

SELF

The Body Makeover That Works

4TH ANNUAL FITNESS KIT

Oh Yes!
Easy, Sexy Hair

All yours, p. 158

- Bigtime calorie burners
- Sane diet strategies
- The plan 78,000 women rave about—join in!

HEALTH NEWS
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7 wildly simple ways to stay well

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You Can Shake
a Confidence Crisis

Deeply Personal Quiz:
How Sexually Satisfied Are You?

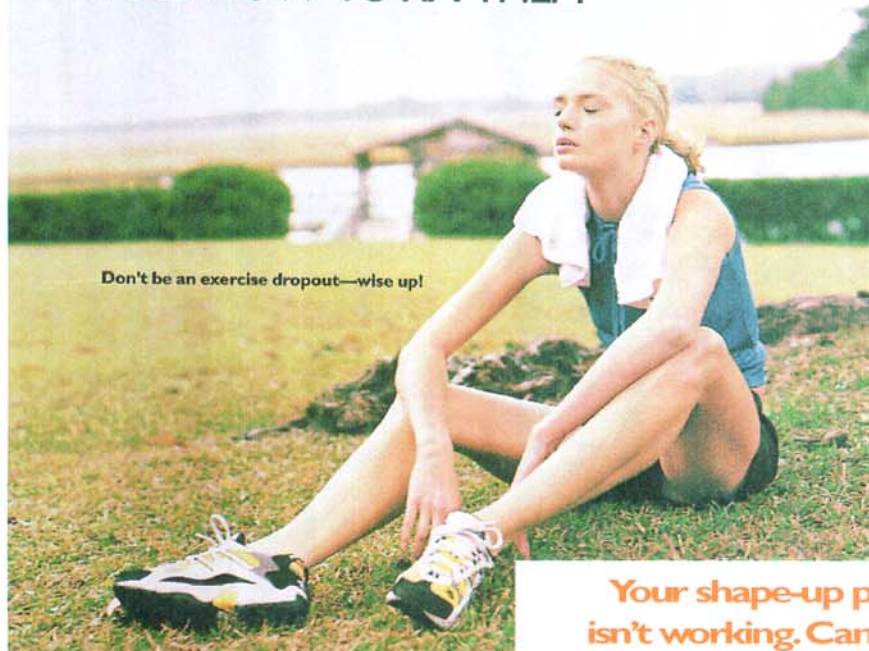
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FITNESS INTELLIGENCE

5 sneaky workout wreckers

AND HOW TO FIX THEM



Don't be an exercise dropout—wise up!

Your shape-up plan isn't working. Can you blame your sneakers? The TV? Actually, yes—here's the advice even fitness know-it-alls can use.

POP QUIZ: WHAT'S MORE likely to leave you sluggish and sucking wind during your workout – having a few too many glasses of wine or drinking as much coffee? Answer:

A hangover is a for-sure workout killer, but caffeine buzz can be just as bad. In fact there are lots of seemingly harmless habits that can sabotage your fitness routine and slow your progress, according to Michael Wood, exercise physiologist and director of the Sports Performance Group in Cambridge, Massachusetts. So swear off these nasty little habits and get the most out of every exercise session.

WORKOUT WRECKER:

Not catching enough zzz's

WHY “Studies show that getting even an hour less sleep than you need for several evenings in a row can limit your strength,

endurance and ability to focus,” says Roger Smith, D.O., clinical instructor at the Stanford University Sleep Disorders Clinic. That means you won't be able to lift as much weight or run as long as you usually do. Being sleep deprived can also slow your reaction time and, according to a recent University of Chicago study, lower your metabolism so your body won't burn as many calories. Sleeping late on weekends won't help either, according to Dr. Smith. In fact, change your sleeping pattern dramatically and you'll suffer the same feeling of jet lag you'd experience after flying from Europe to the East Coast.

FAST FIX Aim for seven to eight hours of sleep a night. Getting less is definitely not an excuse to skip a workout—just know that you probably won't be able to push yourself as hard.

WORKOUT WRECKER:

Blowing off your annual eye exam

WHY Just imagine trying to survive a kickboxing class without your contact lenses—need more incentive to book an appointment? Only 46 percent of Americans get regular eye exams, according to the American Optometric Association in St. Louis. An undiagnosed vision problem or an outdated prescription may impair your depth perception, and can lead to poor hand-eye coordination and tension headaches, says **Mark Fromer, M.D.**, professor of ophthalmology with New York Medical College in Valhalla, New York. You won't just feel clumsy, you'll be clumsy.

FAST FIX If you haven't had a checkup in the past year or suffer from frequent headaches, make an appointment today!

WORKOUT WRECKER:

Being a caffeine junkie

WHY Studies show that consuming 200 to 300 milligrams of caffeine (equal to two or three eight-ounce cups of coffee) about 45 minutes before you start exercising can actually boost your performance, endurance and alertness, and make your workout seem easier than usual. But downing more than this amount “can increase your heart rate and make you feel anxious. Not exactly a good workout frame of mind,” says Liz Applegate Ph.D., a sports nutritionist at the University of California at Davis. Caffeine overload can also impair hand-eye coordination (making you mess up in a tennis match or Tae-Bo class), and since it's a diuretic, it can cause dehydration.

FAST FIX Scale back if you're getting more than a few hundred milligrams a day. Try mixing regular coffee with decaf and substituting caffeinated sodas with