

SELF



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**24/7
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**MAKE
YOUR
RUN
MORE
FUN**

The Mental Trick to
Change Your Workout

**GET
OUTSIDE!**

50 GREAT IDEAS—TRY SOMETHING NEW TODAY

November 2014
\$4.99 US
\$5.99 FOREIGN



(SELF) STARTER

The study authors had two groups of women walk the same 1-mile course. They informed the first group that the purpose of the experience was to exercise—the second, that the goal was to have fun and listen to music. Afterward, lunch was served, and the women were asked to rate their mood. Researchers found that women in the “fun” group not only ate fewer calories at dessert, but also were in a better mood than everyone else. The participants who viewed the walk as exercise reported feeling grumpier and more fatigued than the for-fun strollers.

Researchers believe that when you frame your

PINPOINT WHAT YOU LOVE MOST ABOUT YOUR WORKOUT INSTEAD OF FOCUSING ON THE EFFORT.

workout in terms of the effort it requires, you may search for “compensation” in the form of food. But when you view exercise as an enjoyable part of your day, you’re less likely to turn to treats as a reward for dragging yourself to that Spin class at the crack of dawn.

Pinpoint what you love most about working out—like losing yourself in your favorite playlist or cranking out the endorphins with a friend you don’t get to see that often—instead of focusing on the effort it takes to get through the burn. Eventually, your brain will start to interpret the pleasure of working out as its own reward.



LOSE YOURSELF IN THE MUSIC

Download the RockMyRun app, featuring heart-pumping song mixes by professional deejays. Its newest feature, MatchMe (\$3 to \$5 a month; iTunes), uses your phone’s built-in accelerometer to calculate your step count and automatically adjusts the tunes’ tempo to your stride.

ACTIVE TO-DO LIST

Ease up on your workout—or push yourself harder—with this month’s tips.

OR

FIND A NEW RACE

Break out your wackiest costume and toe the line at a Halloween 5K or Thanksgiving turkey trot. It’s also the season for more serious (and seriously inspiring) road runs: Check out the big-city marathons in New York City; Las Vegas; Malibu, California; and Philadelphia this month.



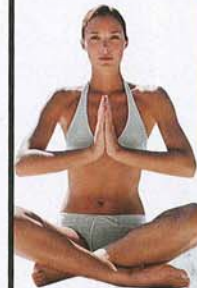
DIAL DOWN YOUR INTENSITY

Think Tony Horton’s P90X, X2 and X3 are too extreme? Consider his new version, simply called P90 (\$80 for four DVDs; BeachBody.com). It’s easier and less intimidating but still promises major toning and fat-burning results in just 25 minutes a day.

OR

CRANK UP YOUR WORKOUT

Practicing sprints while hauling additional pounds may make you a faster starter. In a study from the University of New England, subjects who pulled 20 percent of their weight on a sled propelled themselves forward with extra force. (Pushing can boost power, too.) No sled? Try intervals with a weighted vest.



BREATHE YOUR WAY STRONGER

People who practiced fast yogic breathing for 12 weeks increased their strength and endurance, according to a study in the *Journal of Clinical and Diagnostic Research*. Try rapid breathing—inhale gently, then exhale in short, forceful bursts—for one minute at a time.

OR

CROSS TRAIN TO BOOST FITNESS

If you’re a one-workout kind of girl, changing your routine can help you shed belly fat and gain muscle, Skidmore College researchers say. Aim for a combo of resistance training, high-intensity intervals, stretching and endurance cardio each week.



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