

Amaze Yourself This Year

January 2014

# Prevention®

## Eat Clean!

**THE #1 PLAN FOR SUPER HEALTH  
AND REAL WEIGHT LOSS**

**MAXIMIZE  
YOUR LIFE  
AT 40+**

*Plus*

**16 DETOX  
SMOOTHIES**

**5 SIMPLE SOUPS**

**EASY SLOW-COOKER  
DINNER**

Mango Strawberry  
Power-Up Smoothie  
p.98

**SPECIAL REPORT**  
**What's Making  
America Fat**



## Your New Favorite Toning Tool: **The Plyo Box**

**D**oing exercises on a plyo box will help improve your strength, balance, and power—all while skyrocketing calorie burn. Use one at your gym (a flat, sturdy bench works, too) or keep one at home. We like the GoFit Premium Wood Plyo Box (\$59.99; [gofit.net](http://gofit.net)). Try to do 2 or 3 sets of 10 reps of these 3 exercises.

### 1. **Cardio Box Jump**

**WORKS:** Butt, thighs Stand facing plyo box. Hinge at hips and jump on top of box. Jump or step down. (Modify by stepping up.)



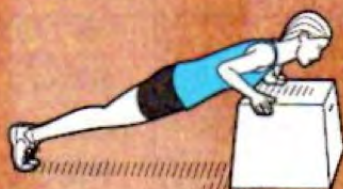
### 2. **Single-Leg Lunge**

**WORKS:** Butt, thighs Stand on left leg with top of right foot on plyo box. Bend left knee, lowering right knee toward floor. Complete reps; switch sides.



### 3. **Incline Push-Up**

**WORKS:** Arms, chest Start in push-up position, hands grasping sides of box. Bend elbows, lowering body until chest grazes box. Push up to straighten arms.



### What should I do first in my strength workout?

Whatever's most important to you, says a new study published in *Research in Sports Medicine*. Participants did three strength-training exercises and then repeated the workout, but with the moves in a different order. Researchers found that no matter the sequence, subjects did fewer reps later in the workout because of muscle fatigue. So start your workout with the moves that will help you hit your goal faster—say, planks for flat abs or lunges for toned legs.

dynamic warm-up | [**dī • 'na • mik 'wōrm • əp**]

Moving stretches (such as knee hugs and lunges with twists) done before a workout to help loosen muscles and joints, increase blood flow, and safely prep the nervous system and muscles for action