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Health

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MAY 2011

Sneak in This Move!

“Capitalize on all the downtime you have in the kitchen, waiting for the microwave to beep or the water to boil, and squeeze in a flat-belly move,” says fitness expert Joan Pagano, author of *15-Minute Abs Workout*. “This one is perfect for the kitchen, since it requires no equipment and barely any space.”

Place hands slightly wider than shoulder-width apart on the edge of a counter; arms should be straight. Walk your feet back to come into diagonal plank position (the “up” part of a push-up) with your body in a straight line from shoulders to ankles; pull your abs in. Inhale and bend your elbows to lower your chest toward the counter (as shown); exhale and push back up. Do 10–15 reps, rest for 10 seconds; repeat entire set 2 more times.

