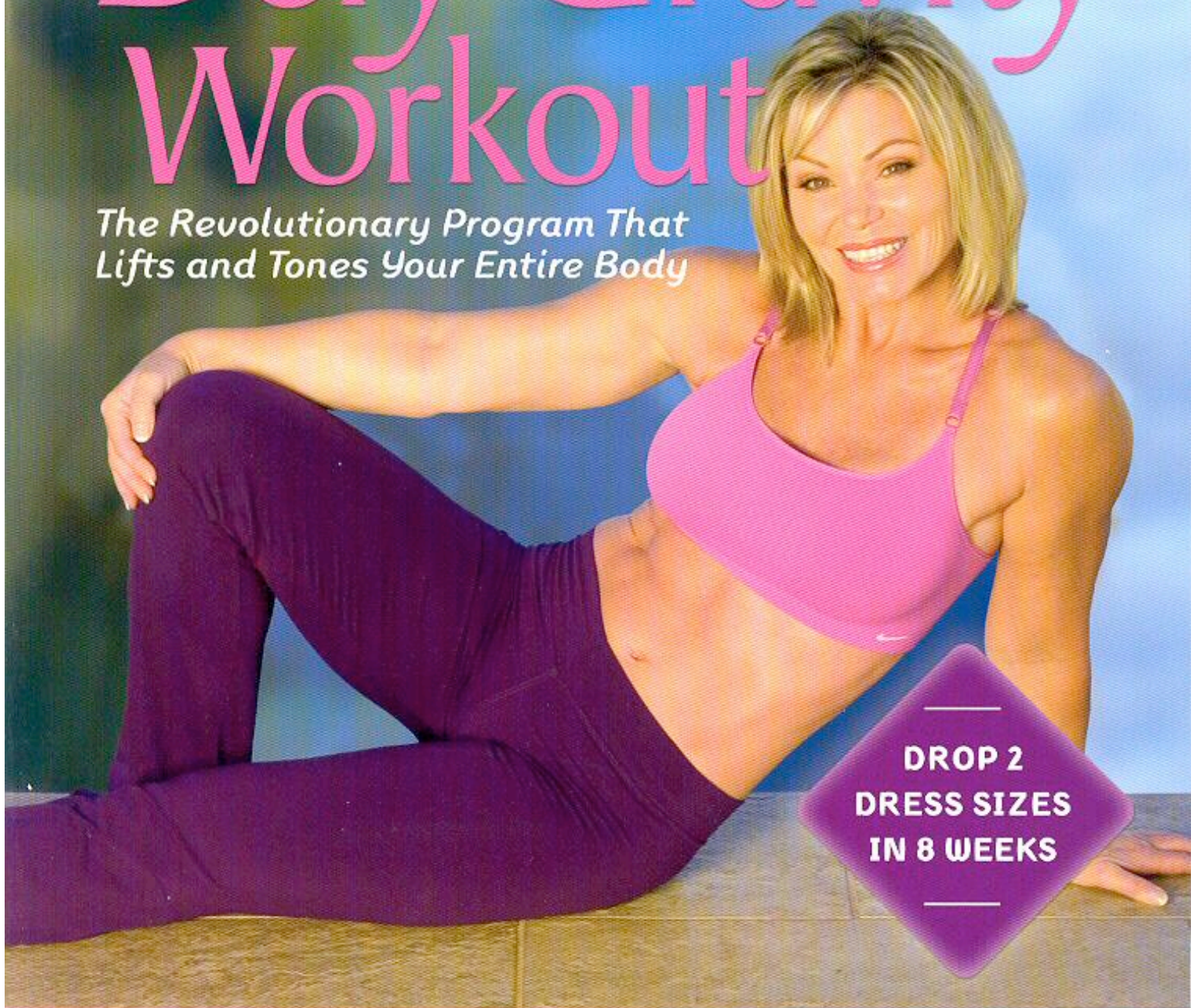


TAMILEE WEBB'S

Defy Gravity Workout

*The Revolutionary Program That
Lifts and Tones Your Entire Body*



**DROP 2
DRESS SIZES
IN 8 WEEKS**

Tamilee Webb

Best-selling star of the *Buns of Steel* video series

WITH CHERYL FENTON

Taking Care of Your Outside

Skin Care and Beauty Treatments

“Who Are You?”

That's not something you would ever think you would ask, but there you are...posing this question as you stare back at this face in the foggy bathroom mirror after your morning shower. Where did your sharp jaw line go? Where did these forehead wrinkles come from? You didn't have these freckles and age spots a few years ago!

Gravity and aging not only affect your muscles and bones, but also your skin. All of a sudden it seems that you can read the story of your life in each dark circle, wrinkle, and droop of your skin—not to mention the trails that the crows have been creating as they tread across your tired eyes. Couple those issues with dry skin, not-so pearly whites, and varicose veins, and you are a walking tribute to Father Time, though you look more like your mother or grandmother.

Skin is our largest organ, consisting of billions of cells that are constantly being regenerated. When we're born, our skin is smooth, soft and flawless, but as we age our skin changes due to nutrition, hormones, sun, and other environmental factors.

Clothes That Defy Gravity

Ahhhhh, shopping... a girl's favorite pastime! Magazines and Hollywood keep us up on the latest fashions and "must haves" in our wardrobe. But have you ever found yourself standing looking in your closet at all your clothes, yet feeling like you have nothing to wear? Or maybe trying on outfit after outfit in the dressing room searching for the perfect pant, shirt, or dress that will make you look great and thinner? And what about those mirrors? Don't you think that the stores would want to put in the best lighting and "skinny" mirrors that don't show every little lump and bump in our thighs?

Television is flooded with "makeover" programs, and we love to see the final results. Some of these makeovers are pretty extreme. I don't just mean how different they make a person look, but going to the extreme of taking a perfectly healthy individual into surgery to change their appearance. However, there are great reality makeover shows like *Queer Eye for the Straight Guy* that work with what you already have. Just by changing their clothes, hair color and style, a person can look years younger (or at least worth a second look).

I cannot and will not cut my conscience to fit this year's fashions.

—Lillian Hellman

Celebrities have both the money and the contacts to help them look their very best for special events. They know how to dress to look thinner, how much makeup to wear, and what hairstyle will make them stand out. Put the right lighting on them and viola—they look fabulous! This is why you should not compare yourself to celebrities, but instead find what works best for you and be the best you you can be.

Knowing your body type will help in choosing clothes that will look stylish and slimming on you. Not all of us have good taste in clothes like *Queer Eye's* Fab Five, or can afford the best clothes, but all of us should know the difference between what looks good on us and what doesn't... no matter the price. You know if you have a short waist, long legs, a round bottom, and so on, but not all of you know how to dress to accentuate them or play them down.

or pulse will increase and decrease during interval training. I like this type of training because I don't get fatigued as quickly as I would with continuous training. It's great for first-time exercisers. You do what you can, then you ease off for a recovery period, then do it all again. Just when you think you can't take another step, it's time to recover and catch your breath!

Strength Training Basics

Believe it or not, our muscles have memories. Doing the same exercise or movement over and over again has little effect on the muscle after a while. For example, if you ask an athlete to play a completely different sport than they usually play, there's no doubt they will be sore the next day. Why? Because their muscles have become familiar with a routine. By doing different activities, they are shocking the muscles into working harder. Activities that push the muscles in different ways break down muscle fibers, leading to the soreness you feel the next day. One way to defy gravity is to keep our muscles and mind stimulated by changing it up, making our muscles work harder to fight the dreadful sagging that happens if they are neglected. "Use it or lose it" has true meaning when it comes to muscles.

Time and again, research has shown that good muscle strength helps people live healthier lives. Strong muscles can improve many areas of your life, such as decreased body fat and increased self image, not to mention helping to prevent injuries. After the age of thirty, people begin to lose muscle and bone mass. This can lead to increased risk of injuries, especially in older people. But it doesn't have to be all down hill after thirty. By incorporating exercise and healthy nutrition into your lifestyle, you can look and feel great throughout your life—no matter what your age!

As women pass fifty-five, hormonal changes, improper nutrition, and lack of exercise can cause them to develop osteoporosis, a condition in which bones become weak, porous, and easily breakable. Weight-bearing exercise and strength training increase bone density. When coupled with calcium intake and proper nutrition (see Nutrition in chapter 1), strength training can help prevent this debilitating condition.

When starting a strength training program, it's important to know how much weight or resistance you should begin with. The strength training program I have designed for the Defy Gravity Workout is based on using dumbbells or hand weights that weigh between two to ten pounds. Keep in mind, our body weight is another form of resistance that we can (and do) use on a daily basis. This is why it is so difficult for people who are extremely overweight to do much activity, because their own body weight is working against them. If you are a novice (beginner), try starting out with two or three pounds until it becomes too