

fitness

mind, body & spirit

Is the new
weight-loss
wonder drug for
you? p.108

EXPERTS PICK THEIR FAVORITE MOVES

42 Quickest Get-Firm Tricks

Must-Have Workout Video

New York fitness insiders have long raved about the slimming effects of the Lotte Berk Method, a combination of dance, yoga and physical therapy that's taught exclusively in private studios in Manhattan and Bridgehampton, New York. Now the body-changing program is finally available to the rest of us, thanks to a new four-video series, The Lotte Berk Method (\$19.99 per 30-minute video or DVD; a four-pack VHS is \$49.95 and a four-pack DVD is \$69.95).