

GET FIT IN 10 MINUTES A DAY!

Celeb trainer Larysa DiDio (larysafit.com) crafted this super-speedy but super-effective workout just for GL. "This circuit keeps your heart rate up and you burn lots of calories," she says. It's a blend of strength training, yoga and abs, so you get toned all over. Start with 30 jumping jacks and repeat the circuit twice.

EXERCISE ILLUSTRATIONS BY JESSICA/ISTOCK



COBRA
Lie on your stomach with your hands by your ears. Keep hips on the floor and straighten out your arms. Lift your chest up. Look over your left shoulder and then your right.

ELBOW ABS
Lie on your back with your hands clasped behind your head. Bend your knees and keep them as close to your chest as possible. Lift your chest a couple of inches off the floor and alternate elbow touches to the opposite knee. Repeat eight times on each side.



CHILD'S POSE
Sit down with your knees bent under you. Fold over at your waist and stretch your arms out in front of you. Rest your head on the floor. Hold for 15 seconds. Breathe!



ABC'S
Get into a pushup position on the floor. Keeping abs tucked, pick up your left hand and touch your right shoulder. Repeat on the opposite side, alternating ABC's the entire time, until you reach the letter Z.



REVERSE DIPS
Sit on the edge of a chair with your hands next to your butt, feet hip-width apart. Slide your butt off the chair and lower yourself down (arms should form a right angle). Push yourself back up and repeat 10 times.



WALKING LUNGE
Start with hands on hips. Take a big step with your right foot. Plant the foot and bend back knee to the floor. Make sure to keep the front knee over your ankle and back heel lifted. Step forward with the left leg and repeat eight times on each leg.

SQUAT WITH KNEE LIFTS
Start squatting by sitting as if you were in a chair, with your knees at a 90-degree angle and your back straight. Stand up and lift your right knee to your chest. Return to a squatting position and repeat on the opposite side. Do 12 squats on each side.



WEEK 7 FEEL BETTER FAST

EATS Past...wanna avoid getting sick? Start noshing spicier foods. Turmeric (found in curry), garlic and oregano (think pasta sauce) can help you stay healthy. Go to girlyville.com to get spicy vegetarian recipes.
EXERCISE Whether you need a nap at 4 p.m. or are about to bail on your workout, try our no-fail energizing trick. Do five fast sets of your fave exercises (squats, lunges, crunches, whatever). It's a top-notch warm-up and gets the blood flowing. Now get up and get to it.

WEEK 8 GIVE THANKS

EATS Keep grazing in check during the holidays by having a plan: pack fruit and water if the fam is leaving town, investigate the buffet before loading up and eat slowly. Need seconds? Go for veggies and turkey.
EXERCISE Long weekends are ideal for tough workouts (try hiking or ice skating with the family or running a Turkey Trot). No takers? Pull together a flag football tourney or suggest a neighborhood cleanup to show thanks. Your tradition doesn't have to be crashing on the couch!