

Your guide to a healthy '08

● **Shake up your exercise routine**

The new gym trend with a fast payoff

● **Reduce stress, reduce weight**

Why you should chill out before you work out

● **Dine out healthy and eat well, too**

Surprisingly good-for-you menu options

● **Reach nirvana**

How to avoid the city's most aggressive yogis

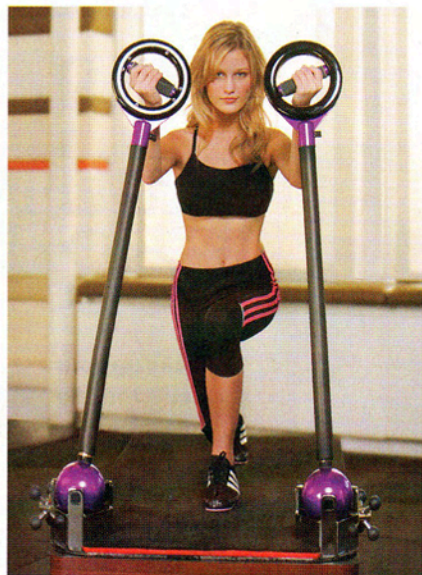
● **Brunch guilt-free**

And still order the breakfast burrito

The 30-minute Pineapple workout is just one way to make your year feel good.

Rock Your Body

Can an exercise regimen give you flatter abs and lighten your under-eye circles? Fans of a new workout machine called the Pineapple say yes. By Cara Kagan



I was having lunch with a friend recently, someone I hadn't seen in two months, when she blurted out, "Have you had your eyes done?" No, I hadn't gone under the knife, nor had I altered my diet, either of which might have caused my chronic under-eye bags to shrink. For the past month I've been doing my regular squats, lunges and curls twice weekly on the Pineapple, a new brand of whole-body vibration machines. I've also been sleeping better and having more regular digestion and less period pain—I guess you could say it's changed my life.

Created by a personal trainer, the Pineapple can give you the effects of a 60-minute workout in half the time. Right now it's available at only one location in NYC—the Five Star Training Studio, located at The Gym, on 26th Street and Madison Avenue. Despite the machine's singular name, there are two models. The Core vibrates at different speeds and has a subtle up-and-down motion,

making it easier to do more reps or lift more weight. Then there's the Pro, which rises and falls like a piston. Its greater intensity and slope make exercising more difficult—2 push-ups feel like 10. Because both machines' platforms are so large, you can do nearly any activity on them, from calisthenics to Pilates to balancing on a Bosu ball. For more of a challenge, you can fit the platforms with an Orbital, which provides resistance via two poles that you raise and lower with your arms or legs.

The Core and the Pro differ from other vibration machines on the market because they're far gentler on the body, causing less jostling and teeth-rattling. Their smooth up-and-down motion is kinder to the joints and the spine than other units' side-to-side gyrations.

"It just makes you feel amazing," Debbie Korb, 52, a residential real estate agent with Sotheby's International Realty, says of the Pineapple. "Plus, using it makes my skin glow." Real estate executive Jon Estreich, 54, notes that his arms and shoulders are stronger since he started using the machine, while trainer Carolyn Pautz, 31, credits the Pineapple for helping clear out her lymphatic system, ridding her body of the mercury and lead poisoning that had plagued her for months.

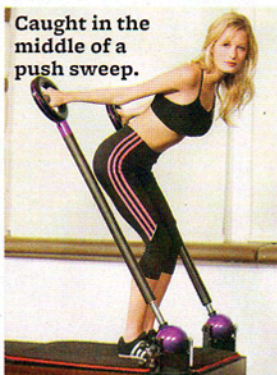
While doctors haven't pinned down the science behind why whole-body vibration training is beneficial, the practice has been shown to promote physical and mental well-being. A report

in the *European Journal of Applied Physiology* concluded that men who exercised on vibration machines rather than the floor had decreased levels of the stress hormone cortisol (see "Why Stress Can Make You Fat" on page 48 for more on this substance) and increased levels of muscle-building testosterone and human growth hormone. And a study in the *American Journal of Physiology* revealed that vibration training can facilitate circulation. Which might explain Debbie's radiant complexion, Carolyn's lymphatic drainage—and my lost eye bags.

The Pineapple workout in 30 minutes

This workout, done on the Pineapple's Core model, is meant for people who are moderately to very fit. Do it twice weekly and results can appear in one month.

- **2-3 sets of pull sweeps using the Orbital** (with 30-60 reps per set). Done with the arms, the movement is similar to the butterfly stroke, with each rotation combining rows, tricep extensions, side raises and chest flies.
- **2-3 sets of push sweeps using the Orbital** (with 30-60 reps per set). Done with the arms, the movement resembles the breaststroke, with each rotation combining reverse flies, arm extensions, bicep curls and chest presses.
- **2-3 sets of either squats, lateral step-downs, side lunges or reverse lunges** (with 30-60 reps per set). Done in conjunction with the arm sweeps or alone.
- **2-3 sets of leg circles or scissors using the Orbital** (with 30 reps per set). Performed while lying flat on the platform.
- **2-3 sets of crunches** (with 20 reps on each side per set).



You can do nearly any activity on a Pineapple, even vogueing. This machine (pictured) is the Core, with an Orbital attached.

“The Pineapple can give you a 60-minute workout in half the time.”