

**BEST HOME FITNESS WORKOUT MELTS 1,000
CALORIES IN UNDER 1 HOUR, FOR UNDER \$20 -
STARTER GUIDE**

Elyce Blankenburg

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Follow her lead and occasionally buy new kicks or gym clothes if it helps revitalize your passion for the gym. You know it's easier to fall off the healthy-eating wagon when the person across the table from you is going whole-hog on mozzarella sticks, but science still felt the need to study . GiveFataChance.Take5toVisualize. For a strong backside that will turn heads wherever you go, Marta Montenegro, a Miami-based exercise physiologist and strength and conditioning coach, recommends completing kettlebell swings nonstop with a moderate weight at the end of a legs workout. Adequate beauty rest can help you pass up pick-me-up snacks and head off added pounds. SticktoItfor2Weeks.When your belly starts to finally grumble, food will be. Having the proper footwear is essential for any workout, and for winter runs, that means sneaks with EVA ethylene vinyl acetatesays Polly de Mille, an exercise physiologist who oversees New York Road Runner's Learning Series for first-time New York City Marathon runners.