



You should... Stay Calm All Day Long

With a centered mind and limber body, you leave your Vinyasa class thankful for the very air you breathe. Then a rapping cell phone sucks the "chill" right out of you. Here's how to hold on to what little peace you've got in a few decidedly unpeaceful situations.

THE ZEN ZAPPER: A BAD DATE THE POSE: EAGLE

You're all dressed up for nothing. "A quick way to release frustration is with an eagle pose," says yoga and Pilates instructor Kristin McGee, host of her own DVDs *Power Yoga* and *Bendigirl*. Cross your legs under the table; take the foot of the crossed leg, hook it around the opposite ankle and squeeze your thighs as if you're juicing a grapefruit between them.

THE ZEN ZAPPER: A STRESS-MONSTER BOSS THE POSE: SEATED SPINAL TWIST

If it's impossible to duck under a lampshade, "do a seated spinal twist to ring out negative energy," McGee instructs. Grab the armrest and the back of your chair and turn your torso as far as it'll go.

THE ZEN ZAPPER: TRAFFIC THE POSE: BREATH OF FIRE

You're trapped, with a belt securing you motionless. "Short nostril exhalations will help exert some of that pent-up energy," explains McGee. The benefit: Every time you breathe out, your stomach muscles will contract as if you're doing a crunch.

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THE RESULT:
TOTALLY ZEN
YOU!

You will... GET INSPIRED BY FITNESS READERS

SYNEETRA HILL, 27, Elizabeth, New Jersey DROPPED 14 POUNDS
"To keep myself at a fit size 10, consistent exercise is key. But my 18-month-old son takes a lot of my time, so I can't get to the gym too often. To compensate, I try to incorporate strength training into my daily chores. For instance, I do side bends while vacuuming, or I pick up the apple juice like a dumbbell and do three sets of 15 reps."

JESSICA GORDON, 31, Orange, New Jersey DROPPED 9 POUNDS
"I started working out to kickboxing DVDs at home. I love taking the class at the gym, so I figured, Why not do it in my living room, too?"

KENNATH MARIE WATKINS, 26, Brooklyn, New York DROPPED 5 POUNDS
"I did it by changing my eating habits—cutting down on sweets, sodas and fast foods. If I do visit the drive-through, I make sure to get something like grilled chicken, with no mayo on the bun."



You can... Dress to Beat a Fat Day

Not kissing your reflection in the mirror today? No problem. Linda Bird, author of *Look Gorgeous Always: Find It, Fake It, Flaunt It*, offers easy wardrobe remedies that will give you instant confidence.

NOT LOVING YOUR UPPER ARMS? "Disguise them by wearing long sleeves with wide cuffs—a popular look this season. Avoid chunky knitted sweaters, which just add bulk. Go instead with cashmere V-necks that draw the eye downward to your cleavage."

NOT LOVING YOUR BELLY? "Wraparound dresses (see left) draw the eye in to your waist, creating the illusion of a leaner, nipped-in midsection. The same goes for palm-width belts worn above your hips."

NOT LOVING YOUR HIPS OR BUTT? "A-line skirts minimize width and rear girth."

NOT LOVING YOUR CALVES OR ANKLES? "Knee-high boots disguise heavy lower legs. Go for a heel of an inch or higher: It visually lengthens your limbs and makes you stand up straighter."