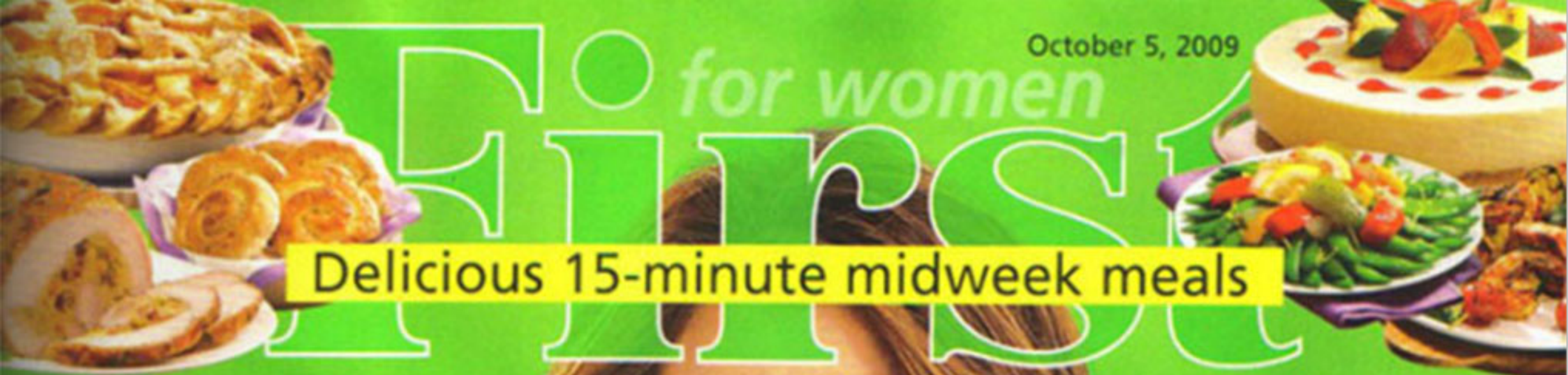


October 5, 2009



Delicious 15-minute midweek meals

FATIGUE CURE

TIRED? GI PROBLEMS?
Stress has destroyed key gut compounds in 87% of us. The fix is simple!

SUDDENLY SLIMMER

News! Cider vinegar blocks *and* burns fat

INSTANT REMEDIES

- ✓ Fall allergies
- ✓ Sluggishness
- ✓ Male irritability
- ✓ Brain fog

CHORE WARS

How to get him to help out more

STRESS GONE!

Samantha Harris spills her secrets to turning off worry

LOOK GREAT IN JEANS

The best pair for your figure, plus flattering extras

WALK OFF BELLY FAT

The simple tweak that melts ab flab first *and*

- ✓ Revs metabolism
- ✓ Boosts immunity
- ✓ Ends insomnia
- ✓ Dials up mood



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“How I beat the most stubborn belly fat”

Dancing with the Stars cohost and *Chicago* star **Samantha Harris, 35**, reveals how she conquers stress—and the nagging flab that comes with it

“I’m a people pleaser. I take care of myself last. My mom has tried to get me to change that, but it’s hard.”

A hostess with heart



“It’s so much fun to watch everybody on the dance floor,” says Samantha of her *Dancing with the Stars* cohosting duties. “I want them to do so well and I feel terrible when there’s a move gone wrong.” Check out the hit show’s season 9 premiere on September 21 at 8 P.M. ET/PT on ABC.

We knew Samantha Harris was fearless: After all, she cohosts ABC’s hit series *Dancing with the Stars*, which averages 30 million viewers weekly. And she’s unafraid to walk right up to megastars on the red carpet during award-show season as fill-in host and correspondent for CBS’s *The Insider*. She’ll even brave singing and dancing in front of a live audience, which she did as Roxie Hart in this past summer’s Broadway production of *Chicago*. But what really knocked our socks off was that dramatic step she took after having baby Josselyn in 2007 and realizing that despite losing the baby weight, she was still two jeans sizes bigger. “I hate doing sit-ups, so now when I’m doing free-weight exercises, I put myself in front of a mirror and stare at my stomach,” reveals the Hopkins, Minnesota, native.

That’s right: Samantha watches her belly in the mirror while she works out. And she recommends that we do it, too! “It’s all about the concentration—it forces one to contract and hold that core,” she says. The truly fabulous payoff: a flat belly without ever having to spend precious minutes down on a mat doing ab work. Samantha’s personal trainer, Patrick Goudeau, explains, “When you do a move like a standing bicep curl holding heavy weights and you use slow controlled movements, your abs must work very hard to stabilize your body as you lift and lower. When you watch those muscles contract, you can really focus on having a good center of gravity, which automatically delivers abdominal toning and makes you lean—you won’t get bulky.”

Intrigued, we wanted to know more ways that Samantha battles the

post-baby pudginess that’s tough to budge despite her busy schedule. Here are her top two-in-one solutions.

Belly & stress buster: Bouncing baby and the ball

“The only way for me to be productive and happy is if I know I have time with my family,” says Samantha. “I need that balance. I can’t be all work and continue to succeed.” So she fuses fitness and family, making her baby girl her walking and weight-training partner. “We love doing the big exercise ball together,” says Samantha. “She’ll sit on my lap and we’ll bounce to the music. It’s a great double-tasker because we’re having fun together and I’m getting a workout, too.”

Why it works: Sitting on the unstable surface of a stability ball forces the ab muscles to tense to maintain balance, and holding a baby really amps up the toning since the ball is especially squirrely due to the extra weight. Add in bouncing, and you’ve got gold-star toning, says Goudeau. “Bouncing elevates heart rate because you’re activating the larger muscles in your legs,” he explains. For a home version sans stability ball: Sit tall at the edge of a chair and put your child (or a basketball) on your knees. Lift your feet slightly off the ground and keep them lifted as you bounce your legs up and down. “The key to belly toning is to sit tall so your abs are helping to lift the child,” says Goudeau. “If you lean back too far, your lower back will take over.”



Samantha runs with her then-baby daughter

Belly & stress buster: Crunching on edamame

“I buy frozen edamame and pop it in the microwave for a few minutes,” says Samantha of a go-to tummy-trimming bite. “It’s a great snack. My daughter actually now loves it, as well.”

Why it works: Edamame is truly smile-worthy. The credit goes to its *genistein*, a plant compound that activates mood-regulating neurotransmitters, including dopamine. More reason to smile: Women who snack on soy burn twice as much belly fat as those who avoid soy, according to researchers at Brigham Young University in Provo, Utah. And German scientists report that simply having a daily soy snack helps women shed up to 29 pounds in six months—without losing an ounce of metabolism-stoking muscle mass.

Belly & stress buster: Making like a flamingo

“I’ve taken Bikram yoga the last few months and love it,” says Samantha. “It’s about sweating out all the toxins. It also has a few good balancing postures where you’re just going to fall out of it if your core isn’t engaged and you’re not focused on the center of your body for the entire movement.” Her favorite tummy toner: balancing on one leg as she cups her other foot in her hand and brings her forehead down to her knee.

As much as Samantha loves the perks for her body, it’s the mind benefits that really have her hooked. “The point of Bikram yoga is to focus your mind and not push yourself to compete with the person next to you or to think about what’s next,” she explains. “You need to be in the moment. That’s great for me because I tend to challenge myself to push the next thing before I’m ready to in life. Now I think, *Okay, Samantha, you need*

Samantha plays with daughter Josselyn, now 2



Samantha’s sweetest stress reducer

“With *The Insider*, I’m in the makeup chair between 4:30 and 5:30 every morning, and my favorite thing to do is to come home and play with Josselyn in the afternoon,” says Samantha, who adds that seeing her daughter’s face light up when she walks through the door is her greatest joy. “I hang out with Josselyn on the sidewalk with chalk, just doing pictures with lines and squiggles—a heart or sailboat. That’s the happiest time.”

to focus on yourself right now and do this to the best of your ability. When you master it, then you can move on.”

Why it works: Yoga’s combination of intense internal focus and gentle stretching is so powerful that just 10 minutes of practice boosts levels of the serenity-inducing brain chemical GABA by 27 percent, report researchers at the Boston University School of Medicine. Additional studies show that yoga lowers levels of the belly fat-packing stress hormone cortisol by 35 percent. ●