Learn the European breakthrough that ✓ Makes walking easier! ✓ Burns 50% more tested trendy been working fatmelting magic ever since. "Walking poles allow you to engage more muscles, and the more muscles you engage, the more calories you burn," explains Dr. Church., the Tacoma-area mom,

Discover the easy way to turn ordinary walking into

hink about the last brisk walk you took. Now think about this: Your next walk can feel easier and burn up to 50% more calories. It's a proven fact, says Tim Church, M.D., a top researcher who gadgets called walking poles at the famed Cooper Institute in Dallas. Invented for Finland's Olympic skiers to use during summer workouts, the devices found their way to regular folks-and have

That's not all: "The poles take pressure off your feet, ankles, knees, hips and back," says Wisconsin physician Stephen Dufresne, M.D., "so it feels better to walk with them than without them." Yet the true power of walking poles didn't hit us until we heard about Anne Marie Westenberg . . .

Warned to lose weight or end up in a wheelchair, 425-pound Anne Marie knew exercise was in order-but severe joint pain made even a short walk difficult. Then the Wisconsin teaching assistant, 46, saw someone using "the sticks" and got herself a pair,

SUCCESS STORY

Lilly lost 50 lbs!

After so-so results from regular walking, Lilly Langston gave poles a try. "My walks were suddenly turbocharged," says

53, down 50 pounds. "Even my arm jiggle and my back fat disappeared!"



For maximum comfort, safety and effectiveness. pros recommend that when using walking poles, you should: Maximize Swing Keep arms to poles pointing firming. As you propel forward. about waist diagonally height. It'll behind you. push poles as far back as you can; feel upper-body and ab muscles

Walking

What size do I need? Grab a calculator and multiply your height in inches by .72. Then simply adjust poles to that height.

How do they Poles range in price from \$35 to \$200

d photos: Andres Rodriguez/123.RF; Charles Bush. Hair/Makeup: Jeff Jones. Stylist: Louisa Gravelle/ rtists. Other photos: RubberBall/Jupiter Images; M. Sandkuehler/Jump; Renate Forster/Jump; el Tracy/HBB; Scott Eklund. Food Stylist: Joyce Sangirardi.

This also

keep a smooth rhythm.

help you get the best momentum

Avoid tensing

leep arms straight

tress. Grip poles irmly, but don't

irms/shoulders

calories! Takes pressure off your feet, ankles, hips and back

an extraordinary fat blaster!



aim to walk with poles 10-30 minutes most days. For naximum weight loss, work up to 30-90 minutes most days.

hoping they might offer some relief. Did they ever! She could comfortably go farther each day. And she happily reveals: In two years, walking with poles "enabled me to lose in excess of 200 pounds!"

Better than jogging

When a California team monitored five-hour-a-week exercisers for three months. they were surprised to find that pole walkers lost, on average, seven inches and seven pounds more than runners did. Says Dr. Dufresne: "I think of pole walking as walking perfected. Once you walk with them a few times, you'll be hooked." And, if you're anything like the success stories we've spoken to, you can lose up to 18 pounds in a month!

SUCCESS STORY

Elizabeth lost 3 sizes!

When Elizabeth Karr got her first pair of walking poles, she'd been struggling to lose 10 pounds forever. Not only did she whisk them away, she'd soon dropped 14 pounds and three sizes. "I lost it right where I needed to," smiles the Los Angeles actress, 41. "I always had a stomach pooch. It's flat now-without sit-ups!"

pole FAQs

The pros we spoke to recommend poles: available at www. exerstrider.com; www.leki.com and www.fittrek.com.

are they? University of

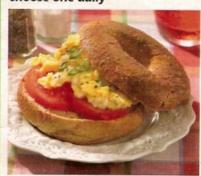
Wisconsin studies show walking poles reduce force on your lower body by 25%.

are they? Safer than regular walking for most of us. But get a doctor's okay to try any new exercise regimen.

These menus enhance results!

These meals were designed to help "pole walkers" burn fat fastest. But even if you use 'em without the poles, you can drop

Breakfast choose one daily



- 1 small whole-wheat bagel
- 2 veggie sausage patties 1 whole-wheat English muffin
- 1 1/4 cups 2% cottage cheese
- 1 1/2 cups berries

Lunch choose one daily



- 1 can tuna packed in water 3 cups mixed greens
- 2 cups cantaloupe
- 2/3 cup hummus 2 cups vegetables 1 orange
- 6 oz. turkey breast 3 cups mixed greens 1 apple

up to 4 pounds a week! Drink all the water you like; add low-cal extras in moderation. Always get a doctor's okay to start a new plan.

Dinner choose one daily

3 oz. cooked lean beef 1 small baked sweet potato 2 cups steamed broccoli 1/2 grapefruit



- 4 oz. boneless, skinless, roasted chicken breast
- 2/3 cup cooked whole-wheat couscous
- 1 cup steamed green beans 6 dried apricots
- 4 oz. broiled salmon.
- 1/2 cup cooked brown rice
- 1 cup steamed spinach
- 1 cup strawberry halves

Snack choose



- edamame 2 Tbs. peanut butter with
- 2 stalks celery 2 hard-cooked eggs
- 3 low-fat cheese sticks
- 3 Tbs. whole roasted almonds
 - 1 protein bar (about 150 calories)