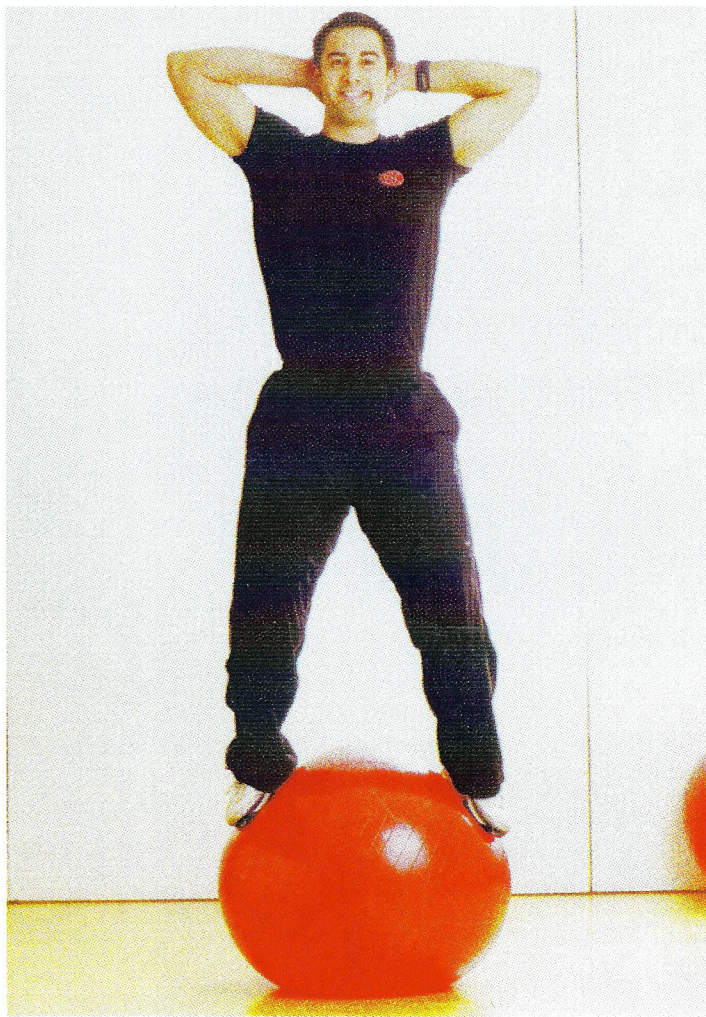


As seen in



MIKE ALVES

BOSTON SPORTS CLUB/WEST
NEWTON, MASTER TRAINER

Best way to lose the last 10 pounds:

"Nutrition is always the first thing you need to [pay attention to]. It's what you put in your mouth. Second is cardio—up your minutes. Third, if you want to do weights for some toning, it needs to be lighter weight in a circuit format."

Favorite workout: "Something I do—because most everybody wants some sort of weight loss—is a three exercise group. You do a dumbbell lunge, then a lat pull down, and a pushup. I do those three exercises three to five times. Then take a water break, and then do three different exercises. I have a format where we hit every major muscle in the body in a circuit fashion. It's fun and the clients always feel phenomenal after."

Nutrition tip: "No whites, no sugar. One free day—six days of discipline equals one free day. I eat lots of fruits and vegetables—the more color the better. And you've got to have breakfast. Don't eat three hours before you go to bed. If you're looking to lose weight, wait an hour after working out before eating. If you're looking to gain weight, try to eat within the first thirty minutes after working out."

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