

Girl Power

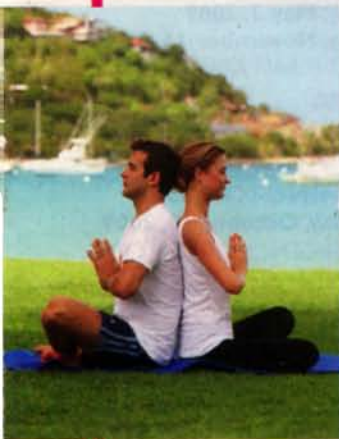
"Sure, bachelorette bashes will always be popular, but now brides and their bridesmaids want to get a workout in first," says **Stacy Berman**, a fitness trainer and founder of **Stacy's Boot Camp**. Start with a 30-minute run in a park and then do some strength training. Berman suggests these two simple exercises for the girls to do together:

- **FOR SLEEK SHOULDERS:** Holding a 5-pound weight in both hands, bend forward at the waist to make a 90-degree angle. Pull your arms up into your chest, keeping elbows tucked in (do 2 sets of 12 reps with 30 seconds of rest between sets).
- **FOR FLAT ABS:** Lie flat on your back, bring knees to a 90-degree angle. With hands behind your head, twist the body so that the right elbow touches the left knee; repeat on other side (2 sets of 30, with 30 seconds of rest between sets).



by Susan Schneider

It's the Big Day —Rela-a-a-x



For some of the newest (and oldest!) techniques for staying serene on your wedding day, Susi Hately Aldous, owner of a yoga therapy studio in Calgary, Canada, recommends a morning breath-focus exercise: Inhale and count the seconds it takes; exhale and do the same. Increase both your inhalation and your exhalation by one count.

"When you're ready to walk down the aisle, lengthen your breath and become aware of your feet; feel the base of your little toe and the center of your heel. You'll notice that you stand taller." As you start to walk, "take note of your friends and family, the officiant and your spouse-to-be. With each step, be aware. Paying this kind of mindful attention will help you recall many more details of the day later on."

Gotta Dance

If you and your fiancé are dreaming about doing a dazzling turn on the dance floor at your reception, join the chorus line of couples who want to be stars. "They want to show the world how much they love each other," says Ellen Tittler, director of the Ballroom Program at New York City's Sandra Cameron Dance Center. For beginners, Tittler will choreograph a "routine with an entrance, a short dance and a dip or a kiss at the end." "For wedding dances," she says, "the foxtrot and the waltz are still popular." Some couples want lessons for the parents, so the mother-son and the father-daughter dances can be choreographed too. And they often include their friends in lessons as well. Tittler adds, "We think it's terrific. It makes great memories for everyone."



Foxtrot

"You'd Be So Nice to Come Home to"
"Side by Side"
"Just One of Those Things"
"Cheek to Cheek"
"Dancing in the Dark"
"I Love Paris"

Waltz

"True Love"
"Sunrise, Sunset"
"Moon River"
"Fascination"
"Fly Me to the Moon"
"Hello, Young Lovers"

Source: Ellen Tittler, Sandra Cameron Dance Center