

Easy exercises that keep you young

You're only as old as you feel—but if these days that's mostly tired, this workout's for you. Make time for it and you'll have more strength and energy for everything, says trainer Heidi Powell.

TURN 35 THIS MONTH, and though my smile lines are getting deeper all the time, I feel so good. I'm having fun with my husband and our kids, and I have my mom and two grandmothers to remind me that growing older isn't all bad. They're the strongest, most beautiful women even now, and I know their secret: Just take care of yourself.

I know what you're thinking—*Sure, that's easy for a trainer!*—but it's never too late to start, and you don't have to exercise for hours to look and feel younger. In fact, you can do this workout in as little as 10 minutes, and it's super-effective. Here's why: Resistance training builds muscle and strengthens your bones. When you add bursts of cardio, you'll also trigger a release of growth hormone, which can keep you feeling lean and energized but decreases naturally as you age. Amazing, right?

Try doing two to three sets of each exercise, with 30 high knees in between, before moving on to the next one. (High knees are like jogging in place, but you want to drive your knees toward your chest.) Do this routine three days a week, and pretty soon everyone's going to want to know *your* secret.



1 SQUAT /// Don't shy away from squats if your joints are feeling achy. When you squat properly, it'll actually strengthen your knees.

Stand with your feet shoulder-width apart, toes pointed out slightly; hold a set of 5- to 10-pound dumbbells at shoulder height. Lower into a squat, drawing your hips back and down until they sit just below your knees. Press through your heels and return to standing. Do 15 reps.



2

PRINCESS LUNGE /// The curtsy in this move helps improve coordination and balance—so essential as you age.

Holding a set of dumbbells, stand with your feet together. Take a big step back with your left foot, bringing it directly behind your right (like a curtsy); bend your knees, gently touching the back one to the ground. Press through your right heel and return to standing. Do 10 reps; switch sides.