

Things to love right now

Angela Parker's Plan for a Fit World

Angela Parker *IS* the go-to fitness guru here in Santa Monica, Malibu, and Brentwood for both celebrities and normal folk (moi).

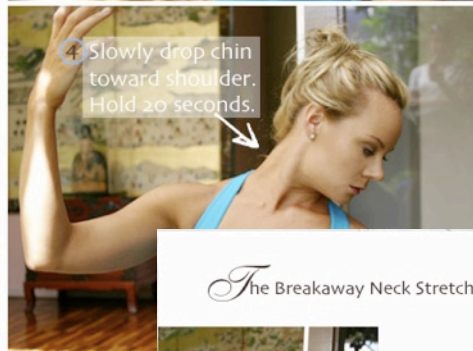
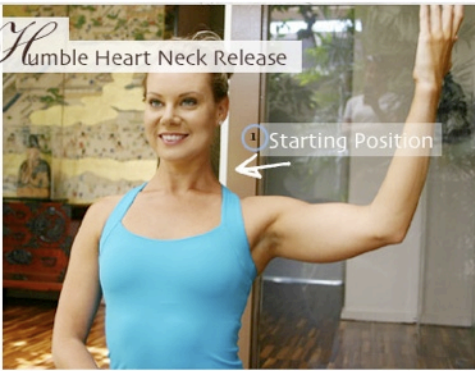
She stopped by last week and we pondered the dilemma: "I don't belong to a gym, I work, I don't have time..." You know the drill as well as I, and my jiggly thighs, do.

Angela says there is a fix: "Start with stretches. Feel the *good* part of exercise as an incentive. It will automatically seduce you to do more, a bit at a time."

I'm game: Give me TWO stretches to start... So here are Angela's neck release stretches. I have been doing them for a week and, truth be told, I'm feeling seduced... it's working...

Body Inspired Fitness
Founder, Angela Parker

Humble Heart Neck Release



The Breakaway Neck Stretch



TTLRN will feature more of Angela in the coming weeks... stay tuned.

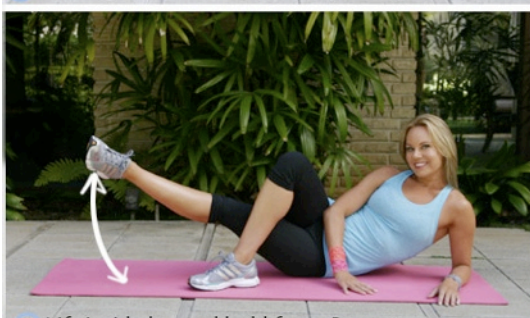
*F*irm Legs forever: 2 exercises to do everyday (when watching the news).



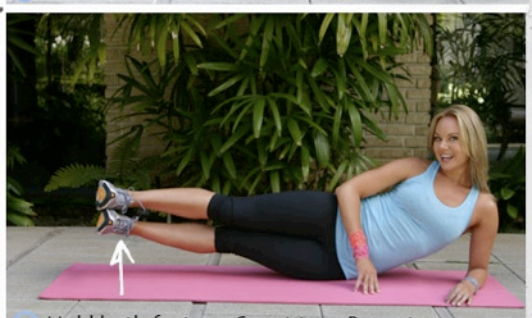
1 Starting Position. Hold tummy strong.



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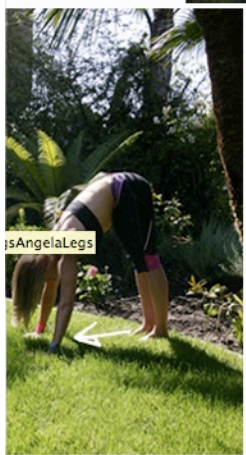


2 Lift inside leg and hold for 5. Repeat 10x.

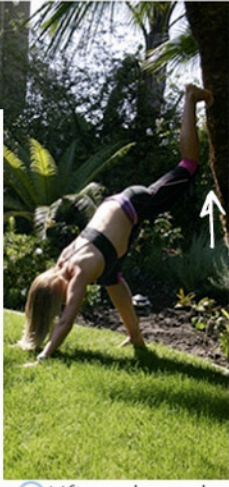


2 Hold both feet up. Count to 5. Repeat 10x.

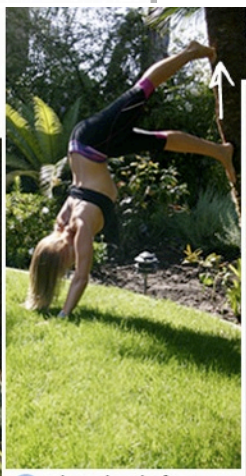
*A*dvanced Athlete Tree Stretch



1 Place hands firmly down on surface. ThingsAngelaLegs



2 Lift one leg and slowly find your balance on the tree.



3 Place both feet on tree trunk, holding in your stomach using your core strength to hold you up.



4 Move each leg in a gentle stretch.