



health

sneaky ways to

GET

TONED!



Get hotter on your way to homeroom? Yes, you can! Try our multitasking moves from Pilates instructor **Alana Reed**, who works with celebs in New York. They'll fit right into your crazy back-to-school schedule!

Be like Miley
and break into
a jog every
chance you get!



the sneak-it-in workout

There are things you *have* to do each day, so why not get toned while you do them? With this Pilates-inspired routine, you'll see a difference in a month.

17 TIP

The secret to Pilates is using your abs and keeping them **tight**, even while you work other body parts. So when you're doing each of these moves, **concentrate** on pulling your stomach in and up—it will help flatten your **tummy!**

seventeen.com

Get stronger tips with our 2-minute workout at seventeen.com/fitness

IN BED

FLATTEN YOUR ABS!



Look toward your toes to avoid straining your neck.

Lift head, neck, and shoulders off bed. Use arms to pull left leg in as you raise right leg in the air.

Switch legs, extending the left one as you grab the right. That's one rep. Do 12.

GEAR UP!

You'll always be ready to exercise in this cute, comfy outfit!

tank

Sizes XS–XXL, Old Navy, \$11. Old Navy stores.

sports bra

Sizes XS–XL, Aerie F.I.T., \$20, aerie.com.

shorts

LittleMissMatched, \$9. littlemissmatched.com.

shorts

Sizes XS–XL, Adidas Originals, \$30. shopadidas.com.

sneakers

Sizes 6–12, Under Armour, \$30. underarmour.com.

WATCHING TV

STONE YOUR ARMS!



For this to work, keep your arms light and still!

Sit up tall with legs crossed at shins. Open arms out to the sides, letting hands hang a little lower than your shoulders.

Bring arms forward until fingertips touch. Return start. Do 2 sets of 10.

tear out here!



Alisha's trainer is getting her stronger for soccer season. Get her tips at seventeen.com/fitness

out

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with!

YOUR PERSONAL TRAINER



Alana Reed

Alana Reed is a Pilates instructor in New York, NY, who trains celebs and other high-profile clients. Find out more at alanareedpilates.com.



WIN A SWAG BAG!

Go to seventeen.com/freebies for the chance to win a jacket, a tank, yoga pants, and sneakers from Fila, plus a brand-new Sansa SlotRadio player. (It comes loaded with 1,000 songs that are already organized into themed playlists—so cool!)

Worth \$393 total!



CLASS

SHAPE YOUR THIGHS!



Sit up tall in your chair with both feet on the floor. Concentrate on keeping entire upper body still.



Stay still as you lift one foot 2 to 3 inches off floor. Count to 5, then return to A. Do 5 with each leg.

Stick to your abs to keep your upper body still!

ON THE PHONE

WORK YOUR CALVES!



Stand with legs and heels glued together and big toes about 2 inches apart.



Rise up onto balls of feet, then slowly lower down to A. Do 3 sets of 10 reps.

Keep straight up and down (don't rock!) for the best results.

STUDYING

TIGHTEN YOUR BUTT!



If this is hard at first, try it with just your feet lifted off the floor.



Lie on stomach with legs straight and together. Lift feet and knees off the floor.

Open legs to hip width. Close them so heels touch. Do 10 with legs in air, then rest. Do 3 sets.

Spread legs outward.

"MY SNEAKY EXERCISE TIP"

You don't always have time to change your clothes and work out. Here's how other girls get creative when it comes to staying fit!



“I always leave the books for my afternoon classes in my car. That way, I have to walk out to the student parking lot to get them at lunch. This forces me to get a little exercise every day!”

—JENNIFER, 19, FAYETTEVILLE, NC

“I don't have much time to exercise, so I volunteer with Habitat for Humanity on the weekends. It's good for the community and my body—carrying wood and hammering really works my arms and back!”

—CHARLIE, 20, GLADWYNE, PA



“Sometimes I stand on one leg when I'm on the phone or reading a magazine, rather than sitting or standing normally. It helps to strengthen my core and my abs!”

—HANNAH, 17, CHESTER, NJ