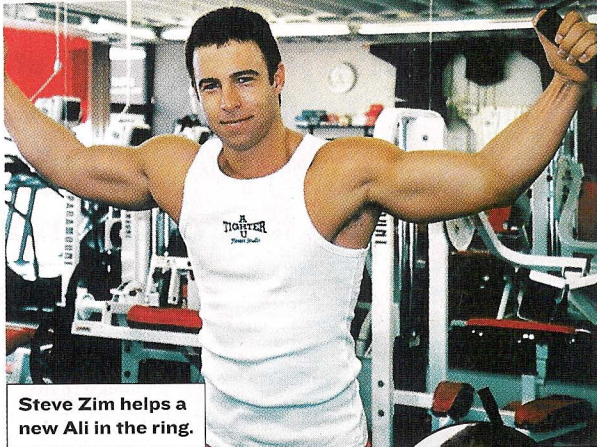


fitness news

MISTAKE #6

Slacking Off

You have to challenge your body. "To lose weight and keep it off, try doing some vigorous exercise in what I call the 'results zone,'" says exercise physiologist Bob Greene, coauthor of *Get with the Program*. That is, on a scale of 1 to 10, you should exercise at level 7 or 8. Your breathing should be deep, and you could carry on a conversation, but you'd probably prefer not to. Remember that levels are relative to each individual; a heart patient may reach level 7 simply by walking to the mailbox. Check with your doctor before increasing your exercise.



Steve Zim helps a new Ali in the ring.

Leila Ali



MISTAKE #7

Dumbbell Dropping

"Go slower when you bring the weight down," says Zim, who trains athletes such as Arizona Diamondback's catcher Chad Moeller and professional boxer **Leila Ali**. Most people drive the weight up and then bring it down too fast. Resist letting gravity take over, and lower the weight to a slow count of 1, 2, 3. Your muscles will work harder, so you'll get faster results.