

LAZY WOMAN'S FITNESS



THE BETTER-THAN-NOTHING ARM WORKOUT

Lugging groceries out to your car and into your house is practically a form of weight lifting already—so why not really target your biceps while you're at it? This simple move from Lisa Druxman, founder of Stroller Strides, can help you get toned, sexy-mom arms. No wings on you!

A Hold your grocery bags like you would a pair of dumbbells: palms facing up and elbows at your sides.

B Keeping your elbows in and at your waist, slowly lift the bags toward your shoulders. Do as many as you can, then rest and do a few more.

→ BONUS MOVES TO DO ANYTIME

You can turn just about any moment into a better-than-nothing workout. Try one of these simple upgrades the next time you're driving or trudging upstairs.



Turn a stroll into a workout by clenching your cheeks (yes, the ones under your skirt!).

YOU'RE WALKING

→ Increase your pace, tighten your glutes and abs, and pump your arms, suggests Ramona Braganza, who trains stars like Jessica Alba. You might look a little dorky, but you'll burn 40 extra calories in 30 minutes!

YOU'RE DRIVING

→ At every red light, imagine you're zipping up a pair of snug jeans: Squeeze your lower abdominal muscles and draw your belly button in and up, tightening your whole stomach from the pubic bone upward. "This engages the transverse abdominals, which helps sculpt and flatten your stomach," says Los Angeles-based Pilates instructor Jillian Hessel.

YOU'RE CLIMBING THE STAIRS

→ Grab the railing and take the steps two at a time, pushing down through your heels. This works your legs and butt extra hard—and if you climb stairs several times a day, it can add up to major calorie burn, says kinesiologist Stephen M. Roth, Ph.D.

YOU'RE TYPING AWAY AT YOUR COMPUTER

→ Take a three-minute break every hour and walk around. It sounds simple, but by getting out of your chair, you'll engage your muscles and improve blood flow, helping to boost your metabolism, says Roth.

—JAMIE BECKMAN