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OMEGA-3

THE 90-SECOND  
WORKOUT (really!)

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EARLY SUMMER 2010



# THE 90-SECOND FITNESS SOLUTION

No time to work out? Here's a plan designed to deliver real results in only 15 minutes a week.

Women today are pushed to the brink. For working mothers there are the constant demands of their jobs and families. Single women have work, active social lives, school, or other demands. What they don't have time for is driving to the gym and spending hours doing cardio.

Fitness trainer Pete Cerqua, co-author with Alisa Bowman of *The 90-Second Fitness Solution: The Most Time-Efficient Workout Ever for a Healthier, Stronger, Younger You*, has designed a plan specifically for busy women who want to firm up, lose fat, strengthen their bones, and boost energy. The exercises can be done at home in minutes, with no special equipment. "You can do the home routines anywhere," says Cerqua. "All you need is a wall, a floor, and your body. You can do it barefoot or in your slippers. Your goal is to make sure that you do it, you do it correctly, and you keep doing it."

The plan includes four fitness levels you can work up to as you get stronger. None take more than 27 minutes per week.



*tip*

Reserve some time for yourself every day—even if it's only a few minutes. And be realistic about what you can accomplish every day. Time-pressure can lead to weight gain and fatigue.

These two 90-second sets should be done 5 days a week, for a total of 15 minutes a week.

## SET 1

### THE PLANK

Kneel on your hands and knees. Move into the Plank position by extending your legs backward and reaching forward through the crown of your head, similar to if you were doing push-ups. Keep your shoulders relaxed and away from your ears, and keep your hips up. Don't allow your back to cave downward. Hold yourself up, palms flat on the floor, arms extended, up to 90 seconds. Remember to breathe.

## SET 2

### THE WALL SIT

Yes, the Wall Sit works your legs, as you'll soon find out, but it also firms your abs and back as you press your back into the wall. Press your back against a wall. Walk your feet away from the wall and then slide your back down the wall until your knees form ninety-degree angles. Hold up to 90 seconds. Again, remember to breathe.

That's it. You're done. Go shopping.  
Meet a friend. Get back to work.  
Get on with your life.

## LOOK FORWARD TO GETTING FIT

You can do the home routines anywhere, but Cerqua believes you're more likely to continue with the exercises if you do them in a pleasant environment. He recommends the following to make your routine less of a chore and something you look forward to. Excerpted from *The 90-Second Fitness Solution*, Atria Books.



#### PAINT YOUR ROOM

Paint is cheap, but it can go a heck of a long way to making you happier and healthier. White walls tend to cause people to speed up their workouts, whereas calming colors such as blue or green tend to help people relax and slow down.



#### KEEP BREATHING

Many people hold their breath when holding a strength training posture, as if the breath holding will somehow make the effort seem easier. It doesn't. Breathe in through your nose and out through your mouth.



#### LISTEN TO CLASSICAL MUSIC

Music improves the exercise experience. When study participants listen to music, they tend to work out longer and more intensely and feel less fatigued or less stressed during their workouts. I've found that classical music serves as the best backdrop for strength training.



#### A ROOM WITH A VIEW

It may be true that most people exercise in their basements, but that doesn't make it right. While you only need a wall and a floor, and every room in your home probably features these two essentials, choose the most beautiful room in your home. Experiment with locations. Try a brightly lit room or one in which you can look out a large window.

## RECOMMENDED SUPPLEMENTS ON THE 90-SECOND WORKOUT PLAN

### MULTIVITAMIN/MINERAL

Include B vitamins, vitamin D, vitamins A,C, E, and K (look for a multi that provides at least 100 percent of the daily value)

### B-COMPLEX

If you work too much, play too much, sleep too little, or are going through stress, add B-complex. Look for a supplement containing 50 mg each of B1, B2, B6, niacin, and pantothenic acid; look for 50 mcg each of B12 and biotin, and 400 mcg of folic acid. These vitamins work together to support metabolic and muscular function, healthy skin, immunity, and nerve function.

### VITAMIN C

Look for a separate supplement with about 400 mg per day if you are in good health. If you are under a lot of stress, take 1,000 mg. If you're fighting a cold, take 2,000 mg until your symptoms resolve. Divide the dose for best results.

### FISH OIL

If you are healthy, take a supplement that contains up to (or slightly more than) 1,000 mg a day of combined EPA and DHA, the two main fatty acids in fish. Today, we eat 20 times as much omega-6 than we do omega-3, compared to early humans who ate roughly the same amounts. This can contribute to inflammation in the body. Taking a fish oil supplement helps the body shift back into the right balance of omega-3 and omega-6.

### 5-HTP

Look for a supplement that contains 50 mg. Increase to 100 mg if needed. This supplement interacts with some prescription medications, so consult your physician before taking 5-HTP if you are on any prescription medication. 5-HTP benefits sleep, depression, binge eating, chronic headaches, and pain and stiffness.

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