

COSMO

FREE BOOKLET!
THE 50
COOLEST COLLEGES

CRAZY! REAL LIFE DRAMA

- “I Escaped From a Cult”
- “I’m a Nudist”
- “I Went From Foster Child to Million-Dollar Model”

157 Fall Makeover Tricks

→ Fun New Looks to Try Now!

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5 Eat-What-You-Love
Secrets
From Hot Girls Who Don't Diet

Amanda
Bynes
Her Secret
Hollywood Crushes

1-MINUTE
WORKOUTS
(see page 64)

SNEAKY LIES
GUYS TELL
TO GET WHAT
THEY WANT

vertical push-up

works: arms and shoulders

- Stand facing a wall so your toes are about 3 feet away from it.
- With your arms straight, lean forward and place your hands shoulder-width apart on the wall.
- Keeping your body in a straight line and your elbows tucked in (not pointed out to the side), inhale and bend your arms to lean your body



toward the wall until your forehead is within an inch of it.

- Exhale and press your palms into the wall as you straighten your arms to return to the starting position.
- Do 10 push-ups the first time, then add one more every time you do this move.

CGI TIP: To make this move more challenging, do it with your hands placed on the edge of a table or bench instead of a wall; the closer your body is to the floor, the harder your arm muscles have to work to do it!

ab squeeze

works: upper and lower ab regions

- Sit so your lower back is pressed against a chair back.
- Breathe in and sit up tall, then slowly exhale as you contract your abs—imagine a string pulling your belly button toward the back of the chair.
- When you've finished exhaling, relax your ab muscles.
- Continue exhaling and contracting your abs, then inhaling and relaxing for a full minute.



fit in fitness!

You can get cardio exercise without even noticing! Here are our three favorite ways:

- 1 Hide the remote control so you have to *get up* to change stations—it turns channel surfing into exercise!
- 2 Whenever you park in a lot, choose the space *farthest* from the entrance. (Just make sure it's a well-lit spot.)
- 3 Walk around whenever you talk on your cell phone—even if you're walking in circles around your room. To see how many minutes of cardio that adds to your day, just check out the daily airtime your phone records!

leg lift

works: outer thighs

- Stand 1 foot from a door frame so that your left side is parallel to it.
- Looking ahead, raise your left leg out to the side to press the outside of your foot against the door frame.
- Hold for about 10 seconds as you breathe in and out.
- Repeat on your other side.
- Do 3 reps on each side, then add more if you have time.



ab lean

works: upper and lower ab regions

- Sit on the edge of a chair with your feet flat on the floor.
- Tighten your abs and slowly lean backward until your torso forms a 45-degree angle with the seat but your back isn't touching the back of the chair.
- Keeping your abs tight, hold the position for a full minute as you slowly breathe in and out.



In every issue through May 2006, CosmoGIRL! features a Body & Soul Challenge (below). Follow the Work It! plan, answer the Body & Soul Challenge question at cosmogirl.com/bodyandsoul, and enter to win a monthly prize and a grand prize!

Stacey Lei Krauss, Equinox trainer, says:

Listening to music helps me exercise longer and harder, even if I'm just going for a walk. I like to listen to Sarah McLachlan's *Remixed* when I do cardio; I never get tired of Sarah's voice and incredible lyrics, and the beats are driving and strong! Try making a mix of songs that motivate you, then listen to it whenever you work out.

What will you put on your mix and why do those songs keep you motivated? Tell us!

Go to cosmogirl.com/bodyandsoul to answer the question and enter to win 1 of 5 Rave-MP AMP512 digital audio players (\$120 value). You'll also be entered to win the Body & Soul Challenge Grand Prize, a spa and fitness getaway to Four Seasons Resort Scottsdale at Troon North and a \$1,000 Nike wardrobe. See page 148 for details.

