

USA WEEKEND

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FIRST
IN OUR 2011
HEALTH
SERIES

NEW YEAR. NEW YOU!

Reigning *Dancing With the Stars*
champ **Jennifer Grey** on
overcoming fear — and getting healthy.



PLUS
THIS YEAR,
KEEP YOUR
RESOLUTIONS
WITH
**8 GREAT
TIPS**
FROM
The Doctors.

Walk this way (to burn more calories)

IN HER NEW BOOK, *Naked Fitness*, Andrea Metcalf emphasizes an effective exercise option proven to promote weight loss, trim waistlines, improve heart health, tone bones and joints, and release stress:

Maximize your workout with these techniques.


It's simply walking, the right way.

"Most people walk improperly; this distorts posture, can throw your bones and spine out of alignment and can affect your muscles adversely," she says. "The better your alignment, the more calories you burn."

Maximize your walking workout with what Metcalf calls "Walk-ilates":

Heel walking. This gives your calf muscles a natural stretch while strengthening the shin muscles. Walk on your heels for 30 paces at least three times during your walk.

Crossover walking. This method strengthens the muscles that support and stabilize the hip and knee joints. Walk sideways with the back leg crossing behind the lead leg.

Waist-whittler walking. With your arms bent and elbows out to the side at shoulder height, walk slower as you increase your upper-body rotation. Repeat this movement for one to two minutes each time you step. 

— Christine J. Kim