

Cal-a-Vie®

The stay-slim food that costs pennies • A proven immune booster

SHAPE
YOUR
LIFE

5
SNEAKY
HABITS
THAT ARE
MAKING
YOU FAT
P. 96

BYE-BYE BELLY

FOUR
WEIGHT
A
MAKING

Firm up
for g
10 mi

BL
C



W

get fit news

you can pedal in the pool

If you love indoor cycling, you have to experience Hydrorider, a class that lets you spin away in chest-high water. I tried it at Cal-a-Vie Health Spa in Vista, California (cal-a-vie.com). Our group sprinted and tackled standing climbs, but I didn't notice the back and shoulder stiffness I usually get during a ride. Before we cooled down, we put our feet on the handlebars and did crunches, then placed our hands on the seat (with our legs floating) to do dips and push-ups. After 45 minutes, I'd burned about 350 calories—and I felt loose and refreshed. For more info on classes near you, check out hydrorider.com. —JEANINE DETZ, FITNESS DIRECTOR



You can adjust the bike's seat, handlebars, and base for a custom fit

\$4.99 U.S. \$5.99 Canada
Shape.com

35-pag

BONUS!
happier,
althier life
cial section

(flip this issue over)>