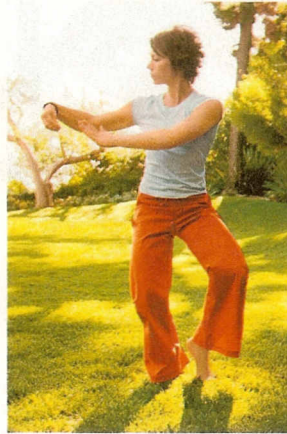


Faster Toning Trick

Need motivation to stick with a strength-training regimen? Try starting small, suggests a new Elon University study. Researchers found that exercisers who **worked minor muscle groups first** (like the biceps and calves) **and then moved up to bigger muscle groups** (like the back and quadriceps) built up less muscle-tiring lactic acid than those who did the reverse order, allowing them to complete more reps in each set for speedier firming. Plus, they reported that their workouts felt easier, and they finished in better moods. —*Marielle Messing*



Knees Hurt? Try Tai Chi

Modern-day science now proves that the ancient practice of tai chi relieves knee pain. A Tufts Medical Center study found that adults with knee osteoarthritis—the most common joint disease in midlife—saw up to 3 times greater improvement in both pain and joint function from biweekly hour-long tai chi sessions, compared with those who attended stretching and wellness classes. Experts say the flowing, meditative movements tone the muscles surrounding joints, enhance body awareness to reduce risk of injury, and improve alignment. To try some tai chi moves, go to prevention.com/taichi.

—*Natalie Gingerich*

3-MINUTE HEALTH MAKEOVER

Good news for your busiest days: Just 3 minutes of exercise can yield significant health benefits, according to a recent Scottish study. Adults who did six **30-second sprints on an exercise bike (resting 4 minutes in between)** improved their body's ability to metabolize blood sugar by



nearly 25% after six sessions—enough to lower their risks of diabetes and heart disease.

Try it while watching your favorite TV show. Run up and down the stairs or do jumping jacks during an ad (most are about 30 seconds); rest until the next commercial break. —*Lauren Parajon*