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Examples of Fitness Media Placements

STAY STRONG

Health

SPECIAL!
HEALTHY EATING ISSUE
198 Best Foods, Tips & Recipes

Burn Crazy Calories... Hiking!

FASTER

Julia Louis-Dreyfus
HAPPY AND SO FIT

A word to beginners: "You can always take an easy hike and make it more challenging," says exercise physiologist

and hike leader **Franci Cohen** of Fuel Fitness in Brooklyn, N.Y. (think varying the intensity with speed bursts). "What you can't do, though, is make a hard hike easier." In other words, don't try to tackle Machu Picchu the first time you go off-road.

Next, get in good form

As with any sport, you want to protect your body from injury and get the best, most efficient workout. On flat stretches, says **Cohen**, "walk like you are proud—shoulders pulled back and relaxed, spine in line and leading with your chest, not your

knees." On downhill sections, reduce the length of your stride to make the slopes more manageable and increase traction. When you encounter a monster climb, do a light squat to balance better. Just don't walk around hunched over: You could strain your back and make your knees more prone to injury if you're hyperflexing them, cautions **Cohen**. No matter how much fun you're having as a trailblazer, take breaks whenever your body is so tired that your form starts to suffer. And keep downing water. (See the great bottle picks on page 20.)

Slow down, woman!

You don't need to go superfast or tackle insane inclines to ramp up results. In fact, experts agree that if you're new to this, you're better off taking a trail with a few smaller hills and going at an easy pace—meaning you're putting in about the same effort as you do during a slow jog. You should be able to talk comfortably and in complete sentences. This way, you can last and stay in your fat-burning zone. "When you go at a slower pace for a longer amount of time, your body burns more fat than carbohydrates,"

says **Cohen**. Over time, you'll lose inches faster. And don't blow through the downhill sections: They can require your body to work extra hard. As **Silberberg** explains, "When you take downhills slowly, you get into a plod-stop-plod-stop rhythm, so your muscles have to conspire to stop you. That makes the effort more challenging and a bigger calorie burner."

Seriously boost the burn

To increase the fitness benefits of a hike, **Cohen** recommends lunging up slight inclines, jumping on and off cut tree stumps, or grabbing a tree trunk, sinking into a squat and pulsing there for 60 seconds, then repeating the move several times.

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TIME

WHY YOU SHOULDN'T SKIP A WORKOUT

www.time.com



Elizabeth Renstrom for TIME

Think of exercise as an investment in yourself

Your favorite workout pants are dirty in the hamper, your iPod is on 3%, and your bestie just texted asking you to join her at happy hour. We all have those days where getting to your workout feels more difficult than the actual exercise. **So we reached out to [Franci Cohen](#), a board certified personal trainer, nutritionist, and the creator of a cardio resistance workout, to get the scoop on why you should listen to that little voice in your head telling you to get out there and sweat.**

You Have A Cold

Running on the treadmill with a runny nose isn't ideal but, it's possible a good workout session could help you get rid of your cold. "Working out when you have a cold can actually be beneficial. It can boost immunity, and allow you to rid yourself of the invading bug a lot faster by flushing it out of the body by increased perspiration, respiration, and urination," says Cohen.

You Missed Your Workout Class

Missing Zumba class may feel like grounds to head home and hop in bed early, but use this opportunity to try something new. Catch the late cycling class or try mixing up your own workout routine. Still sad you missed Zumba? Turn on Spotify's Zumba playlist (yes, it exists) and create your own routine.

Your iPod Is Dead / You Forgot Your Headphones

Music can be a great exercise buddy, but forgetting your headphones isn't a sign to go home. Try thinking of all the reasons why you started this journey and how far you've come. Instead of throwing in the towel (literally and figuratively), use this time to clear your mind and focus on each muscle you are working on.

You Can't Find the Time

A wise person once said, "You and Beyoncé both have the same 24 hours. So no excuses." Okay, so maybe you don't have the access to trainers, dieticians, and specialty fitness routines like Beyoncé, but think of exercise as an investment in yourself. Some alone time to relieve stress and clear your head goes a long way.

Cohen suggests getting a buddy to help you fight through the days when you're "just not feeling it." Of course, be mindful and listen to your body. If you have a fever or your body feels achy, you may want to skip your workout and give your body time to rest. After all, it's all about living and feeling better.



Feel Better From 9-5

Harpersbazaar.com



Peter Koval

Unless you're walking out of your boss' office with a promotion or heading to the Hamptons on a summer Friday, chances are that on most days, you leave work feeling worse for wear. The clock strikes five and immediately sends a signal to your brain involving one or more of the following: wine, carbs, pajamas, Netflix. But what if you could end the workday feeling energized and balanced—no standing desks or mile-long lunch break runs required? With these easy (promise) tweaks to your 9 to 5 schedule, the office can become a place to achieve total mind and body wellness. Follow our chart for expert tips from Dr. Frank Lipman, founder and director of Eleven-Eleven Wellness Center and author of *The New Health Rules*; **Franci Cohen, personal trainer and nutritionist**; Yvette Rose, wellness coach and founder of Joulebody and Suze Schwartz, founder of Unplug Meditation.

MORNING

MENTAL HEALTH

Place your hands on your chest and inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds. Repeat for 2 minutes.

FITNESS

Make sure your computer screen is at eye level and your elbows and hands are on one even plane.

NUTRITION

Drink a glass of warm lemon water before your morning coffee or tea.

NUTRITION

Avoid fruits and grains for breakfast and eat half an avocado or a whole egg instead.

LUNCH

FITNESS

While sitting, hold the left side of your desk chair with your left hand and bring your right arm up over your head. Inhale and lean all the way to the left. Hold for 6 breaths, then release. Switch sides and repeat cycle 6 times.

NUTRITION

Fill your lunch plate with complex carbs and proteins that will give you sustained energy, like red lentils, quinoa, açai smoothies, salmon and kale.

MENTAL HEALTH

Go on a 15-minute walk outside for a daily dose of vitamin D.

AFTERNOON

FITNESS

Stand up with your legs hip width apart. Inhale as you reach your arms up in the air. Exhale, bend forward at the waist and reach your hands to your feet for 15 seconds. Repeat 5 times.

NUTRITION

Snack on high fiber, energy-boosting foods like hummus, walnuts, apples with peanut butter, steel-cut oats or turkey wraps.

MENTAL HEALTH

Massage a few drops of peppermint oil on your wrists, behind your ears and on your temples to increase focus.

fitness

<http://www.fitnessmagazine.com/>

Should You Try the Whole 30?

In April 2009, Melissa Hartwig was feeling sluggish and unsatisfied by her diet. So she, along with husband Dallas Hartwig, set out to eat squeaky-clean Paleo for 30 days. The results? So good that they created the Whole 30 Program you've been seeing all over your Facebook feed. Find out if the monthlong clean-eating streak is right for you.



What Is the Whole 30, Exactly?

The basic guidelines: Cut out "hormone-unbalancing, gut-disrupting, inflammatory food groups," including sugar, dairy, alcohol, grains, and legumes (sorry, no hummus or peanut butter!). You should also read the nutrition labels on all foods and avoid carrageenan, MSG, and sulfites.

One key difference between the Whole 30 and similar eating plans like Paleo (Whole 30 is technically based on a Paleo framework) or an Atkins plan (which is more focused on cutting carbs): You can't recreate your favorite foods by modifying the ingredients. So no making yourself pizza with a cauliflower crust. In the words of co-founder Melissa Hartwig, "The fake version is never as good and usually leaves you craving the real thing even more." Womp womp.

Benefits of the Whole 30

Hartwig says the program improves energy, sleep, digestive issues (gas, bloating, pain, constipation, or diarrhea), skin, joint pain/swelling, asthma, migraines, and biomarkers like blood pressure, cholesterol, and fasting blood sugar. She also says 96 percent of participants lose weight on the program, without counting calories, or weighing or measuring their food.

"Limiting your intake of most processed foods, especially the simple processed sugars and excess processed fats, will help change your habits," says Linda Raynes, nutritionist and author of *No Time for Diets*. "Habits are formed over a thirteen-week period, so the four-week period of changing your normal routine is a good

start." Plus, you'll be able to identify potential allergies to grains and dairy, after you introduce them back into your diet. Once your body has had a chance to reset, you'll be able to easily see if any of these things make you feel tired, bloated, or foggy.

The Downsides to the Whole 30

You mean, besides being cranky? If you take a high-protein, low-carb approach (you don't *need* to though: potatoes are technically allowed, but grains—even whole ones—are not), your body can enter a ketotic state. When you don't have enough carbs to burn for energy, the body breaks down fat to use, which releases ketones. When it has to break down too much fat, ketone levels can get too high and the kidneys can malfunction.

If you're doing the Whole 30 for a medical reason, talk to your doc first. If you're just looking for a structured way to clean up your diet and cut processed foods, the extreme nature of the plan could take a toll. Example: If you break just one rule, you'll need to start all over—yes, even on day 29. "People often feel like they've lost all they've worked so hard for, leading to self-loathing and giving up entirely," says **certified nutritionist Franci Cohen**. "Eating healthy, whole foods does not need to be this extreme." That said, if you respond to structure and are an otherwise healthy person, go for it (and keep the above note on carbs in mind). Here, some additional tips from Hartwig to get you through the month:

- Plan ahead. Make a meal plan, clean out your pantry, stock up on emergency food for the office or travel, and create a plan for handling stressful situations like a family dinner or birthday party. You *will* be tested and tempted. The key is to be prepared.
- Seek support. Join one of the Whole 30 free, online communities for accountability, advice, and resources. If you can find a friend or partner to take on the challenge with you, sign them up! It'll certainly mean more options at your next potluck brunch.
- Don't weigh yourself during the challenge. While, yes, you'll probably drop pounds by the end of the month, save the scale comparisons for the finale. It'll distract from the *real* point—to eat healthy, whole foods.

BRIDES

The Downsides of Extreme Wedding Weight Loss

Brides.com



Photo: Getty Images

We've all fallen victim to a crash diet at one point or another in our lives. They also pretty much go hand in hand with getting married: a bride wants to lose weight fast so she restricts calories like crazy and winds up losing a lot more than she bargained for (no we're not just talking pounds, ladies). Before you commit to any extreme diet regimen, you owe it to yourself to know the pros but the cons as well.

A metabolic meltdown

There's no ifs, ands or buts about it, extreme crash diets cause your metabolism to basically come to a halt. As **New York City certified nutritionist, personal trainer and exercise physiologist, Franci Cohen**, explains, when less food comes into your body, as a homeostatic protective mechanism, it signals all systems to slow down to conserve energy. Why? "In case you continue to starve yourself, the body will then have its unburned fat stores to burn for energy." This means once you start eating like a normal person again post-wedding, your body will gain back all the weight plus some lightning fast. Yikes!

Lethargy

Honestly, who wants to feel like a slug on their big day? Well, the chances are high if your body isn't receiving the vitamins and minerals it needs to properly function, warns Los Angeles-based health and wellness expert Sophie Jaffe, founder of The Philosophie. "Nutritional deficiency also weakens your immune system and damages your skin, nails and hair," she says.

Moodiness

A happy wife makes for a happy life. Unfortunately, crash dieting can slow or even curtail the production of certain happy hormones in your body that are responsible for mood elevation and enjoyment, cautions Cohen. Cue the bridezilla! "Moreover, when you're surviving on very little food, it's unlikely that you will engage in social functions that revolve around eating, and this alone can induce feelings of sadness, lonesomeness and depression," she adds.

Relationship issues

Extreme diets can wreak havoc on your relationship, which is especially bad right before you're supposed to say "I do." "Think about your fiancé looking at you sad, irritable from lack of food and afraid to go out to dinner for fear you can't eat much and still adhere to your crash diet," says Cohen. "While he loves you dearly, you're giving him a nasty glimpse into your darkest side pre-wedding."

Dehydration

The goal of your wedding day is to make him go weak in the knees, not you! "Even though you may be drinking a ton of water on your diet, your body can still be dehydrated since it's difficult for it to retain liquid if you're not having balanced, wholesome meals," points out Jaffe. Feeling faint, having a horrible headache or worse, passing out at the altar, on your big day would be just awful.

20 surprising ways to prevent colds and flu



You've got to act fast to fight off colds and flu. Case in point: University of Arizona scientists have found that when someone is sick in an office, it takes only four hours (!) for surfaces like coffeepot handles, copy-machine buttons and the fridge door to

show traces of infectious virus.

Considering that the 2012 flu season was one of the worst on record, it's well worth arming yourself against aches, cough, fever and general misery. For reality-tested tips that actually work, we turned to doctors, politicians, makeup artists and other brave souls who are exposed to viruses every day. Steal their strategies to win the war against germs this winter.

Wipe out

"Gyms are crawling with sweaty towels, dirty sneakers and other germey grossness. Instead of sitting directly on a mat or bench, I'll place a clean towel on it first. Any equipment that I have to touch—like free weights or bicycle handlebars—I'll clean first with antibacterial wipes."

—Franci Cohen, group-exercise instructor and owner of Fuel Fitness, in Brooklyn, N.Y.

What Nutritionists Eat for Breakfast It's not all green smoothies. (Hooray for pancakes and French toast!)

oprah.com



5-Ingredient Pancakes You Can Feel Great About

We're used to seeing pancakes piled high, topped with pats of butter and doused in syrup, but there's a much lighter way to enjoy these treats. **Nutritionist and trainer Franci Cohen** regularly whips up a super simple, flourless batter consisting of old-fashioned oats, egg whites, grated apple and a dash of cinnamon. The key is to let the mixture sit for 5 to 10 minutes before cooking, so the oats plump up from the moisture in the egg and fruit. She ladles spoonfuls onto a griddle, flips them when they start to bubble, puts them on a plate and eats them with fresh berries. The cakes are high in fiber, protein and vitamins, and will keep you full all morning (you may even want to pack an extra in your bag for an afternoon snack).

ADDITIONAL VALUE!

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FIRST to know

GIULIANA Rancic is starving herself into an early grave! That's the terrifying prediction from health experts who warn if 41-year-old talk queen Giuliana doesn't get her weight issues under control soon, the consequences could be fatal.

"She looks like a walking skeleton," exercise physiologist and nutritionist Franci Cohen told The National ENQUIRER. "I cannot imagine she weighs more than 90 pounds."

Franci said Giuliana is displaying "clinical signs of anorexia," such as tired eyes and brittle hair,



Giuliana's looking Ran-sicker than ever!

then went on to lay out some scary scenarios the wife and mother of one may be forced to face in the future.

Registered dietitian nutritionist Lisa DeFazio agreed. "Cardiac arrest can occur," Lisa told The ENQUIRER. "The heart can only take so much, and with inadequate calories and malnutrition, that takes a person to the edge."

90 LBS

Giuliana at the NBC Universal summer press tour Aug. 12

Put an End to Post-Workout Breast Pain

Shape.com



You know all the conventional ways to Relieve Sore Muscles After Overtraining—ice the area, stretch it out, maybe even pop a painkiller or two. But it's hard to know if those same rules apply when the pain is in a more, ahem, sensitive spot, such as your breasts.

Breast soreness as a result of exercise is surprisingly common. In a study in the *British Journal of Sports Medicine*, more than half of well-endowed women and 25 percent of those who wore an A cup or smaller reported experiencing it.

“There are a couple of ways exercise causes breast pain,” explains ob-gyn Alyssa Dweck, M.D., author of *V is for Vagina*. “One of the more common culprits is muscular strain, which can occur from strength training.” But, she says, high-impact exercises like running can also stress the muscles and ligaments in your chest, causing discomfort and soreness—especially if you're wearing a less-than-supportive bra. Another way your bra can cause injury is via the underwire, which can become damaged or misshapen and pierce or otherwise hurt your breast tissue, she says.

A perhaps more well-known cause of breast pain: “Runner's nipple, the result of friction between your sensitive nipples and exercise clothing, causing extreme tenderness, inflammation, and even bleeding,” explains **Franci Cohen, a personal trainer and exercise physiologist based in New York City.**

The best way to stop pain is to wear a good, supportive sports bra, says Cohen. Consider getting professionally sized to ensure you have the right fit, and think about splurging on a slightly higher-end option. They tend to use better quality materials that will hold up for longer and are less likely to cause painful friction. If your nipple does become irritated, applying an antibacterial ointment like Neosporin Plus Pain Relief (\$6, drugstore.com) can help.

No matter how great a sports bra you wear, though, it's pretty much inevitable that you'll feel sore after doing certain chest exercises. As you get stronger, the discomfort should go away or diminish, says Cohen. (Many women are also naturally predisposed to breast pain in the week or so before their periods, which Dweck says can up their chances of discomfort at the gym.) If you do feel achy post-workout, you can ice your breasts and take NSAIDs like ibuprofen as you would for any other sore body part.

But if the pain doesn't go away, even after you take NSAIDs, or you notice a lump, bruising, or unusual nipple discharge, see your doctor ASAP—these could be signs of a more serious problem like breast cancer, says Dweck.

A final tip: If you're a java fan (or you take caffeine-containing preworkout supplements), you may want to consider cutting back, advises Dweck. “Caffeine can make breasts more cystic and tender.” Sure, you might feel a little sluggish at first. But that's a small price to pay for a more comfortable workout.

No one needs to worry about 'pregnancy abs'

Dailylife.com.au



Sarah Staged (2nd Right) speaking about the controversy surrounding her 'pregnancy abs' Instagram posts *Photo: Instagram*

As any self-respecting pregnant woman knows, pregnancy is not an excuse to let yourself go and look, well, you know, pregnant. But it's no longer enough to just not gain weight. Mums-to-be now must also be as cut as a serpent's tooth.

Allow me to present to you... pregnancy abs.

The 'pregnancy abs' thing began after 30-year-old lingerie model Sarah Stage started posting belfies- pregnant belly selfies- at roughly the same frequency as pregnant women need to pee. Stage's 1.2 million Instagram followers soon began following her pregnancy (and her six-pack) as closely as her obstetrician.

Initially her followers were full of praise and admiration for her tiny bump and visible abs. Some wished they looked like her when they were pregnant. Others wished they looked like Stage even when they're *not* pregnant.

"I look like this right now after eating a bowl of soup," wrote one follower of the model's barely-there belly. Even *US Cosmopolitan* appeared to be in awe, declaring: "Sarah Stage is so pregnant and so hot right now".

Bizarrely, *US Cosmo* also took the opportunity to provide other pregnant women with tips on how to get their own pregnancy six-pack.

"You can have insane abs during your pregnancy — here's how," promised one article. It's simple! All you need to do is eat small meals to "maintain the integrity of the muscles so they don't stretch"- never mind the stretching from the growing baby- and exercise regularly. And, oh yes, it helps if you have the genetics of a supermodel.

To top it off, the site even enlisted the 'expertise' of **personal trainer Franci Cohen**, who said she "went back to teaching workout classes days after giving birth to each of her four children". Hear that you lazy new mums who want to rest and recover from your pregnancy and birth?

While some gawked at Stage's tone stomach, others were quick to chime in with shaming comments. In fact, some of Stage's own followers decided they'd take it upon themselves to bring her down a peg or two.

Faster than you can say 'selfie stick', the concerned medical professionals of Instagram- also known as 'Complete Strangers With No Discernible Medical Training'- started accusing the model of causing harm to her unborn child.

"The baby is probably really small and I would imagine she will have a hard time making milk," wrote one critic. "Where's this baby hiding at? Definitely not her tummy!!" snarked another. Despite the wave of online concern, Dr Bill Bateman, who manages shared care obstetrics at the Royal Women's Hospital, says it's impossible to know if Stage was jeopardising her baby's health from an Instagram photo.

"I would think that she probably isn't, but you can't tell just by looking at someone's abdominal musculature," Dr Bateman says.

And for those who are curious about how common "pregnancy abs" are, Dr Bateman has a reassuring (if predictable) message:

'I've never seen a pregnant patient with a six-pack and that includes women who are personal trainers and gym enthusiasts," he says. "These people haven't remotely come close to a six-pack, although they probably haven't been planning to."

If there's one thing we can take away from the whole pregnancy abs episode, it's that we, as a culture, have officially reached Peak Stupid.

Both sides of the 'pregnancy abs' kerfuffle have spectacularly missed the point. The issue is not that a woman somewhere has pregnancy abs. The real issue here is that people still feel entitled to weigh in on whether there's a right and a wrong way to do pregnancy. There's not.

Every body is different. Is it really that shocking that an underwear model who's pregnant looks like an underwear model who's pregnant?

It's also not surprising that a woman who makes a living from taking photos of herself in her undies continues to do so when she's pregnant.

Sure, look at the Instagram feed if you want. But let's not turn 'pregnancy abs' into a moral or health issue. And let's not pretend that the same look is achievable for most women with some careful dieting and exercise.

But most of all, let's leave Stage's health, and that of her baby, to her and her medical professionals.



Miranda Lambert: How I Lost Tons Of Weight & Top Diet Tricks From Docs



Miranda Lambert revealed which food she cut from her diet to get her sexy new body that she showed off at the CMA Awards on Nov. 6 — see what it is! Plus, weight loss experts share their top tips for you to get fit!

Miranda Lambert, 29, has always been confident with her curves, so we were surprised to see that she had lost so much weight at the CMA Awards on November 6 in Nashville. See how she lost the weight below and read what experts have to say about her new figure!

Miranda Lambert's Weight Loss — How She Dropped The Pounds

“I just feel like I needed to get ahead of the game — I’m going to be 30 on Sunday and people say, are you OK about turning 30 and I guess I am, but I guess I’m not because I feel like everybody always says ‘It goes downhill from there.’ So I just

thought, maybe if I get ahead of it a little I won’t have to work so hard later in life,” she told **People.com** in the press room after the CMA Awards.

“All through my 20s I worked a lot — I was on the road since I was 17 and the road life is a lot of fast food and a lot of late nights and a lot of drinking — I didn’t give up drinking. I refused. You have to drink to put up with my husband! Just kidding! But I just felt that I should get a little more healthy and I have a record coming out in the spring and it’s a very important album to me — it’s my fifth album — and I have this spot, I found a great spot in country music and I want to keep it.”

“I didn’t give up really a lot really. Just Cheetos mostly! But I might have some tonight, just to celebrate!” Everything in moderation!

Weight Loss Experts Reveal Their Diet Tips

HollywoodLife.com spoke EXCLUSIVELY with weight loss experts to help you join Miranda in getting healthy.

Dr. J Shah, M.D., Chief Medical Director of Amari Medical in Scarsdale, NY, says that it would take “about two to three months for a woman to lose that much weight if they followed a weight-loss program correctly and safely.”

In order to lose weight, Dr. Shah says it’s important to find the “root cause of the weight gain and then address that with a good, medically supervised weight loss program.” To lose weight the healthy way, it’s important to “follow a daily exercise routine, which includes both cardio and strength training, get a good nights sleep, make healthy diet changes like eating egg whites instead of whole eggs, chicken or turkey instead of red meat, Greek yogurt instead of regular yogurt, and brown rice instead of white rice.”

How To Lose Weight The Healthy Way

Franci Cohen is a NY based personal trainer, certified nutritionist, exercise physiologist and creator of the innovative workout SPIDERBANDS.

“A controlled weight loss program such as a NutriSystem, Weight Watchers, or any other nutritionally sound program is a wonderful idea for people who lead busy lives like Miranda, and lack the time to cook and prepare food for themselves on a daily basis. Most people get into trouble while dieting when they opt for quick-fix — extreme diets that are not healthy.

I recommend circuit training. When the body works in various energy zones for various intervals, it burns more calories and increases resting metabolic rate as well, as opposed to exercising in a consistent energy zone (like running) for a full hour.

The science behind weight loss is plain and simple. 3500 calories equal 1 pound. If you cut 500 calories a day from your diet, this equates to a 1 pound/week weight loss. Overweight individuals may be able to safely lose up to 2 or 3 pounds in a week when combining diet and exercise.”



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NEWS

Labor Day Weekend Recipes: Fresh & Fun Ideas for End-of-Summer Festivities

by [ROSE CURIEL](#) Fri., Aug. 30, 2013 1:51 PM PDT



With summer winding down, many of us will enjoy the final warm weather days by spending some quality time outdoors this Labor Day weekend. And if a barbecue or picnic is on your agenda, you'll want to be sure to treat your guests to a few tasty treats!

So, with that in mind, we've tapped a couple of chefs to share a few fresh ideas that are just perfect for the final days of the season.

While just about everyone who is firing up the grill this weekend will cook up a beef burger, why not spice things up with a shrimp version of the American classic? Chef **Big Shake** of *Shark Tank* fame shares a Mediterranean-inspired recipe for those craving something new:

For a fun appetizer that makes the most of the season's freshest produce, nutritionist personal trainer and exercise physiologist **Franci Cohen** has created a snack that's sure to please guests while they wait on their shrimp burger wraps:

Eggplant Roll-Ups:

- 2 medium long eggplants
- 2 tbsp. extra virgin olive oil
- 1/2 cup ricotta cheese
- 1 cup pesto sauce

fitness

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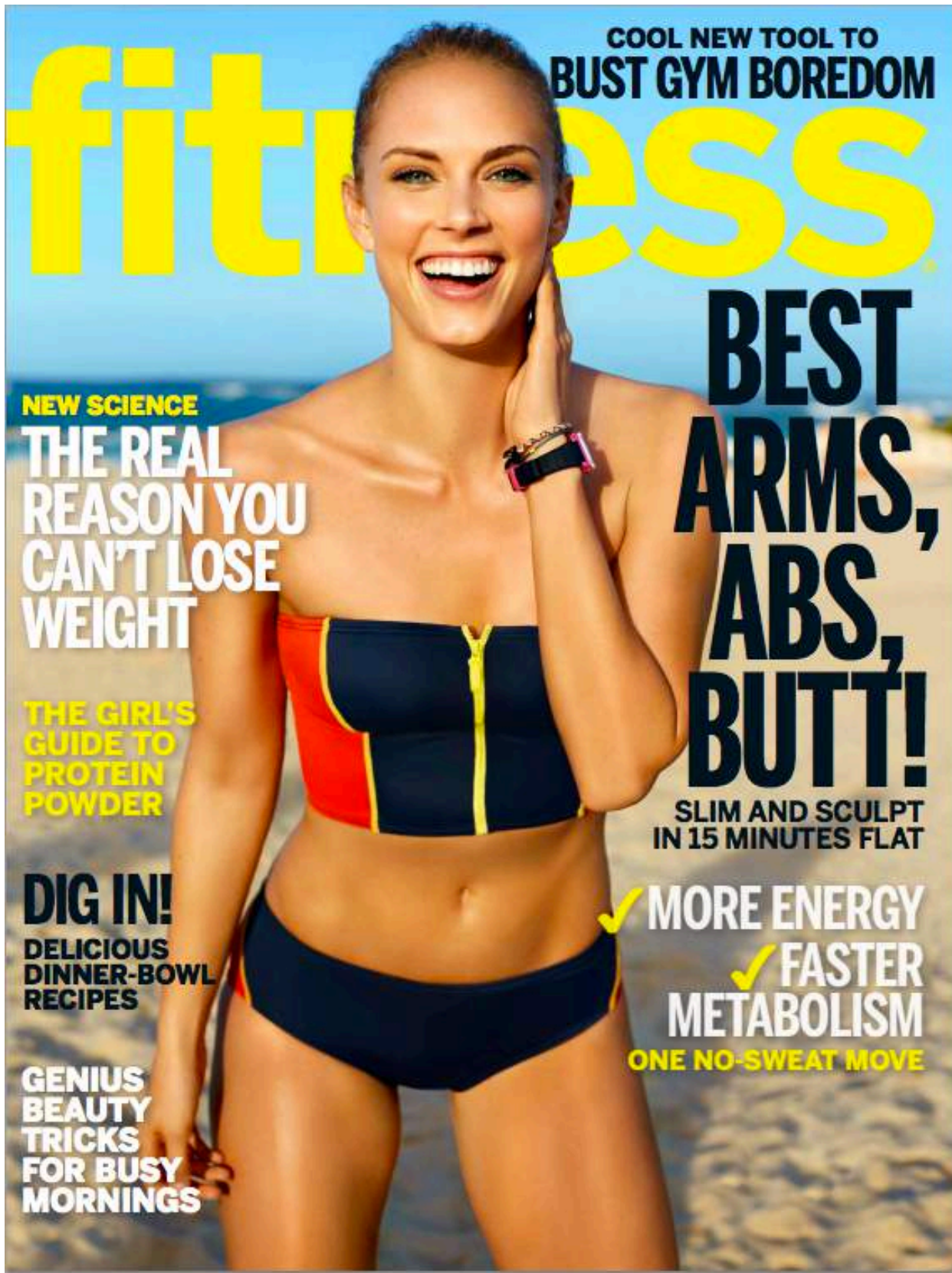
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Q Will CrossFit make me bulky?

A Strong and sculpted? Yes. Built like a bodybuilder? No. CrossFit combines movements like lifting, sprinting, jumping, rowing and rope climbing for aerobic and anaerobic training. "The Olympic-style weight lifting—heavy squats, shoulder presses, jerks, snatches and cleans—is what can increase muscle size," says Franci Cohen, a personal trainer and exercise physiologist in Brooklyn. But unless you're lifting for hours a day and subsisting on protein shakes, you're not going to get huge.



Q What's up with all the baked veggie snacks?

A These crispy pea-shaped munchies are a mixed bag. They're typically less processed than potato chips and contain a bit more fiber. But oil and added sugars "can take veggies from nutritional superstars to a treat or an indulgence," says Marisa Moore, R.D., an Atlanta-based spokeswoman for the Academy of Nutrition and Dietetics. A fresh snap pea or baby carrot is your best bet (duh!). But if you're jonesing for a salty snack, a baked snap pea is better than a greasy potato chip.

Fit Pass-Off



A Spinning torches calories and challenges your quads and hamstrings. But if you're looking for a total-body workout, the ergometer (aka rowing machine) can't be beat. It sculpts your legs, butt, shoulders, back, biceps and core. For a 20-minute workout, go to fitnessmagazine.com/rowing.

Source: John Porcari, Ph.D., a FITNESS advisory board member and the director of clinical exercise physiology at the University of Wisconsin-La Crosse

Q I'm training for a marathon. Am I destined to have black toenails?

A No. You can maintain that pretty pedi while gearing up for your 26.2. A black nail usually indicates that there is a subungual hematoma, or mass of dried blood, under it; this is caused by hitting the front of the shoe repetitively, says Jeffrey DeSantis, a podiatrist for the American Podiatric Medical Association, who sees this condition in 40 to 50 percent of his patients who run frequently. A properly fitting sneaker is the best prevention, so seek out a store that specializes in running shoes and find ones with a large toe box. If you do get the dreaded runner's toenail(s) and are in pain, see a podiatrist. Beauty secret: Two coats of an opaque shade like **Sally Hansen Miracle Gel in Wine Stock** (\$10, drugstores) will cover even the blackest of nails.

October 3, 2014

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These Weight Loss Myths Actually Pack on Pounds

Huffingtonpost.com

Losing weight is hard work. There's no denying it. Setting a goal to lose any amount of weight whether it be 5 pounds or 25 pounds takes a level of commitment. You need to set your goal, make a fitness plan, follow a strict diet, and keep track of your food intake.

There are many aspects that go into maintaining the healthy lifestyle you strive for, so when you hear an easy way out, it may be tempting to take it. Unfortunately, there is no magic bean that grows to help us lose weight fast. There are plenty of misconceptions brewing about weight loss and the healthiest way to lose those extra pounds without disrupting the natural flow of your body.

Fad diets promise many things, but often leave your body in a confused, unhealthy state after shedding the pounds, just to have you regain it in half the time. Diets and tips for weight loss can come at you from every direction when you are trying to reach your fitness goals. But, be careful what you believe, because many common myths can actually lead to weight gain.

To debunk the common weight loss myths we've all heard of, such as carbohydrates are bad or skipping meals keeps calories down, I turned to the experts. Sports medicine RD, Dr. Jackie Buell had some helpful reminders on what exactly it means to lose weight. I also chatted with **Franci Cohen, nutritionist and trainer**; Dr. Barry Sears, President of the Inflammation Research Foundation; and Paul Kriegler, dietitian and program manager for Life Time Weight Loss.

The experts agree that there are many myths and misconceptions that are commonly causing weight gain. So, we put together a list of 10 of the most common myths... debunked.

Myth: Eliminate an Entire Food Group

Like eliminating carbohydrates from your diet, eliminating other entire food groups, such as dairy, is a common myth for a solution to losing weight. Creating a healthy, balanced diet includes all of the food groups. "But on general, moderation is key!" says Cohen. "Fruits, veggies, lean protein, and whole grain carbs, and all the good stuff, incorporated into a healthy diet, is the key to successful weight loss and maintenance."

Women's Health

Fitness Special!
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Lean Body

Shailene Woodley

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Best Summer EVER!

SECRETS

- > Flat-Belly Moves
- > Killer Tush Toners
- > Fast Fat Blasters

Hot
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Health Upd
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WITH
THIS ONE
SOLUTION

SNACK ATTACK!

When you're famished and a gas station mini-mart is the only structure in sight, look for these (at least somewhat) virtuous picks, says Franci Cohen, a nutritionist and personal trainer in Brooklyn, New York. All should pack a good mix of protein and fiber.

BARS

Go for energy bars made of all-natural ingredients, with less than 200 calories and no more than 10 grams of sugar. Add-ins like goji berries or coconut flakes are a bonus.

MINI CEREAL BOXES

Choose whole-grain oat-based cereals (paired with skim milk, if you have a minute to sit down).

TRAIL MIX

You want a combo of seeds and dried fruit, for natural sweetness. No empty-cal milk chocolate allowed, but a little of the antioxidant-rich dark stuff is fair game.

WHOLE-WHEAT CRACKER AND CHEESE PACKS

These are often shelved alongside unhealthy cookies and chips but are worth sleuthing out for the calcium and fiber.

164 WOMENSHEALTHMAG.COM / July/August 2014

Food Rules
Slim Women Follow

July/August 2014



FSR

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16 Reasons Why Fit People Are Better in Bed

Toned muscles = scientifically better orgasms. Seriously.

"Improved muscle tone can increase sexual gratification since orgasms depend on multiple muscle activity," said **physiologist Franci Cohen**.





tu vida mejor | FITNESS

WORK IT OUT

Te mueres to get into shape, but money is tight. Never fear: We researched the latest fitness trends and checked in with certified trainer and nutritionist, **Franci Cohen**, to see which workouts are worth the sweat.

SOUL CYCLE

CALORIES 600-900.

INTENSITY The amount of fat and carb stores your body will burn depends on cadence, resistance, positioning, and training zones.

TONING Fluctuating between aerobic and anaerobic cardio (short, high intensity exercise) gets the best results for legs, glutes, and arms too.

VS

RIDING A BIKE

CALORIES 236 at 10 MPH.

INTENSITY The right terrain is crucial. Uninterrupted terrain can be similar to a class, if you keep a steady pace, but interrupted terrain could take away momentum.

TONING A leg workout is bound to happen, but it may not tone your bum and arms the way a class can.



VERDICT INDOOR CYCLING GETS YOU THAT EXTRA INTENSITY YOU NEED TO BURN THE CALORIES YOU WANT IN LESS TIME.

CARDIO DANCE CLASS

CALORIES 500-700.

INTENSITY If the choreography is challenging and keeps muscles moving, the workout is equivalent to light jogging. It's a perfect way to get active if you've been out of the gym.

TONING Engaged core muscles help build abs, while squats shape glutes, and free weights tone arms.

VS

A NIGHT OF DANCING

CALORIES 220, depending on dance style.

INTENSITY If you're doing the same move over and over, it can be the equivalent to the warm-up of a Zumba or Vixen workout.

TONING You may get sore from breaking it down, however, chances are you're just burning off the shot you pre-gamed with.



VERDICT CARDIO DANCE CLASSES WILL GET YOUR BODY MOVING MORE TO HELP ACHIEVE A BETTER OVERALL WORKOUT.

TREADMILL INTERVALS

CALORIES 700-1000.

INTENSITY Running classes use speed and incline to give your body a demanding interval workout, pushing your fitness level.

TONING The great thing about running is the overall toning, but intervals help build muscle (particularly in your legs) when at an incline.

VS

TRADITIONAL RUNNING

CALORIES 530 at 5 MPH.

INTENSITY Outdoors there are many uncontrollable variables, like traffic lights or *gente*, that can kill your pace and damper your workout.

TONING A disciplined run with varying terrain will tone you up, but if you lose motivation or intensity, results won't be as head-turning as you expect.



VERDICT IT'S REALLY A TOSS-UP AND DEPENDS ON THE ENVIRONMENT AND YOUR ROUTE.

CROSSFIT

CALORIES 700-850.

INTENSITY Classes give a full body workout by juxtaposing plyometric anaerobic spurts (i.e. box jumps) with heavy weight lifting.

TONING Everything will be toned and shredded from the use of weights and the constant pushing of your body to it's limit. Expect overall hotness!

VS

INSANITY WORKOUT DVD

CALORIES 679.*

INTENSITY Working out alone will not hold you to the standards a class or instructor will. Discipline is a must to make this work.

TONING The DVDs work both upper and lower body, and use cardio and resistance training to give you a total body workout without using weights.



<http://okmagazine.com>

Touch Down: Super Bowl Bites You Have To Try!

When it comes to Super Bowl parties, it's time to go big or go home! Do the big game proud by upping the ante on the eats you're serving your guests. These options take your average party fare and kick 'em 10 notches. They're tops in our playbook.

Super Quinoa Sliders

courtesy of *Franci Cohen*

Ingredients

- 1 cup uncooked red quinoa, rinsed
- 2 cups low sodium vegetable broth
- 1 cup canned chickpeas, rinsed
- 1/2 cup grated mozzarella cheese
- 1/3 cup panko bread crumbs
- 1/2 cup sweet potatoes, diced very small
- 3 scallions, finely sliced
- 1 tsp freshly crushed garlic
- 2 large eggs
- Salt and pepper to taste
- 3 tablespoons olive oil
- 12 multigrain slider buns
- 2 avocados, sliced
- Spicy mayonnaise



Directions

Start by cooking the quinoa as directed on package, substituting vegetable broth instead of water.

Meanwhile, in a saucepan sauté scallions 3-4 minutes until lightly brown and translucent then add in garlic.

Add sweet potato and sauté a few minutes more, until potatoes are tender

Lastly, add chick peas and cheese and remove from stove

Mash the mixture together leaving it slightly chunky. Then add the drained quinoa and breadcrumbs to mixture. Finally, add eggs, salt and pepper and mix well.

In a frying pan, heat olive oil over medium heat.

Form 3" patties out of mixture with your hands and place into frying pan. Cook patties 3-4 minutes on each side until crispy and lightly browned

Serve on multigrain bun with lettuce, tomato, a few slices of avocado and a drizzle of spicy mayo!

*Note: For a healthier version, wrap the sliders in iceberg lettuce!

18 Ways to Maximize Your Workout and Lose Weight Faster

cosmopolitan.com

Ask any runner who's naturally slim: There are a bazillion reasons to exercise that have nothing to do with losing weight. But if weight loss is your main motivator, make sure every minute of exercise counts with these tricks to burn more calories during exercise:

1. Clock more aerobic cardio. Any activity that permits you to talk but makes it difficult to carry out long conversations (i.e. aerobic exercise) is a secret weapon for weight loss, says Edward Jackowski, Ph.D., founder of EXUDE Fitness training programs and author of *Escape Your Weight*. Unlike weight lifting or uber-intense, unsustainably difficult activities (i.e. anaerobic exercise), most people can physically sustain aerobic exercise for long enough to burn a substantial amount of calories. It's why anyone trying to lose weight should spend about 60 percent of their gym time on cardio and just 40 percent doing other stuff.

2. Actually work. Going through the motions won't help you lose weight — even if you half-ass it for 45 minutes. "From a scientific perspective, it's the intensity of exercise that raises the metabolism," says Jackowski. Instead of worrying about your heart rate, stick with this rule of thumb: If you don't feel winded and you have the capacity to step it up, you should be moving faster. So long as you tax your system, you'll benefit just as much as someone who's more fit and running faster than you on next treadmill.



GIF
CosmoBody

3. Fluctuate between different intensities. When you change things up, every system of the body has to adapt, **explains Franci Cohen, an exercise physiologist, certified nutritionist, and founder of the Brooklyn, New York-based Fuel Fitness.** If that sounds like an awful lot of effort, that's because it is — and that's good. The more work you give your body to do, the more fuel (calories!) it needs to burn to get the job done.

So, several times throughout your workout, alternate between fast-paced aerobic exercise

and exercises that are way too hard to keep up for more than a minute.

While the hard stuff burns more calories per minute than aerobic exercise and increases your metabolism for hours after you leave the gym, you can't keep up that pace forever. Alternating between four minutes of steady-state cardio in the aerobic zone, and one minute of unsustainably intense cardio gives you the most bang for your buck.

SPRING 2015

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SPECIAL SECTION ROADMAP TO HEALTHY AGING

EDUCATE. EMP



ROADMAP TO HEALTHY AGING

FITNESS AS WE AGE: FORM AND FUNCTION

By Franci Cohen

Maintaining a healthy weight and physical strength is important throughout life, as overweight and obesity are linked to a variety of chronic health conditions as well as to cancer and other diseases. As we age, physical fitness continues to play a significant role in our overall health. At midlife, hormonal shifts cause our bodies to change, often in ways that force us to reshape our eating and exercise habits; and in the years that follow, questions about bone health and muscle mass arise for many women.

The good news: taking care of our bodies by maintaining a consistent exercise routine is a proactive step we can take to improve our health and well-being as we age. Here is the 411 to help you keep fit as a fiddle at midlife and beyond.

STRENGTH TRAINING TO WARD OFF OSTEOPOROSIS

Weight-bearing exercise plays a key role in maintaining and strengthening bone density with age. Our bones are highly porous and soft. As we age, our bones lose density and the bone matrix becomes more brittle and vulnerable to breaks (especially if you are inactive). Resistance training and lifting weights can prevent this bone degeneration; as more tension is placed on the muscles, more pressure is placed on the underlying bones, and those bones respond by creating new tissue. Remember: "weight-bearing" exercise can be as simple as lifting light weights and even standing up to get out of a chair; when done repeatedly, and within the context of a proper workout, both can provide valuable benefit.

MIXING IT UP AND HITTING IT ALL

As a young athlete, you may have been focused on speed and agility, while someone else spent the better part of her youth as an avid runner focused solely on endurance. As we age we need to remind ourselves to cover all the bases with regard to our health. We need weight-bearing exercise to strengthen bones that will otherwise become frail with age. We need to perform exercises that increase balance, which also declines with age. We also must continuously challenge our heart and lungs to maintain proper cardiorespiratory health and vital capacity.

The most important and all-encompassing factor that we must remember is that if we become sedentary, aging can easily lead to an overall decline in body function. Un-

like in youth, long periods of muscle atrophy are more challenging to overcome, and older muscles do not respond well to sudden bouts of exercise. Additionally, younger muscle tissue has more than four times more regenerative stem cells than old muscle tissue. The bottom line: we must work out thoroughly and comprehensively on a regular basis throughout our lives to keep our muscles strong.

DAILY STRETCHING

While it is always important to stretch before and after a workout, older muscle tissue tends to frequently tense up and freeze. As such it is best to make stretching a part of your daily routine beginning at age 45, if not before. Stretch when you wake up and your body has been lying still for a while, stretch before and after your workouts, and give yourself a light relaxing stretch to calm the body down before bedtime. Stretching will not only help maintain the integrity and elasticity of your muscles but also increase blood flow and circulation and many other benefits, too!

NOT RELYING ON SUPPLEMENTS TO DO THE WORK

Taking calcium supplements to increase bone density or magnesium to help aid muscle function is no replacement for physical fitness. Do not rely on supplements; get up and get moving! With attention to your nutritional needs and a consistent exercise regime, you can go a long way toward keeping your body youthful, healthy, and strong.



Franci Cohen is a personal trainer and a certified nutritionist with masters degrees in nutrition and exercise physiology. She is also the creator of SPIDERBANDS®, a total-body cardio resistance workout. With over 18 years of experience, Franci has been a mainstay in the fitness and nutrition industries. She devotes much of her time to her specialty fitness center, Fuel Fitness, in Brooklyn, New York, and continues to teach group fitness classes, train clients, and broaden her perspective in all areas of fitness, nutrition, and wellness. Learn more at francicohen.com.

SHAPE

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p24

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JUNE 2014 / SHAPE.COM



CLASS ACTION

SPIDERBOX

Kickboxing is already a major calorie torcher, blasting 11 per minute, but this class cranks it up even higher by adding resistance. Offered at Fuel Fitness gyms in Brooklyn and New Jersey (expanding nationwide soon), Spiderbox uses suspended Spiderbands that hang from the ceiling. Pulling them taut during moves like jabs and kicks got my heart rate soaring, and "floating abs"—a series of planks with my feet hanging in the straps—made my arms shake. The toughest (and most fun) part was when founder Franci Cohen had me grip the cords, run up the bag, and hover midair; I felt like Spider-Man scaling a skyscraper.

—Laurel Leicht, Shape fitness editor



SUPERHERO MOVE: Climbing the bag fired up everything from my shoulders to my calves.

FINDING TIME TO GET FIT

Ms. FITNESS

SPRING/SUMMER 2014

www.msfitness.com

Hit The Track Running

Resolution

Meet Franci Cohen: <http://francicohen.com>
A No Nonsense Approach to Fitness, Health & Your Life

Franci Cohen is a personal trainer, certified nutritionist, exercise physiologist and creator of SPIDERBANDS, a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modalities such as rebounding, kickboxing and indoor cycling. With over 18 years of experience, Franci has been a mainstay in the fitness and nutrition industries. Franci believes in a tough love approach to fitness and health. "We all have our fitness wake-up call at some point in our lives and it can be a powerful catalyst for change," says Franci. "Unfortunately, many people overcompensate and try to change everything at once, which is a disaster. Making lasting change involves going through stages that aren't necessarily linear. People fluctuate and transition between the stages. Knowing how to move through them can get you where you want to be."

Julianne Hough
Star of
Dance With the Stars

Ms. FITNESS Pantry

Kick Off Summer With Kaleidoscopic Cuisine featuring Franci Cohen's Bold and Boudacious Recipes

Bring color and variety to your fresh produce (inspired by the seasonal "Eatwell" nutritionist, personal trainer and exercise physiologist, Franci Cohen, she created four healthy and fresh recipes to celebrate summer happenings!)



FRUIT SALAD SPLASH

- Ingredients:
- 1/2 cup sliced mango
 - 1/2 cup sliced strawberries
 - 1/2 cup of sliced green apple (with the peel)
 - 1/2 cup of sliced kiwi (with the peel)
 - 2 kiwi slices
 - 1 kiwi slice
 - 1 kiwi slice
 - 1 kiwi slice
 - 1 kiwi slice
 - 1 kiwi slice

- Directions:
1. Wash all produce thoroughly.
 2. Wash and dry all produce.
 3. Dice all produce into 1/2-inch pieces.
 4. Place all produce in a large bowl.
 5. Add dressing and toss well.
 6. Refrigerate for 30 minutes before serving.



SUPER QUINOA SLIDERS

- Ingredients:
- 1 cup uncooked quinoa, rinsed
 - 1 cup water
 - 1/2 cup olive oil
 - 1/2 cup soy sauce
 - 1/2 cup soy lecithin
 - 1/2 cup soy lecithin
 - 1/2 cup soy lecithin
 - 1/2 cup soy lecithin
 - 1/2 cup soy lecithin
 - 1/2 cup soy lecithin

- Directions:
1. Cook quinoa in water until tender.
 2. Drain quinoa and let cool.
 3. Mix all ingredients in a large bowl.
 4. Let mixture sit for 30 minutes.
 5. Form into sliders and bake.
 6. Serve with soy sauce.



COCOA AVOCADO DECO BROWNIE BARK

- Ingredients:
- 1 cup cocoa powder
 - 1/2 cup sugar
 - 1/2 cup butter
 - 1/2 cup eggs
 - 1/2 cup vanilla
 - 1/2 cup chocolate chips
 - 1/2 cup almonds
 - 1/2 cup walnuts
 - 1/2 cup pecans
 - 1/2 cup hazelnuts

- Directions:
1. Preheat oven to 350°F.
 2. Mix all ingredients in a large bowl.
 3. Spread mixture on a parchment-lined sheet.
 4. Bake for 15 minutes.
 5. Let cool and break into pieces.
 6. Store in an airtight container.



GRILLED CHICKEN WRAP BOULET

- Ingredients:
- 1 cup chicken
 - 1/2 cup onion
 - 1/2 cup bell pepper
 - 1/2 cup zucchini
 - 1/2 cup mushrooms
 - 1/2 cup tomatoes
 - 1/2 cup carrots
 - 1/2 cup celery
 - 1/2 cup spinach
 - 1/2 cup kale

- Directions:
1. Grill chicken until cooked.
 2. Grill vegetables until tender.
 3. Mix all ingredients in a large bowl.
 4. Roll into wraps.
 5. Serve with sauce.

THE SATURDAY EVENING POST

Your Health MEDICAL MAILBOX

SPECIAL REPORT Allergy Alert

Millions of Americans who use inhalers or auto-injectors for severe asthma and allergies need a refresher course on correct use of the potentially lifesaving devices, according to new research. A recent study by the University of Texas Medical Branch at Galveston shows only 16 percent of people using epinephrine shots for a severe allergic reaction (and just 7 percent of those with metered-dose inhalers for asthma) used the device in the right way. "Our study suggests that either people weren't properly trained,



didn't completely understand the instructions, or forgot the instructions over time," said Dr. Rana Bonds, an allergist and lead author of the study. Here's how to correct the top two mistakes: When using an inhaler, exhale prior to delivering the puff of medication. For epinephrine users, hold the unit in place for at least 10 seconds after triggering.

HEALTH TREND

RX ARTHRITIS PILLS: ARE THEY SAFE?

Many people with arthritis swore by Celebrex, Vioxx, and similar long-lasting prescription NSAIDs (nonsteroidal anti-inflammatory drugs) in the late 1990s through early 2000s. Then came a big pullback when research linked these pills to heart attacks and strokes. Vioxx was pulled from the market because of its greater risk. But many swore off Celebrex, too. Now Celebrex is regaining popularity and so is Mobic. We asked Kate Lapane, Ph.D, an epidemiologist at University of Massachusetts, and rheumatologist Dr. Allan Gibofsky at Hospital for Special Surgery in New York, what people need to know before starting.

1. Risk is relative. All NSAIDs, whether prescription or over-the-counter, carry some risk, but the dangers for any individual have to do with your current heart health. "We are now more attuned to NSAID risk and can better balance it with the risk of under-treating joint pain," Gibofsky says.

2. Dosage is a key factor. When nonprescription NSAIDs such as ibuprofen, naproxen and aspirin are no longer working, or when you find yourself taking them at higher than recommended doses, it may be time to switch to a prescription.

3. It's a team effort. When you take NSAIDs in prescription form, there's the benefit of having expert supervision. "Taking them under a physician's care is safer than self-treating pain from a progressive condition," Gibofsky says.

4. We know more today than we did then. Many ask: How do unsafe drugs get on the market? "Drug studies are designed to prove efficacy, and are often not able to detect safety issues," Lapane explains. "These studies are not large enough to detect side effects — that takes hundreds of thousands of people and sometimes years of follow-up." She says NSAIDs on the market today have stood the test of time, but it bears repeating that none are risk free.

5-MINUTE FITNESS Trim and Tone with Hand Weights

"Performing leg squats with light weights juxtaposes toning and cardio, producing a sculpting and calorie-blasting effect that targets hamstrings, quads, and butt while chiseling arms and shoulders to perfection," says New York board-certified nutritionist and personal trainer Franci Cohen. She recommends this exercise to jumpstart your day.

Power Squats

1 Stand with feet together. Hold a 1-pound weight (or a 16-ounce can from your pantry) in each hand.

2 Open stance so feet are a bit wider than hip width apart. Lower into squat position with knees over toes and weight shifted toward rear.

3 Squat low enough to place weights on floor.

4 Leaving weights on floor, rise up, jumping at the top of the motion. As you jump, reach hands over head toward ceiling.

5 Lower hands and squat down again (step 2).

6 Pick up weights, rise and jump up, raising weights toward ceiling.

Repetitions: Gradually work up to 30 reps of steps 1-6.

Modifications: For more difficulty, add more weight. For less, simply squat down and up while lowering and lifting weights. (Don't jump.)

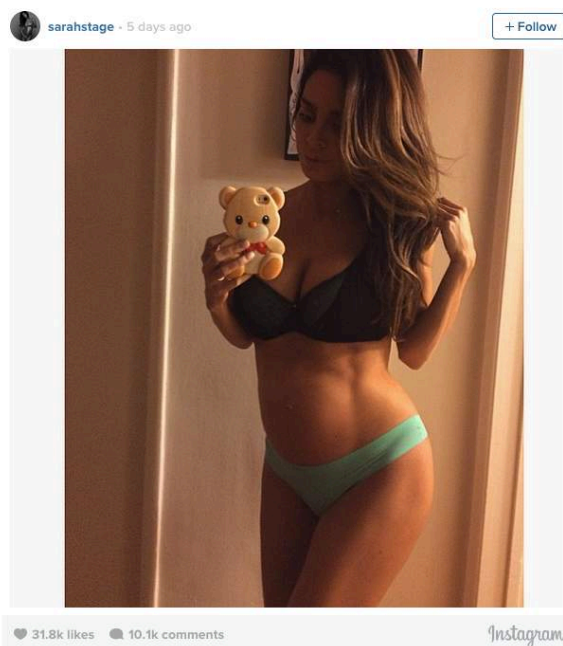
KYLE HILTON, © SEPS



This Is How Sarah Stage's Viral Pregnant Six Pack Is Possible

You can have insane abs during your pregnancy — here's how.

Cosmopolitan.com



Comments exploded online over the past few days when lingerie model Sarah Stage's beautiful, fit pregnancy photos surfaced online. *How is this body possible?*, people wondered. *Is it safe? Healthy?* **Franci Cohen, a personal trainer, exercise physiologist, and certified nutritionist** who went back to teaching workout classes days after giving birth to each of her four children (most doctors will tell you to wait four to six weeks), says a body like that during pregnancy is possible and can be done in a healthy way — but several factors must be considered.



One path to tight abdominal muscles like Stage's is by eating smaller meals throughout the day, which will help maintain the integrity of the muscles so they don't stretch, says Cohen. Another major factor in how fit and healthy you remain *during* your pregnancy is how fit and healthy you are going *into* your pregnancy. "The main thing is, before you go into your pregnancy, I would say get as fit as you can."

Can You Exercise Your Way To Better Sex?

Yahoo.com



(Photo: Getty Images)

If you've never looked up "coregasm" on urbandictionary.com, let's get that out of the way first: It's an orgasm experienced during a workout. There have been plenty of surveys, reports, and Reddit streams claiming that it's really a thing. (OK, I made that last one up. I'm way too scared to find out whether Reddit has anything devoted to this topic.) And now, of course, there's a book called—you guessed it—Coregasm (Seal Press), full of tips on how to improve your exercise life through orgasm and your sex life through exercise. In the name of science, I volunteered my willing partner and myself to investigate this phenomenon.

My boyfriend followed **trainer Franci Cohen's tips for sexercise**. His routine involved push-ups, crunches, and dead lifts. My coregasm workout incorporated some running, more push-ups—which my cohabitant noted were not in the correct form, but that's beside the point—and leg lifts. No orgasms yet, but we were both feeling marginally better about our abs and biceps. We showered, snacked, and then proceeded to step two.

About this, all you need to know is: success! Though if I'm really being honest, it wasn't our all-time best effort. The fact that I was taking mental notes the whole time, as if I were documenting a chemistry lab, probably didn't help. The next day's trial run, however, was impressive on all counts. And subsequent testing confirmed: When my overall workout frequency is high (three times per week) versus low (zero times per week), I'm much more likely to experience those rattling, booming fireworks rather than the ones that just pop or fizzle. The most basic physiological reason for this is that improved fitness leads to better blood circulation. (Hopefully you don't need me to explain why that's good for sex.)

Bottom line: The insane amount of money I spend every month on a gym membership isn't enough to get me to exercise. The generous coverage provided by winter sweaters and puffy coats certainly doesn't encourage me to get my heart rate up. But if the fate of my sex life depends on it, I guess I can squeeze in a couple of workouts every week.

By Lexi Novak

GLAMOUR

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RENEW

12 Ways to Own Daylight Saving Time (A.K.A. Not Feel Exhausted)

glamour.com

The good news: You're about to enjoy more sunlight and *less* cold, depressing winter darkness. But to get there, you have to lose an hour of sleep this Sunday morning when daylight saving time kicks in. (Sorry to cut into Sunday sexy-time, but we all have to make sacrifices here!) According to the Better Sleep Council, the Monday after daylight saving time begins is truly the worst—no, really, scientists have proved it. There are increased traffic accidents, less productive workdays, lower stock prices, and an overall vibe of grumpiness. Count us out of all that—because we're taking this advice from nutritionists, personal trainers, and sleep experts on share how to outsmart DST and stay energized.

Rise and Work Out

Ugh, we know, but exercising in the A.M. can actually help your body adjust to the time change, says **Franci Cohen, nutritionist and certified fitness trainer**. That's because it increases the production of serotonin—a chemical in the brain that regulates mood, appetite, and sleep. Even a brisk morning walk can help get you back on track.

Turn Off Electronics Before Bed

In order to get a solid 40 winks, you need to power down before bed—no laptop, phone, TV, nada. Too much light can suppress melatonin production (the hormone that helps us sleep), explains Daniel Neides, M.D., medical director for Cleveland Clinic's Wellness Institute. And the blue light that electronic devices emit can be an especially potent snooze killer.

Let the Morning Sunshine In

A dose of bright sunlight as soon as you wake up energizes you, explains Dr. Neides. Light sends a powerful signal to your brain telling you it's time to get up and at 'em. So open up those curtains or, better yet, go for a morning walk outdoors. The added sun exposure will boost your vitamin D production, yielding more energy throughout the day, **Cohen explains**.

Drink Water

Water helps your heart pump more efficiently; if you're dehydrated, your body has to work harder to carry blood to your cells, resulting in fatigue. Can't seem to squeeze the recommended two liters of H₂O into your day? Up your intake of foods that naturally contain water, such as watermelons, oranges, and grapefruit. And if it's more of a taste thing, add fruit slices to your water for an extra kick.

[HTTP://WWW.EXAMINER.COM](http://www.examiner.com)

Crispy Crunchy Chicken Sticks

Personal trainer, certified nutritionist and exercise physiologist Franci Cohen offers an alternative to chicken wings using chicken cutlets. Cayenne pepper adds a shot of flavor without any extra calories, and the cayenne can boost your metabolism.



Crispy Crunchy Chicken Sticks

- Chicken cutlets, cut into 1-inch fingers
- Honey

- Flour
- Glazed pecans
- Panko bread crumbs
- Cayenne pepper and salt, to taste
- Wooden skewers

Soak skewers in water to prevent burning. Take each chicken finger and slide onto a wooden skewer. Coat chicken skewer in flour and then brush honey onto chicken to fully coat. Next, dip chicken in mixture of equal parts glazed pecans (finely chopped or pulsed in food processor) and panko bread crumbs, and season with salt and some cayenne pepper to taste.

make this yummy salad for your memorial day bbq!

May 21, 2013 at 11:56:00 AM by [Macey Hall](#)

Heading to a [Memorial Day](#) barbecue this weekend? Bring this easy-to-make Fiesta Veggie Salad with you!

This [healthy](#) (and colorful!) dish, from nutritionist [Franci Cohen](#), packs major flavor and will be a huge hit.

Salad ingredients:

- 1 can black beans, rinsed and drained
- 4 ears fresh corn on the cob, cooked and shucked
- 1 red onion, diced
- 2 jalapeño peppers, seeded and finely chopped
- 2 hass avocado, cubed
- 1 red bell pepper, finely diced
- 1 yellow bell pepper, finely diced
- 1/2 cup cilantro, finely chopped
- 2 cups mesculin greens

Dressing ingredients:

- 1/4 cup low-fat mayonnaise
- 1/4 cup water
- 2 tablespoon Dijon mustard
- 2 tablespoon balsamic vinegar
- 1 tablespoon finely minced thyme
- salt and pepper to taste

Directions:

1. Mix all salad ingredients together
2. Whisk dressing ingredients together until well-blended.
3. Pour dressing on salad and serve on a bed of mesculin greens!



MUD, SWEAT & TEARS: YOUR GUIDE TO OBSTACLE RACES

Oxygen

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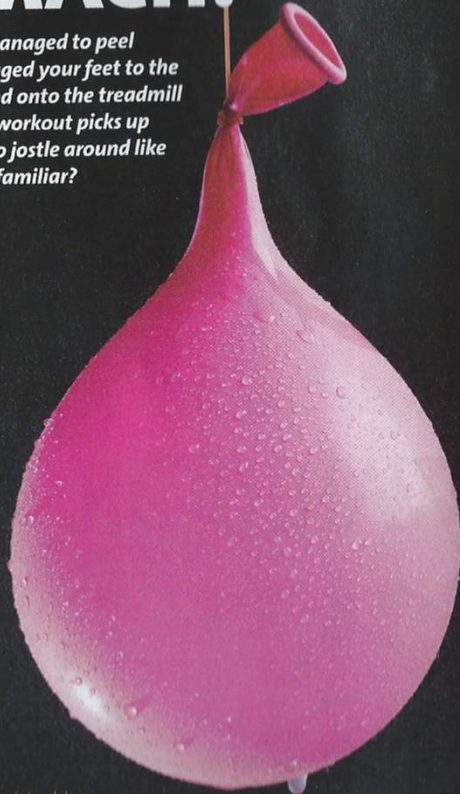
“I HAVE A SLOSHING STOMACH!”

Ugh. It's 5 a.m. You've managed to peel yourself out of bed, dragged your feet to the kitchen for breakfast, and onto the treadmill at the gym. But as your workout picks up speed, your gut begins to jostle around like a water balloon. Sound familiar?

You're not alone. It's similar to what *Oxygen* reader Tracy-Lynn Anderson experienced on her cardio mornings. "I'm out of ideas!" she wrote in. "I have tried everything to calm my stomach!"

The culprit? Your preworkout meal, says Franci Cohen, a Brooklyn, New York-based certified nutritionist. "You need a light breakfast or snack before you train that will fuel your exercise session without overfilling your belly," she says. "If you suffer from the 'sloshing stomach effect,' the foods you choose should also have a lower water content." Try one of these three options:

- 1 Apple + strawberries + pistachios
- 2 Whole wheat pita + 1 oz low-fat mozzarella cheese + orange
- 3 Whole wheat English muffin + ½ cup low-fat cottage cheese



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MEN'S FITNESS®

10 Reasons Your Body Craves Junk Food

www.mensfitness.com

It's a feeling you probably know all too well: You go out to eat and suddenly find yourself unable to think about anything but the creamiest pasta or double-bacon whatever. Before leaving home, you planned to eat clean, go easy, or otherwise not indulge—but once you started reading the menu, all bets were off. "Cravings are a natural response to living in a world where high-calorie foods are all around us," says Susan B. Roberts, Ph.D., professor of nutrition at Tufts University and founder of the online iDiet weight loss program. "They are not inherently bad, but they cause problems because of the world we live in." Yes, it's a world that gave birth to the Double Down. Find out what's driving your cravings so you can stop them before you're doubled over in a junk-food-induced stupor.



1. Your Genes Tell You to Eat

Yup, you're hard-wired to want to chow down on burgers, donuts and chips. Blame evolution: It made your caveman ancestors *want* to load up on high-calorie buffalo or sabertooth tiger dinner whenever it was available so that they'd survive until the next hunt. Unfortunately, the human genome hasn't caught up to the fact that hunting now means taking a detour through a drive-through. "Today, we're surrounded by a sea of high-calorie junk food, and our genes are telling us to eat it all up because that's what's there!" Roberts says.

2. You're Not Getting Enough Z's

Research shows that sleeping less leads to craving more—and not the healthy stuff. A recent study in the *Journal of Obesity* analyzed people's brain activity while they looked at various pictures of food after nine hours of shuteye, and then repeated the slideshow after the people slept only four hours. After only four hours, areas of the brain associated with pleasure and reward lit up more when subjects viewed pictures of donuts, pepperoni pizza and other junk compared to snaps of carrots and yogurt.

"Sleep deprivation negatively effects all systems in the body, leading the body to crave comfort, whether it's from a cozy blanket or comfort food," says **Franci Cohen, a certified nutritionist, exercise physiologist and personal trainer in New York City.** "It also causes a decline in overall brain function, including the ability to make proper food choices."

3. One Word: Stress

Short-term stress can actually muffle your appetite, but if you're chronically harried, your body releases cortisol—a main stress hormone—and levels stay elevated, which give cravings the equivalent of a megaphone. Your body knows that the fat and sugar in certain high-calorie foods tweaks its brain chemistry and helps you feel better, so that's what it wants. For example, sugar seems to lower cortisol and quiet stress signals in the hippocampus, according to a recent study in the *Journal of Clinical Endocrinology and Metabolism*. Meanwhile, carbs can boost calm-inducing serotonin, Cohen says.

THE TELEGRAPH

Eat Up: Healthy Foods For The Fourth

www.thetelegraph.com

Most Independence Day parties include an all-American BBQ with friends and family members that doesn't necessarily bring health foods to mind.



But whether you are hosting your own party or attending one, you can stick to healthy options or even have a few of your favorite indulgences without derailing your diet.

Franci Cohen, a Brooklyn, New York exercise physiologist and certified nutritionist with a master's degree, says it's possible to eat healthy and still enjoy holiday parties.

"If you are going to a party at someone else's house, of course, you can't control the menu, but you can prepare for it," Cohen said. "If I'm going to a party, especially when I know I really like some of what the cook will be making, I eat small meals — made up of protein and fiber— in the hours before the party, then when I arrive, I'm not starving."

That way, she said you can have a burger or one or even two of your friend's luscious brownies, but you won't over indulge.

"I might start the morning off with a very small portion of oatmeal and an egg white; then later, I'll have a green apple and a small amount of peanut butter," Cohen said. "When you are full from healthier options, you are happy if you get to sample your favorites and don't feel deprived. It's important to eat every few hours before the party to keep yourself satisfied, but eat small portions. Try to stay away from carbs, then zero in on the food that you like at the party.

"You can find your own balance," she said. "If you love the salad dressing, then eat it, but choose chicken for your meat. I usually say to stay away from steak, but pepper steak isn't as bad. Don't put cheese on your burger and don't eat hot dogs."

If Cohen is throwing her own Fourth of July bash, she has a long list of healthy options — and her guests are none the wiser — like her Portabella Bun Chicken Avocado Burgers. The burger is almost carb-free, and the creamy avocado is disguised as mayo.

"If the party is at your own house, you can easily substitute for fats, oils and white sugar in all kinds of recipes, and nobody will notice," Cohen said. "Focus on the presentation — with nice colors and textures,

and everyone will go on and on about how wonderful it was and will be asking for the recipe. They don't even realize that it's a much healthier choice."

For example, when making tuna salad, she uses low-fat mayonnaise and includes color and texture with chopped cabbage and broccoli, and stirs in yellow gold raisins.

"People love my tuna salad," she said.

She makes wraps using collard greens, grilled red pepper pesto, and uses ingredients with natural sugars like apricots and other fruit.

She brought a friend's idea of strawberry shortcake from a 700-calorie dessert to one that is only about 80, by serving strawberries with a homemade flat cracker made with oats and topping it with whipped cream with lemon juice and lemon zest to add flavor.

"There are many things you can do to eat healthier, but still enjoy food," Cohen said. "You just have to be a little creative."

Cohen is also a personal trainer and exercise physiologist, and the creator of SPIDERBANDS, a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling. She believes in a tough love approach to fitness and health, and says, "We all have our fitness wake-up call at some point in our lives and it can be a powerful catalyst for change, but don't try to change everything at once."

Visit www.francicohen.com for more information and ideas on fitness and nutrition.