

THE OFFICE'S JENNA FISCHER
Try Her Easy, Healthy-Life Makeover at Self.com

SELF

YOU AT YOUR BEST



GET FIT FOR FREE
Los Angeles Includes All Over

YOU'LL BE SLIMMER JUST 18 MINUTES A

The Good Girl's To Bad Girl Sex

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Head Off Heart Disease, Fatigue, Cancer, Weight Gain, Infertility, Diabetes, the Blues and More

30-Second Hair Rescues
Simple Solutions for Limp, Frizzy or Damaged Style

Eat Well, Stay Full!
(And Slash Your Grocery Bill) p. 130

15minutes

GOT 2 MINUTES?

Press PLAY on a global workout

Swanky gyms are packing 'em in at ethnically infused classes like belly dancing and Latin cardio. I sampled the international action on DVDs at home and lost major pounds. Try it!

FLEX'N STRETCH'N PUMP'N MAMBO MANIA Personal Best Enterprises Havana-born dancer Clarita teaches this spicy Cuban-flavored cardio class at her Los Angeles studio, Personal Best. Cha-cha on your own turf to a 60-minute, full-body blitz that blends strength training, yoga, pilates and Latin dances such as salsa and rumba. \$20; MamboMania.net

MASALA BHANGRA WORKOUT: BACK 2 BOLLYWOOD Masala Dance & Fitness Trainer Sarina Jain, known as the Indian Jane Fonda to devotees of her New York classes, returned to her homeland to shoot this whirling 45-minute Punjabi dance workout to the beat of a *dhol* (bhangra drum). \$20; MasalaDance.com

KETTLEBELL EXPRESS Groovy Like a Movie Get a grip on Russian cast-iron kettlebell training with Sarah Lurie, owner of Iron Core studio in San Diego. Grab a 15-pound kettlebell (\$50; GoFit.net) for this fast (21 minutes), fierce drill. \$15; IronCoreKettlebells.com

SHAPE UP & HIP OUT Launch DRTV Melt your middle Egyptian style with Jillina, owner of Evolution Dance Studios in Universal City, California. She leads three 18-minute belly dance sessions. \$25; Jillina.com —Janene Mascarella



OUR WRITER TOOK OFF 20 POUNDS!
See her Reader Rave at Self.com/community.

Squeeze in a home session that's far, far from routine.

Masala Dance & Fitness

Feel So Good
Any Size
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