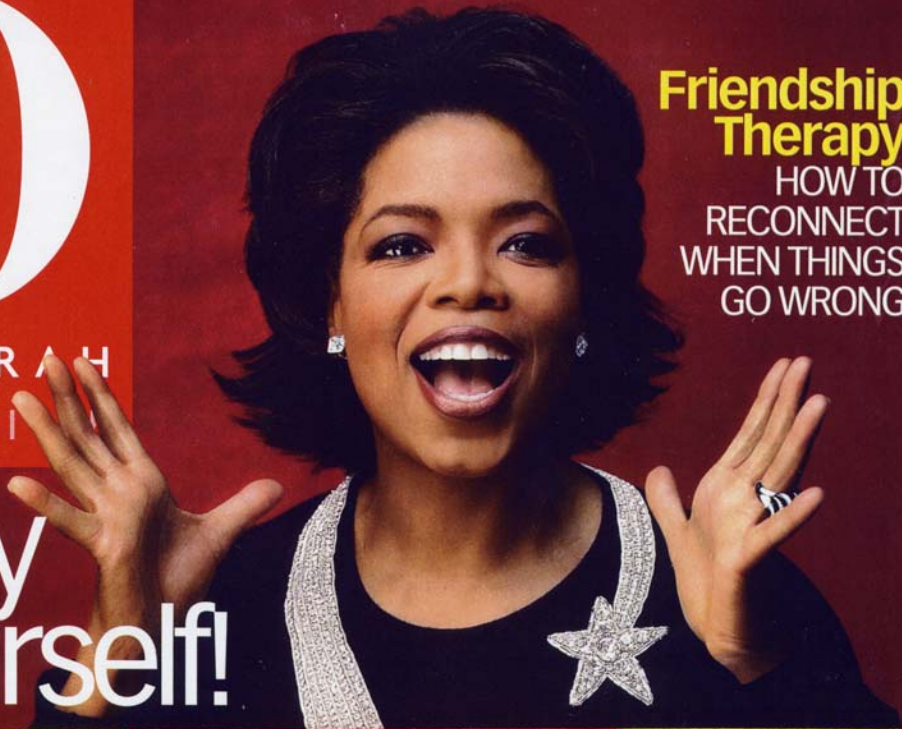


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THE OPRAH
MAGAZINE

Enjoy
yourself!



Friendship Therapy

HOW TO
RECONNECT
WHEN THINGS
GO WRONG

invisible exercise of the month

The next time you're just standing around, grab on to something solid (sink, desk, table) and tone your butt, suggests Lydia Bach, founder of the Lotte Berk Method and creator of its video series. Stand straight with one leg slightly in back of you, two to three inches off the ground, foot flexed. Hold for 15 to 20 breaths, then do 20 to 30 tiny lifts, pausing at the top of each lift for a couple of seconds. Repeat on the other side. If you don't feel sore the next day, double the number of reps. "This works both the standing and lifting sides," says Bach. Repeated over time, it's a good