

fitness

COOL NEW TOOL TO
BUST GYM BOREDOM

**BEST
ARMS,
ABS,
BUTT!**

SLIM AND SCULPT
IN 15 MINUTES FLAT

✓ **MORE ENERGY**
✓ **FASTER
METABOLISM**
ONE NO-SWEAT MOVE

NEW SCIENCE

**THE REAL
REASON YOU
CAN'T LOSE
WEIGHT**

**THE GIRL'S
GUIDE TO
PROTEIN
POWDER**

DIG IN!

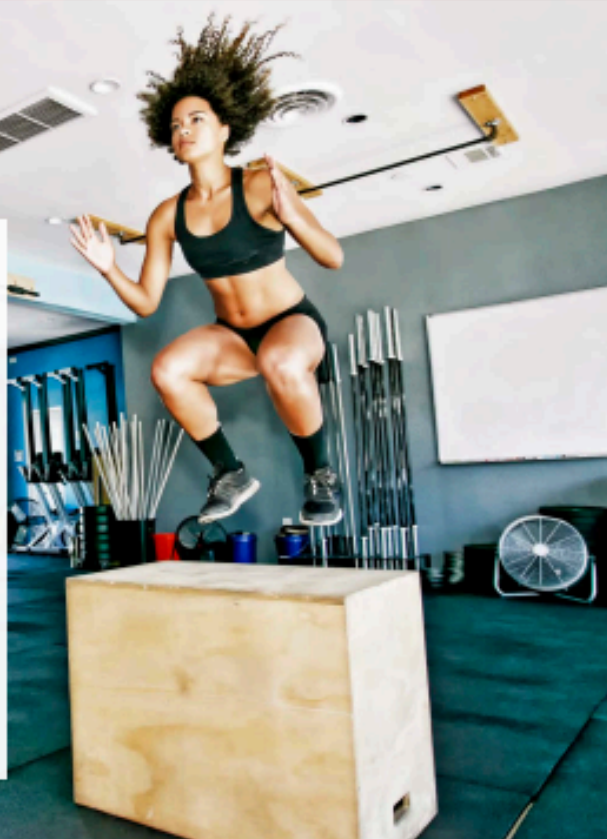
**DELICIOUS
DINNER-BOWL
RECIPES**

**GENIUS
BEAUTY
TRICKS
FOR BUSY
MORNINGS**



Q Will CrossFit make me bulky?

A Strong and sculpted? Yes. Built like a bodybuilder? No. CrossFit combines movements like lifting, sprinting, jumping, rowing and rope climbing for aerobic and anaerobic training. "The Olympic-style weight lifting—heavy squats, shoulder presses, jerks, snatches and cleans—is what can increase muscle size," says Franci Cohen, a personal trainer and exercise physiologist in Brooklyn. But unless you're lifting for hours a day and subsisting on protein shakes, you're not going to get huge.



Q What's up with all the baked veggie snacks?

A These crispy pea-shaped munchies are a mixed bag. They're typically less processed than potato chips and contain a bit more fiber. But oil and added sugars "can take veggies from nutritional superstars to a treat or an indulgence," says Marisa Moore, R.D., an Atlanta-based spokeswoman for the Academy of Nutrition and Dietetics. A fresh snap pea or baby carrot is your best bet (duh!). But if you're jonesing for a salty snack, a baked snap pea is better than a greasy potato chip.

Fit Face-Off

Rowing OR Spinning?

A Spinning torches calories and challenges your quads and hamstrings. But if you're looking for a total-body workout, the ergometer (aka rowing machine) can't be beat. It sculpts your legs, butt, shoulders, back, biceps and core. For a 20-minute workout, go to fitnessmagazine.com/rowing.

Source: John Porcari, Ph.D., a FITNESS advisory board member and the director of clinical exercise physiology at the University of Wisconsin-La Crosse

Q I'm training for a marathon. Am I destined to have black toenails?

A No. You can maintain that pretty pedi while gearing up for your 26.2. A black nail usually indicates that there is a subungual hematoma, or mass of dried blood, under it; this is caused by hitting the front of the shoe repetitively, says Jeffrey DeSantis, a podiatrist for the American Podiatric Medical Association, who sees this condition in 40 to 50 percent of his patients who run frequently. A properly fitting sneaker is the best prevention, so seek out a store that specializes in running shoes and find ones with a large toe box. If you do get the dreaded runner's toenail(s) and are in pain, see a podiatrist. Beauty secret: Two coats of an opaque shade like **Sally Hansen Miracle Gel in Wine Stock** (\$10, drugstores) will cover even the blackest of nails.