

A workout buddy could be the secret to pushing yourself through that extra mile.



THE FUN WAY TO BLAST FAT

▶ Here's a trick to help you burn more calories during your next sweat session: Bring a friend along...who's better than you! In a Michigan State University study, when women cycled indoors with virtual peers they perceived as superior, they worked out harder and longer than when they spun solo. "Wanting to compare favorably to someone else is a big motivator, as well as not wanting to let someone else down," says lead study author Brandon Irwin, PhD, who is now at Kansas State University. Which pal is best? Someone only moderately fitter than you, Irwin advises. It's that possibility of outperforming your partner that will keep you pushing onward.



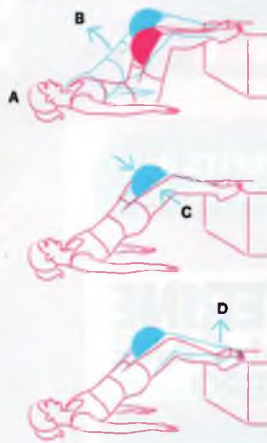
That's how many pounds you could lose if you reduce your daily added sugar intake over an eight-month period, research says. Check labels for culprits (think sucrose and high-fructose corn syrup), and limit them to 10 percent or less of total calories.

HOT MOVE

SCORE KERRY WASHINGTON'S AMAZING BUTT



Between filming Oscar-nominated flicks like *Django Unchained* and playing the ultimate fixer on ABC's hit show *Scandal*, you can bet Kerry Washington, 36, is pretty darn busy. That's why her trainer, **Nonna Gleyzer**, chooses moves, like the Super Booty, that work more than one body part: "It targets the lower and upper glutes, while strengthening and sculpting the lower abs, hamstrings, inner thighs and calves." Talk about a major multitasker! Do three sets three times a week to see a firmer, leaner you in about four weeks.



Lie faceup, balls of feet on the edge of a stable surface. Place stability ball between thighs; lift heels (A). Squeeze glutes, tighten core and raise hips, creating a straight line (B); lift and lower hips 10 times. Keep hips lifted, squeeze ball between thighs (C); repeat 10 times. Remain in hip-lifted position and raise and lower heels 10 times (D). Return to start position.

NEW RECOVERY TOOL: YOUR IPOD

Music doesn't just motivate you during a tough workout, it can aid recovery, too. Folks who ran hard for six minutes, then listened to up-tempo tunes, had a faster reduction in lactic acid (the stuff that causes sore muscles), compared with those who didn't listen to any music, one study found. Researchers used songs with 140 beats per minute (BPM); you can search for hits with the right BPM (try Kelly Clarkson's "Because of You") at jog.fm.

