

SIMPLE EXERCISES
ON THE GO
BY KENDRA LEE

Like many working women, oncology specialty manager/regional field trainer Deborah Mance feels that she is not getting the proper amount of exercise. Between a high-powered career and family, there is little time for fitness. "I would love to be able to get up at five in the morning and workout," she insists, "but with a day that starts at 6 a.m. and goes long past 10 p.m., getting up at the crack of dawn the next morning just isn't realistic." Birmingham, Ala. based personal trainer Nichele Hoskins says there is hope. "There are simple, yet effective exercises busy people can do right in their offices," she says. This is great news for women like Mance who can incorporate exercises like the following into their lunch hours:

Side Scuttles

Works butt and inner and outer thighs.

Stand with feet a little wider than hip width apart. Place hands behind back. Straighten back and slightly bend forward from the hips, holding knees in a semi-crouch position. Gazing straight ahead, hop to the right leading with the right foot. Allow the left foot to follow. Repeat 8 to 20 times before switching sides.

Leg Toner

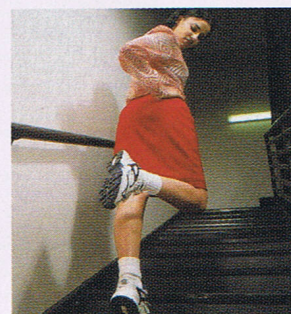
Tones quadriceps and stretches hamstrings. While sitting on a sturdy, stable chair, gently grip the sides. Knees should be a few inches apart and feet should rest flat on the floor. Keeping the back straight, pull navel in toward the spine, straighten the right knee and raise the flexed foot off the floor. Hold for three counts. Pulling kneecap up toward hips, slowly return the right foot to starting position. Switch to left leg. Repeat 8 to 15 times. Work up to three sets.

Upper Body Enhancer

Tightens triceps and upper back.

Scoot to the edge of a sturdy, stable chair. Firmly grip the chair seat. Wrists should point behind you. With arms slightly bent, back straight, support yourself while scooting hips off the front of the chair. Keeping back straight, shoulders relaxed and chest forward, fully straighten arms (without locking or hyperextending them), then bend arms to lower hips a few inches toward the floor. Hold for three counts and straighten arms. Repeat 8 to 15 times. Work up to three sets.

For busy women like Fox 5's Chandra Thomas in Atlanta, Nichele Hoskins shares additional fitness tips.



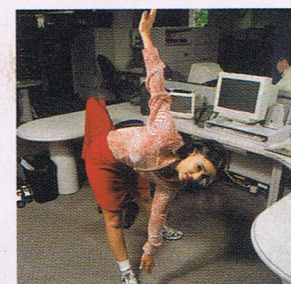
ONE-LEGGED CALF RAISE

■ Steady yourself and stand with both heels off the edge of a step, raise right leg. With left knee slightly bent, contract left calf muscle to lift left heel. Slowly lower, repeat 8 to 15 times, then switch legs.



HANDRAIL PUSH-UP

■ Stand a few feet in front of the rail with feet hip-distance apart. Place hands on rail and use arms, back and chest muscles to support the body. With abs tight and back straight, slowly lower yourself back into starting position. Repeat 8 to 15 times.



AN EXERCISE DON'T

■ Deep, unsupported hip flexion causes back stress.

• FITNESS