give you a bit of leverage.

Targets: Lower abs

Month One Reps: 15

BEYOND DIET & EXERCISE

Four ways to fast-track the body of your dreams from Eva Pelegrin, owner of Attune Holistic Fitness in New York City

FAKE IT FOR NOW

Don't wait until you lose ten pounds to begin shopping at health food stores, taking the stairs instead of the elevator or booting junk food from your house.

"Want to be a healthy person? Act like one now," says Pelegrin.

SET S.M.A.R.T. GOALS

These are Specific, Measurable, Action-based, Realistic and Time-based.

For example, "I will walk for 20 minutes starting at 7:00 A.M. on Tuesday and Thursday." Set weekly and monthly goals.

WRITE YOUR FUTURE

Put an ideal vision of yourself in writing. It forces you to clarify what you want. Ask yourself, *What really motivates me to achieve my goal?*

The satisfaction of keeping up with your kids? The joy of knees that don't ache?

SHARE YOUR DREAMS

When you commit to a new lifestyle, tell someone close to you. It makes you accountable and more likely to follow through.