

fitness

SCULPT SEXY ARMS NOW

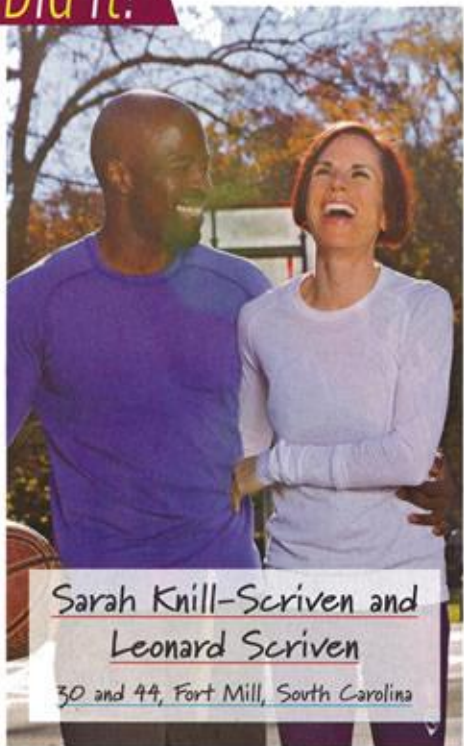
BEST. ADDS



Push Your Limits!

The Mental Trick to Boost Workout Results

I Did It!



**Sarah Knill-Scriven and
Leonard Scriven**

30 and 44, Fort Mill, South Carolina

"We Shaped Up as a Team"

Pudgy pair "Leonard and I went to the gym together to lift weights or take group fitness classes, but we quickly undid all our hard work with huge dinners," Sarah says. "Monday was pizza, Thursday was meatball subs, and Friday was Chinese. Six months after our September 2011 wedding, I received a diagnosis of high cholesterol, and Leonard was on the cusp of needing medication to lower his blood pressure."

Date night 2.0 "In April 2012, we decided to try the Paleo diet," Leonard says. "We donated or threw out all our processed foods and restocked with fresh produce, chicken, organic meat, nuts and seeds. Instead of going out for pizza and beer, we went for walks after work and prepared healthy dinners. Eating this way gave us energy to take jogs or play basketball together."

Power couple "Now that we're healthier, our relationship is stronger than ever," Sarah says. "Exercise has become more than a hobby—it's our passion."

Leonard and I are opening an indoor-cycling and fitness studio, and we love pushing others to achieve more than they ever thought they could, just as we did."

Get Moving



The Secret That Will Save Your Relationship

Sure, dinner and a movie can be great, but a game of one-on-one is better for your bond. Here, three benefits of sweating with your sweetie, from Susan Rudnicki, Ph.D., a psychologist and personal trainer in Atlanta.

More fun "Exercise can foster a supportive, playful spirit in your relationship," Rudnicki says.

Better sex Being in shape revs up your libido by improving blood flow and boosting desire.

Mutual respect Working out together teaches you new things about each other and what you're capable of.

Fat traps
to Avoid

The Health Drink That Helps You Drop Pounds

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