

# fitness

**GOT 20 MINUTES?** Healthy recipes for really busy people, p 89

Mind, Body + Spirit

## BEST FOODS FOR YOUR BODY TYPE

Power up your diet & **drop a size this month!**

**FAB ABS!**  
TRY OUR FLAT-BELLY WORKOUT P 74

## Fast Energy!

THE NEW WAY TO NEVER FEEL TIRED P 80

## WALK OFF 2,000 CALORIES

(YOU'LL BE A FAT-MELTING MACHINE)

## BE A SUCCESS STORY!

Turn your "before" body into an "after"



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## 5 YOGA'S BIGGEST BUFF



This picture is not digitally altered. All 243 pounds of **Abby Lentz** are *that* flexible—and the certified yoga instructor aims to help full figures everywhere get limber too. This year, she released her first DVD, **HeavyWeight Yoga (available at [heartfeltyoga.com](http://heartfeltyoga.com))**. On it, she uses the formula of modified moves, slow pacing and lots of encouragement that made her an outsize yoga star in Austin, where she teaches weekly. “Anyone in any shape can practice yoga,” Lentz says. “You don’t have to wait until you lose weight to get the benefits of a great workout.”