



Transform your body in 5 months, 5 weeks, even 5 seconds

In 5 months... You can lose up to 20 pounds with a well-developed, and consistently executed, fitness program:



1. Cardiovascular Exercise: Activities that use large muscle groups in a continuous, rhythmic fashion for sustained periods of time.

2. Strength Training: Using free weights, machines or your own body weight to work major muscle groups.

Aim for 45 minutes of moderate intensity cardio three to four days a week along with

regular strength training. Start by working with a Certified Personal Trainer who has the knowledge to provide you with a safe and effective routine.

In 5 weeks... You can reduce stress by introducing yoga into your hectic lifestyle. Some styles of yoga are powerful and intense while others are more soothing, but they all provide these benefits:

- Stress Reduction — Physical activity in general is a great stress reliever but this is

particularly true of yoga. Stressors seem to melt away during yoga because of the great concentration the practice requires.

• Increased Flexibility — Yoga positions lead to a greater range of motion and flexibility over time.

• Body Awareness — You have to make subtle movements to improve your alignment while practicing yoga and this will give you an increased awareness of your own body while making you more comfortable in your own skin.

Pinched for time? Consider having an instructor come to you. Eliminate the need for a babysitter while mastering the ultimate multi-tasking move: Downward Dog While Dinner's Cooking.

In 5 seconds... You can cut 50 calories from your daily intake by making smart choices. This may not seem like much, but

this change will have you nearly five pounds lighter by the end of 2008.

Tips to get you started:

1. Choose Whole Fruit: A medium orange has 60 calories while a cup of orange juice contains 110 calories.
2. Make the Mayo Light: Switching to light mayonnaise saves 50 calories per tablespoon.
3. Better Butter: Light butter or margarine has 50 calories less per tablespoon than the regular version.
4. Watch Starches: Reduce your portion of rice or pasta by just one-fourth cup.
5. Wine Wisely: Drink 4 ounces of wine instead of 12 ounces of beer.

Double your calorie cutting to 100 calories per day, and you'll have time to flaunt your weight loss on the beach this summer. A registered dietitian can get you on the right track and help identify realistic ways to trim down.

These tips were brought to you by Amber O'Neal, certified personal trainer and owner of Café Physique, a fitness and nutrition company specializing in in-home personal training, yoga & pilates, and nutrition counseling in Metro Atlanta. For more information, please visit www.CafePhysique.com.



Amber O'Neal is a certified personal trainer and owner of Café Physique.

the fitting room

Come in and try it on!

The product:
Kiss Me Mascara

This month in the fitting room, we tried a new mascara. It's called Kiss Me Mascara manufactured by blinc, and costs about \$25. The reviews I read claimed that the mascara doesn't paint your lashes, it encases them in tube like structures for easy removal later. It's waterproof and rub resistant, and according to the company Web site, boasts an impressive celebrity following. Available online and at cosmetic stores, such as Sephora in North Point Mall.

Did it fit?

MARY SAYS: I love the way it comes off. I wash my face as usual, but when I look up to the mirror, gone are the raccoon eyes that stain my skin. I have not pulled off any "formed tubes" as the reviews claimed, the stuff I remove looks more like little piles of silly string... and comes off with minimal effort. No makeup remover required. Applying it is easy, but don't wait between coats, when it dries, you are done. I didn't experience any flaking or clumping throughout the day. I thought Kiss Me Mascara looked good, though there are some drug store options that offer a fuller/longer looking lash. It wasn't until I had to pass it over to Nicole that I really began to appreciate this product. A+ for ease in removal.

NICOLE SAYS: Although I enjoy nice, full and beautiful lashes without all of the fuss and muss just like the next girl, Kiss Me Mascara didn't provide the euphoric lash experience that I expected. My \$5 Maybelline Mascara provides longer, more celebrity-esque lashes and seems to go on more easily than this one. Perhaps if Mascara removal were an issue for me, I wouldn't mind paying \$25 a tube for the make-up that comes off in dried rubber cement-like clumps, however picking these little terrorists off my face throughout the day wouldn't prove worth the cash. I'll stick to my pink-tubed drug store buy.

To submit a cosmetic or household product to be tried in the fitting room, please e-mail editor@northsidewoman.com

Yoga retreat for women

A Yoga Retreat for Women will be held at the Cedar Hill Enrichment Center in Gainesville on April 26. The daylong event will explore yoga postures, conscious breathing, meditation, journaling, walking a labyrinth, and yoga nidra (deep relaxation).

The retreat is from 10 a.m. until 4:30 p.m. with a vegetarian lunch included in the \$70 cost. Participants are asked to dress comfortably in loose clothing and bring a journal.

The facilitator for the retreat is Pat Cail, M.S., RYT, who has been a certified Kripalu yoga teacher since 2002. She is also certified to teach Prenatal yoga and yoga for people with osteoporosis and osteopenia.

For further information or to register, call 770-887-0051 or log on to www.cedarhillenrichment.org. The Cedar Hill Enrichment Center is located in north Forsyth County at 5735 Hwy 53 in Gainesville, GA 30506.