

Lunch hour workouts

A BETTER BODY FAST

● Five kick-butt reasons to

exercise at noontime

- You're being paid to work out—unless you're an hourly worker, a paid lunch hour is part of your deal.
- It doesn't cut into social or family time.
- It energizes you for the rest of the day.
- It can whack those lunch-hour fat grams by increasing calorie burn off.
- It makes you a better worker by improving memory and problem-solving ability, and increasing creativity.

Here, four ways to work out at lunch:

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TAKE A YOGA BREATHER AT YOUR DESK

- When you can't escape the office, close your door, kick off your shoes and do a few yoga moves. You'll notice immediate energy, focus and calmness of mind. "Yoga teaches you to be more present in the moment, because that is the only time we have to live, grow, learn," says New York City yoga teacher Donna Davidge.
- What to do: The move shown here, the chest stretch, is a simple combination of movement and breathing. Simply place both hands lightly atop your shoulders, elbows out to sides, then rapidly extend upward, palms facing each other, while inhaling through the nose. Exhale through your nose as you rapidly lower hands back to start. Try to keep moving and breathing for a minute. Rest, then repeat.
- For more information, check out The International Kundalini Yoga Teachers Association Web site (www.sikhnet.com) for local classes or for a private teacher. Or try a video, such as Kundalini Yoga The Challenge (888-235-2395).