



fitness



## debra's guide to glam fitness 101

Swimsuit season has arrived! And, unless you're a nun, it's time to show some skin. It is never too late to get your fitness routine going so that those flabby arms and legs are transformed into fabulous tone!

I once had a trainer who had two mottos that I have always remembered. (I did not say I always listen, but I do remember.) The first is, "If you have time to eat, you have time to exercise," and the second is, "Eat fat, and you are fat!" Those fortunate people who love to exercise seem to maintain their weight without the roller coaster of losses and gains. Then, there are those unfortunate souls who torture themselves and struggle with the ups and downs of the many extra pounds, always vowing to get fit tomorrow. (Yes, I am in this group – Leader of the Yo-Yo Team.) But with fun, new ways to get your sweat on – and outfits that keep you cool and cute while doing so – you'll be looking firm and fit before your buddies can say, "Cannonball!"

### GET FIT CHARLOTTE

There are several new and exciting ways to accomplish your goal of getting into shape that provide a little variety from normal, boring gym visits. A good friend of mine, Anna Kooiman of Fox News Rising, is really pumped up about getting Charlotte into shape. Her fitness segments on the morning show are motiva

tional and inspiring, and she has a great Web site with recipes, meal and fitness ideas, and information on getting fit the right way. Find her online at [GetFitCharlotte.com](http://GetFitCharlotte.com). Maybe I will run into you at her next boot camp!

#### PILATES WITH A TWIST

Another amazing way to mix up the routine is Pilates With A Twist. Karen Yoder finds creative ways to keep you interested in your routine, and gets you the most results with the best equipped studio in the Southeast. Karen has a fun and energetic personality that keeps you working out with a smile on your face. You can visit her Web site at [PilatesWithATwist.com](http://PilatesWithATwist.com).

#### ROCKIN' FITNESS WEAR

Now for the really important part: What to wear? What's a girl to do if she has those few extra pounds? Wear the classic and uberpopular Lululemon Groove Pants to class -- and out afterward. All you need to do is change out of your jogging bra and tee into an over-sized sparkly top and high-heeled slings, and you're ready to meet friends. Lululemon Pants are



a find. You can run errands in them after your favorite Saturday yoga class, or even head out to brunch with the girls, and your friends will be none the wiser. The pants have vertical seams on a diagonal line that, I swear, make your hips look narrower and your legs longer.

Are you exercising more outside now that the weather is warming up? That lovely sunshine that doses out plenty of good-for-you Vitamin D can also wreak havoc on your skin, even through your clothing. Incidents of skin cancer are higher than ever before -- even for indoor office workers, and especially for young people! So be smart about UV rays, and protect yourself! To do so, I love the new line of workout clothing from Asics, which provides UPF protection (the clothing equivalent to SPF). The clothes are constructed of fibers that provide the equivalent of SPF 50+, and they never lose their protective powers in the wash. Pretty cool, and very fashionable.

So this summer, it's really not about what you wear, but about getting your groove on and getting moving! Get that heart rate up, and you'll be in shape -- and looking fit and fabulous -- before the first summer get-together!

Until Next Time -- Debra

Bringing you the best in beauty from the outside in and the inside out.

Visit my Web site at [debrakennedyshow.com](http://debrakennedyshow.com) or send me an e-mail [debra@elevatelifestyle.com](mailto:debra@elevatelifestyle.com).

