RECOVER FASTER WITH H_2O

Brazilian researchers found that sipping water after a workout can help your heart rate return to normal faster than if you don't imbibe. Take a cue from this study: keep 500 milliliters of room-temperature water handy and drink it immediately after your workout session.

TIP: INVEST IN A FILTERED BOTTLE, OR ATTACH A HOME MODEL TO YOUR TAP FOR CLEAN, PURIFIED H_2O.

Tip

Opt for metal over plastic to avoid hormone-disrupting BPAs.

Q+A

ASK: BERNADETTE ABRAHAM
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EXERCISE TO THE BEAT OF YOUR HEART!

Dear Bernadette: *I want to get a heart rate monitor but I don't know where to start. What features should I look for?*
– Christine, via email

DEAR CHRISTINE: With so many brands, features, styles, and price ranges to choose from, it all depends on the type of training that you do and the variables you need to track.

There are basically two main types of heart rate monitors; chest strap and finger sensor models. The chest strap wirelessly transmits continuous heart rate data to the wrist watch receiver or cardio equipment whereas the finger sensor requires you to stop exercising to measure your heart rate, which may not be suitable if you need constant feedback while training. The chest strap may also have added features like calorie counting, lap/split times, a stop watch, target heart rate zones, and the possibility to track the distance, speed, and cadence with a foot pod and GPS capabilities; however it obviously costs more than the finger sensor watch.

When making your selection, check that it is easy to use and that the heart rate reading is clearly visible. Also, if you decide on the chest strap, try it on first to make sure it's comfortable.

Reader Workout
Dee's full-body focus

Flabby legs and less than tight arms are no match *for 48-year-old Dee Perez's comprehensive gym routine.*

Begin with: A five-minute warm-up (Dee likes to hit up the rowing machine or use dynamic stretches).

The routine: Perform each superset four times total, increasing the amount of weight used and reducing the reps with each set. "I start out with fairly light weights and usually do 20 reps," explains Dee. For arm exercises, she increases the resistance in five-pound increments, while leg moves increase by 10 to 20 pounds each set.

TIP: No weights? Increase your reps each set.

START WITH . . .	SUPERSET WITH . . .
Plié squats	Stiff-legged deadlifts
Crunches on a BOSU ball	Push-ups
Glutes bridges with weight plate	Plank and side plank on each side (30 seconds each)
ABDOMINAL CRUNCH MACHINE	**WALKING LUNGES**
Dumbbell chest presses	Seated row machine
Dumbbell chest flyes	Rear-delt flyes
Lat pulldowns	Cable triceps pushdowns
Cable biceps curls	Shoulder presses or lateral shoulder raises

Number of calories burned per minute during a 30-minute game of Dance Dance Revolution, according to a study published in the Journal of Exercise Physiology-online; *the study authors determined* ***this meets "vigorous physical activity requirements for improving/maintaining physical fitness."***

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