



## Lady of America Newsletter – April 2010 – Power-Up Your Health

### Natalie's Tip and Spot Check

#### Summer is Around the Corner

It's April and that means summer is around the corner. Now is the time to focus on getting your body ready for bathing suit season. To get results you need to include resistance and cardio training, and good, healthy eating habits. Challenge yourself to take it up a notch in your exercise. Add more weight in your resistance training and more time in your cardio. If you only incorporate 2 of these, you will get some results, but not the maximum results. You owe it to yourself to do it! What are you waiting for?

*Natalie Brabner*  
*Lady of America's*  
*Official Trainer and*  
*Expert in Exercise*  
*& Nutrition*



#### Spot Check

This month let's focus on the glutes and legs by doing a cardio hill-walking workout that is very effective and one of my favorite exercises. This exercise exaggerates the hip extension movement, which works the glutes and the legs. Beginners should do this workout 2 times a week; advanced exercisers should aim for 3 or 4 times a week. For this exercise you need the treadmill. Start at a slow speed – I recommend 2.5 mph – and go to the highest incline level. For the first 5 minutes, keep increasing the speed to a comfortable rate where you are able to walk without grabbing the handles. Beginners, try to maintain your walk at 3.5 mph and advanced exercises, strive for 5 mph. Stay there for 10 to 15 minutes, then reduce your speed and incline for 2 minutes. Don't forget to stretch afterward.

**Muscles worked: Glutes & Legs**

[Click here to see Natalie's 10 Step Total Body Workout Videos!](#)

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