10 Best Exercise DVDs Reader Tested!

SCULPT SEXY ARMS

Bye-Bye, Winter Weight
Tighten Up in 20 Minutes

The Protein Mistake Women Make

Is Your Workout Wrecking Your Skin?
Quick Fixes, p. 48

Better Energy Every Day
Simple Secrets to Less Stress

WE ❤ CHOCOLATE
TRY OUR GUILT-FREE TREATS

FEBRUARY 2013 FITNESSMAGAZINE.COM
fitness
Jade Alexis, NASM, trainer, Reebok Sports Club/ NY, NY; creator of Jade of Spades fitness app
Ashley Borden, fitness and lifestyle consultant; Nike Elite Athlete
Kathie Davis, executive director, IDEA Health & Fitness Association
Joe Dowdell, C.S.C.S., owner, Peak Performance, NYC; author of Ultimate You
Jeanette Jenkins, *president, The Hollywood Trainer
Jean Knaack, executive director, Road Runners Club of America
Cyndi Lee, founder, Om Yoga, NYC
Jari Love, *certified personal trainer; fitness DVD star
Richard Miller, owner and CEO, GymSource, NYC
Patricia Moreno, *body and mind coach, Intensat.com; author of The Intensat Method
Michele S. Olson, Ph.D., FACSM, professor of exercise science, Auburn University at Montgomery
Harley Pasternak, celebrity trainer; nutrition expert; author of The Body Reset Diet
John Porcari, Ph.D., professor of exercise and sports science, University of Wisconsin—La Crosse
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Gary Scott, president, East Coast Instructor Training School; vice president, ECA World Fitness
Alycea Ungaro, PT, owner, Real Pilates, NYC; author of Pilates Practice Companion
Jackie Warner, ISSA, PROPTA, celebrity trainer; author of 10 Pounds in 10 Days
Vonda Wright, M.D., *orthopedic surgeon, University of Pittsburgh Medical Center; author of Dr. Vonda Wright’s Guide to Thrive

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beauty
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Elissa J. Lunder, M.D., owner, Dermatology Partners Inc., Wellesley, MA
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nutrition
Leslie Bonci, M.P.H., R.D., director of sports nutrition, University of Pittsburgh Medical Center
Rocco DiSpirito, celebrity chef, author of Now Eat This! Italian: Favorite Dishes from the Real Mamas of Italy—All Under 350 Calories
David Grotto, R.D., author of 101 Foods That Could Save Your Life
Ashley Koff, R.D., nutrition counselor; founder, Ashley Koff Approved; coauthor of Mom Energy

health
Sarah L. Berga, M.D., *James Robert McCord professor, department of gynecology and obstetrics, Emory University School of Medicine
Madelyn Fernstrom, Ph.D., founding director, University of Pittsburgh Medical Center’s Weight Management Center; author of The Real You Diet
Sandra Adamson Fryhofer, M.D. *, clinical associate professor of medicine, Emory University School of Medicine
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Brian Wansink, Ph.D., *John S. Dyson chair of consumer behavior, Cornell University, and director, Cornell University Food and Brand Lab
Lisa Young, Ph.D., R.D., adjunct professor of nutrition, New York University; author of The Portion Teller Plan

psychology
Margo Maine, Ph.D., author of The Body Myth
Nancy Redd, *body image expert; author of Diet Drama

*Sponsor

SPOTLIGHT ON...
Dawn Jackson Blatner, R.D., *author of The Flexitarian Diet

Delivery do: “As a good Chicagoan, I love pizza. To slim it down, I skip deep-dish and order a thin-crust vegetarian pie with broccoli, artichokes and spinach.”

Playlist pick: “When I do my three-to-five mile daily runs, I listen to songs on the iTunes Top 10. Right now I’m loving 'Pound the Alarm' by Nicki Minaj.”

Chocolate fix: “One tablespoon of unsweetened cocoa powder has only 10 calories. I blend it with a quarter cup of unsweetened vanilla almond milk and one cup of frozen unsweetened cherries for my chocolate cherry freeze.”

health

Khalil Hymore
Healthy eating is all in the fam for Hymore. “My mom cooked with fresh, wholesome foods—even before it was cool,” he says. Now his two-year-old daughter taste-tests his dishes, including the one featured in “Winner, Winner, Chicken Dinner!” (page 120).

Karla Walsh and Samantha Shelton
FITNESS staffers Walsh and Shelton (from left) sent almost 500 DVDs to readers to test for "10 Hottest Workout DVDs" (page 73) and also did their own sweat-testing of the winners.

Ondrea Barbe
How does photographer Barbe, who recently captured the radiant model in "Revealed! Secrets to Perfect Skin" (page 48), look so flawless herself? "I love to dance and find that staying active keeps me looking and feeling my best," she says.

Brynn Jinnett
A former pro ballet dancer, Jinnett has maintained her killer body by working out smarter. "I spend less time in the gym but get way more done," she says. See fast results with Jinnett’s Refine Method training moves in “Sculpt Sexy Arms” (page 57).