

your body

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forget the fads

January. The start of a new year and the time of those pesky New Year's resolutions that always seem to disappear sometime by the middle of the next month. Not surprisingly, a New Year's diet is usually the first resolution to go.

That's because a diet is hard to stick to when you deprive yourself of what you love and what your body needs. This year, kick the fad diets and, instead, adopt two simple mantras: planning and motivation.

Planning: Keep track of what you eat for a week, then look over the results and plan to eliminate the bad stuff—desserts, fast-food, chips—from part of your routine. You don't have to banish the goodies from your diet completely, but plan on reducing their frequency by once, twice or three times a week.

Motivation: You need to set goals in order to reach them, and reaching goals is the surest way to stay fired-up about a diet. Weigh and measure yourself, and then set realistic goals to reach every week or two. When you reach a benchmark, reward yourself with a new outfit or weekend vacation. Watch the motivation rise!



the right stuff

If bundling up for a winter workout is more strenuous than the workout itself, you're probably not wearing the right clothes. You don't need bulk for warmth; you need lightweight apparel that keeps you warm but never weighs you down.

On top, wear the Terramar Ec2 Silkweight Top, a high-performance shirt that regulates your body temperature and keeps moisture off the skin so you stay dry. It's lightweight and shapely—perfect for wearing alone or for layering in colder weather.

Down below, try Patagonia Women's CapileneR LW Bottoms, a lightweight pant that won't slow you down, but keeps you cozy thanks to its insulation. Its open-knit fabric provides breathability, so you stay dry.

When the temperatures drop and winds start blowing, wrap yourself in Adidas' Wildwood Wind Jacket for Women, a lightweight design with ClimateProof Wind fabric and underarm vents so you stay warm and dry. It also has a mesh-lined, stand-up collar to protect your neck.



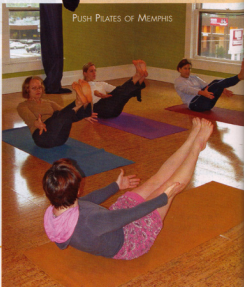
Adidas' Wildwood Wind Jacket for women

no more excuses

Yogalates—or yogilates—is the hottest new exercise technique to hit America, and it's a fun and effective way to stay fit. A blend of the eastern Indian tradition of yoga and the 1920s exercises developed by German-American immigrant Joseph Pilates, yogalates focuses on strength, flexibility and spirituality.

The combined practice incorporates the postures of both disciplines and emphasizes correct breathing and meditation for the overall health of both body and mind. The result is a well-toned body—like that of a dancer—without the bulky mass of a muscle builder. As an added benefit, yogalates adherents often report less stress and a greater sense of peace.

Push Pilates of Memphis even features their own twist on this sport called "Yoga for Pilates." And if you live in an area that doesn't offer yogalates, you can try one of dozens of videocassettes and DVDs available online.



PUSH PILATES OF MEMPHIS