


**BEST-EVER HOLIDAY GIFT GUIDE**

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WAIST**  
WITH RON  
FLETCHER'S  
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(AND NECK &  
SHOULDERS)

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## readerplatform



**Q:** After several washes, my workout pants start to get pilly and faded. Why is this happening? Is there any way to prevent or fix this?



**A:** Pilates instructor Cristin Schult, a Z and Z Active Clothing Ambassador in Newport Beach, CA, responds: "Workout pants aren't cheap, so you need to take extra care of them to get the most out of your money. The secret to prolonging wear—and trust me on this: I've had some pairs for seven years!—is to wash them in cold water and then hang them to dry. That's it—no fancy detergent needed!"

## beat holiday weight gain

Instead of fretting over that extra-large slice of pie, focus on using your energy productively in the kitchen. Jessica Cummings, a certified trainer at BodyScapes Fitness in Brookline, MA, suggests doing this calorie-busting routine:

**turkey lifts** Lift your frozen turkey (or a 12-pound pumpkin) 10 times, extending your arms upward and then bringing them down to a 90-degree angle.

**dishwasher lunges** Do lunges with dirty dishes in hand (balance carefully!), bringing one knee to the ground and then up again. Repeat until the table is cleared.

**cranberry sauce can curls** Take a can in each hand, palms facing forward, elbows glued to your waist. Slowly curl one arm at a time and then return it straight downward. Do 10 reps on each arm.

**countertop push-ups** Place your hands on the counter, keeping your arms in line with your shoulders and step your feet about two feet back. Be sure to have your body in one diagonal line from your toes to your head, keeping your chin down, head back and pulling your belly button in. Bend your arms, keeping your elbows close to your sides and touch your chest to the counter. Do 2 sets of 10 reps.

**pot squats** When reaching down to pull out the pots you'll need for your holiday meal, squat next to the pot instead of bending over. Grab the pot with two hands and hold it close to your body. Inhale, stand and then exhale, focusing on pulling your abs in as you straighten your legs.



## cha-ching!

According to Payscale, Pilates instructors with one to four years' experience earned up to \$25.87 per hour, and the national average salary for a certified instructor ranged from \$40,757 to \$71,585 per year. That's almost double what regular fitness trainers earned—up to \$24.54 per hour and \$49,958 per year.

## woops!

Mercury must have been retrograde during the production of last issue's Astrology column. We accidentally republished last spring's 'scope instead of the new fall version. "Boy, in the good old days before digital—when we still used movable type and cut and pasted with razors, not command-x and -v—this kind of mistake never would've happened." Go to [pilatessstyle.com](http://pilatessstyle.com) to see if our predictions came true.