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From flab to fab

The one move you need to know

Working out your legs helps shape them and can prevent varicose veins by strengthening the muscles in the calf and improving circulation, says Luis Navarro, M.D., F.A.C.S., clinical instructor of surgery at Mount Sinai School of Medicine. To work the muscles in your lower half, one exercise you can try is the "athletic V" series, says fitness instructor Henry Richardson, owner of Define Body & Mind in Houston. It's kind of like a ballet plié. Here's what to do:

- Stand facing the back of a high-backed chair and rest your hands on top of it, then position your feet in a V, with heels together and toes slightly apart at a 45-degree angle
- Raise heels about 2 inches from the floor and slowly bend your knees about 3 inches, pressing heels together to support your position.
- Bend knees another inch and pulse slowly up and down 30 times.
- In the V start position, make small circles with your pelvis—10 to the right, then left.
- Repeat the up-and-down pulses 20 more times, then stretch. "One of the most important things to help shape the legs is stretch immediately after you strengthen," Richardson says.



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