

Workout in a disc



● New Year's resolutions fading? Put them to the test with our 10 favorite fitness DVDs.

SWEAT EQUITY DEE DEPASS

My friend recently endured 33-below temperatures in North Dakota — weather so cold that church services were canceled. While most church ladies chilled at home, Janna and her 10-year-old daughter Marissa defrosted by popping in a BYou “Hip Hop Meets Bollywood” exercise DVD.

DVDs are a cheap and easy way to get your groove on and honor New Year's resolutions of weight loss and healthy living. And “it's really fun,” insists Marissa.

Collage Video (collagevideo.com) and WorkoutMusicVideo.com offer an expansive variety of DVDs to launch yourself in the right direction. Most DVDs cost \$11 to \$17, come in dozens of categories and offer few excuses not to pick one that's fun. Here are my 10 favorites.

“10 Minute Solution: Hip Hop Dance Mix With Kristin Jacobs.”

This one is great for both individuals and families. If you dream of dancing like Janet Jackson or Justin Timberlake, this video will get you on your way with quick 10-minute lessons, easy moves, great repetition and funky combinations that will have you raising your heart rate and an impressed eyebrow at your newfound talent. I had a ball. Jacobs made me groove, giggle and sweat.

“Amy Dixon Presents Give Me 10: 10 Minute Workouts for a Total Body Tone Up.” As a fitness instructor, I loved Dixon's efficient use of light dumbbells,

mats and steps. She gave me a full-body workout packed with variety. Her six 10-minute sessions feature cardio, upper-body sculpt, lower-body firming, core, yoga stretch and a quick tutorial on kettlebells. It proved challenging, had great music and let me pick and choose the workouts I craved.

“Jeanette Jenkins: Sexy Arms, Abs & Legs.” This DVD is a hoot.

It made me laugh, prance and remember why I loved ballet practice. Jenkins and her team use traditional ballet moves and great music to test balance and beef up the butt, hamstrings and arms. She makes you feel sassy, strong and invigorated.

“Jillian Michaels' No More Trouble Zones” brings you the drill sergeant from “The Biggest Loser” TV show. Michaels favors great “twofer” combinations that push the quads and arms or glutes and shoulders at the same time. Think light dumbbells with lunges or chest presses paired with slow leg raises. Her 40-minute DVD offers a good warm-up and cool-down, and seven 6-minute circuits in between for those who want efficient exercise.

“Denise Austin: Best Bun & Leg Shapers” offers dynamic works with slow-mat Pilates moves that burn the legs and fanny. Some movements seem awkward at first, but are easy to do and really challenge targeted muscles. Austin uses fitness balls, held poses and her



own body weight to creatively strengthen muscles. Her 15-minute ab segment, 5-minute thigh burner and 10-minute leg segment that uses squats and lunges will firm up trouble zones and won't bore you.

"I Want That Body With Tami Lee." This lady endured EMG muscle-measuring tests to find the best exercises for specific muscle groups. Lee has great ab floor exercises to work the tummy and fab dumbbell combinations to stress the obliques, shoulders and arms. She even brings back tried-but-true Jane Fonda moves, which tested well in the lab. If you like clear, concise instruction with moves that build slowly, this one is for you. The American Council on Exercise (ACE) rated "The Best of Tami Lee, Best Buns, Abs & Arms" DVD four out of five stars.

"Leslie Sansone: Walk Away the Pounds" was my Aunt Sandra's "very favorite." The pace is fast but starts slow and "before you know it, you have finished 2 miles and are ready to meet the

world," she said. Sansone uses 3-minute intervals of walking and 3 minutes of arm, shoulder and ab strength training. It's never dull.

"Leslie Sansone: Walk Your Belly Flat" was Sandra's second favorite as it makes you move, adds new moves slowly and tosses in some floor exercises. Just remember to stretch afterward. Great for beginners and seniors.

"Ellen Barrett's Fat-Burning Fusion" won four of five stars from Collage Video and from ACE. Barrett combines Pilates and ballet to give homebodies sleek, toned arms and legs and enhanced flexibility. Very effective.

"The Biggest Loser's Boot Camp" thrilled my friend Sue and earned an impressive four out of five stars from ACE. The ripped Jillian Michaels and Bob Harper kick butt with a mix of interval training, cardio, muscle toning and yoga exercises.

Here's to a healthy 2010.

Dee DePass • 612-673-7725