

Star LOOK GREAT, FEEL GREAT

With Nora Tobin



THE EXPERT NORA TOBIN

Nutrition and performance-enhancement specialist, health and fitness consultant for Four Seasons and Belmond hotels, contributing editor to *Shape*, Wilhelmina model.

NEW YEAR New You

January is the perfect time to revamp our fitness routine, upgrade our nutrition and feel our very best. We all know how New Year's resolutions can fall by the wayside, so instead of doing a complete overhaul, focus on small changes that can lead to major transformations.

FIT IN 3 With the 24-7 workweek leaving little personal time, it is helpful to have a fitness and nutrition regimen that gets the job done efficiently. The Fit in 3 workout includes three exercises, each performed for one minute. It'll boost your energy and fire up your metabolism. It takes less than five minutes... so no excuses!



Check out Nora's workout videos, nutrition programs and health tips at noratobin.com, at starmagazine.com and on Instagram: @NoraTobin.

PUSH-UPS

A. Come onto hands and knees with hands slightly wider than shoulder width. Extend legs to straight or stay on your knees for extra support. Deeply bend at the elbows and lower down until chest hovers over the floor.

B. Press yourself back up until arms are straight. Keep hips from dropping and hold chin off your chest. Continue the movement for one minute.



BRIDGES

A. Lie on your back with knees bent and feet hip-width apart. Press hips up, forming one long line from knees to shoulders. Gently tuck the chin and press hands into the floor.

B. Lower hips back down to the floor and repeat the movement. Engage the core and glutes the entire time. Repeat the movement as fast as possible for one minute.

PLANK

A. Come onto your hands and knees. Clasp hands and form a triangle with your forearms. Extend legs back to form a line from head to heels.

B. Draw belly button up and in, gaze toward the floor and take deep breaths. Hold the position on your knees or toes for one minute.



THE SUPERFAST SLIM-DOWN SECRET!

Need a little push to get your workout kick-started? Clinical studies show that with the SlimFast Plan, you can start easily and safely shedding pounds and see results in just one week! Start by replacing two meals a day with SlimFast's delicious shakes or bars, eat one healthy and sensible meal, and resist afternoon snack pangs with three preportioned 100-calorie SlimFast snacks! The brand's new Advanced Nutrition shakes and smoothies are packed with 20 grams of protein and five grams of fiber per serving. Plus, you can still indulge: The Peanut Butter Chocolate Snack Bites and Mesquite BBQ Baked Crisps will satisfy your sweet and salty cravings between meals. With the superfast results, you'll stay motivated to keep your New Year's resolutions in check and reach those weight-loss goals! Check out Slimfast.com for more info.

