

[COVER story]

Stay

FIT, young and vital— JANE'S WAY!

Nearly 30 years after the debut of the *Jane Fonda Workout* video, the 73-year-old star remains toned, strong and stunning—and she credits these everyday secrets!

Her joints might be a bit creakier (thanks to OA), and she may have a few more laugh lines around her eyes, yet Jane Fonda is still as active as she was decades ago—and has no plans to slow down any time soon. “It’s important to continually build strength in order to get healthy and feel great,” she says. And her new workout series, *Prime Time*, which is designed for baby boomers, makes it easy to do just that. All you need? “A pair of lightweight dumbbells, or two cans of food or water bottles, and a chair.” But if you can’t run out and buy her DVD just yet, don’t worry—the Oscar-winner shares a few of her stay-fit secrets right here!

◆ Strengthen your spine

Jane “engages” her stomach muscles all the time: “Imagine someone is going to punch you in the stomach, that’s how tight they should feel.” She practices this posture virtually everywhere—when she’s strolling down the street, at lunch with pals or even relaxing at home reading a book. The reason? It strengthens your core and supports your spine.

◆ Tone your tummy

When it comes to her flat belly, Jane swears by seated pelvic tilts. Sit in a chair with your feet flat on the floor. While maintaining good posture, breathe in and tilt your pelvis back (pretend you’re trying to push it through your spine) while squeezing in your stomach and butt muscles; hold for a second or two, then slowly exhale. Release and return to starting position. Repeat 10 times.

Heat yourself up for exercise!

Limber up joints and muscles before you exercise by using warm towels or heating pads for about 20 minutes. Or just take a nice, long warm shower!

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◆ **Build up your ankles**

Jane's favorite exercise is walking. "It's a great way to feel alive." But to walk, you need strong ankles—"They help you stay steady on your feet." And this exercise will do the trick: Sit in a chair and lift a leg about 12 inches. Make a circle with your foot in a clockwise motion; repeat five times, then repeat in a counterclockwise motion. Repeat with the other foot.

◆ **Better your balance**

Even Jane has trouble with this one—"It's tough to do!" So don't be hard on yourself if you're struggling at first. Stand next to a chair (that's so you can grab onto it if you start to topple). Keeping your arms at your sides, lift the leg closest to the chair off the floor and try to stand on the other leg for 15 seconds. Then walk to the other side of the chair and repeat with the other leg.

◆ **Max out your leg muscles**

Stand behind a chair, hold onto its back, then lift your right leg behind you (as if forming an "L" with your thigh and lower leg). Hold for five seconds, then lower. Do 12 reps, making sure to stand straight and stay stable. Repeat on left side.


◆ **All-over strengthener**

Sit in a chair, feet on the floor and a 2-pound dumbbell in each hand, hands facing up. Inhale. As you exhale, bend your elbows to lift dumbbells toward your shoulders, while lifting and straightening your right leg. "Squeeze your thighs to tone your legs while you're working your arms," Jane says. Exhale and lower your leg and hands. Do 12 with your right leg, then switch to your left.

◆ **Upper arm firmer**

Want to go sleeveless with confidence? Try this jiggle eraser: Sit in a chair, holding a 2-pound dumbbell in each hand. Raise both arms straight over your head and lower your arms (bending at the elbow) to bring the dumbbells down to your shoulders while you inhale. Exhale as you raise your hands back to their starting position. Repeat 12 times.

◆ **Shoulder toner**

Stand with feet hip distance apart. Hold dumbbells and inhale as you raise arms out to the side. "Keep your posture straight," says Jane. Exhale and lower arms back to your sides. Repeat 12 times. 

—Gina Roberts-Grey

"It's important to continually build strength in order to stay healthy."

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