

Rising at dawn to exercise is never easy, but for Dana Stephenson, who lives on the tiny Alaskan island of Kodiak and works long hours for the Coast Guard, it bordered on impossible. Beyond 15-degree temperatures and perpetual precipitation, it's dark until 8 or 9 A.M., and in December, sometimes the sun doesn't even come up, explains Stephenson, whose goal is to firm up and "walk my dog without feeling winded."

Stephenson wants a workout that's efficient, effective, and can be done in her living room. Enter *Cooking Light* and Kristin McGee, a certified trainer with the American Council on Exercise who designed the toning moves on these pages. "These exercises are simple and don't require equipment," McGee says. "You can also do them anywhere, anytime, making it easy to fit in fitness." To maximize the health benefits, she



Dana Stephenson

recommends adding three to five cardiovascular workouts per week. Walk, hike, dance—shovel snow if you live in Alaska. With these moves and a little bit of extra activity, a stronger, firmer body is only a few weeks away.

Jenna McCarthy is a freelance writer in Santa Barbara, California.

FITNESS IN A CRUNCH

The living room workout

A *Cooking Light* reader in Alaska wanted a shape-up plan for homebodies. Our pro provided it—no equipment required.

By Jenna McCarthy

Do you need expert help to tackle a fitness challenge? If so, e-mail us at fitness@cookinglight.com, and you may be featured in *Cooking Light*.

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