



5 MOST EFFECTIVE TYPES OF EXERCISE

The Secrets to Ultimate Fitness by Executive Trainer Christopher Clarke

You know it's time for a change, but responsibilities and time constraints prevent you from living in the gym. Well, here are some high-impact exercises, along with a few tips on how to do them, that bring about rapid results. They burn fat and target difficult areas such as the chest, arms, glutes and abs.

HILL RUNNING: This exercise improves your cardiovascular and respiratory systems and maximizes your caloric expenditure, and is a real test to your will power and motivation. Running at an incline is a form for resistance training that targets your calves, quads, hamstrings and glutes; it also strengthens your hip flexors and Achilles tendons. As you strengthen your leg muscles, you reduce the chances of running related injuries too. Additional benefits of hill running include removal of boredom in your regular treadmill routine and increased – explosive – power. By forcing your arms to drive harder you simultaneously improve your upper body strength

SYNERGISTIC TRAINING: In order to understand this form for training, let's look at the root word "SYNERGY," which is defined as a "combined action or function." In this context, it refers to two exercises performed at the same time to maximize results, i.e., a lunge combined with a bicep curl. This form of Synergistic exercise targets multiple muscle groups such as quads, glutes and biceps (see picture). By combining different exercises such as squat and shoulder raises, calf raises and shoulder presses. Synergistic training pushes your body to new limits and adds intensity to your workout; it's ideal for people that don't have the luxury of time.

BOXING/KICKBOXING: Boxing exercises not only bring about amazing results, they help you gain a sense of inner strength and emotional balance. This type of exercise is my number one choice for sculpting the body; it helps define arms, legs and drastically chisels your abs. Each movement – such as a jab, kick and duck – targets those hard-to-define areas. Cardio kickboxing workouts allow you to burn 350 to 500 calories in just one hour and maintains the heart rate at 75 to 85

percent of the regular beats. As an added benefit, boxing and kicking have the real life application of self-defense.

BEACH DRILLS: These are a variety of exercises conducted on the beach such as squat hops, sprints and walking lunges. The change of location adds variety to your workout routine. Exercising in the sand forces you to work hard to keep balance by placing demands on various muscles in the body that would not be used on a flat surface. Also, the heat from the sand has a relaxing effect to muscles. Further benefits of working out in the sand: less impact on your joints, extra caloric burn and finishing up with a dive into the ocean for a nice swim.

MILITARY PUSH-UPS: Though my clients often compare me to a "Drill Sergeant" or the Spartacus trainer "Oenomaus" – who often cracked his whip – I have used this exercise to build strength, tone and target core areas in the most petite clients. The essence of a military push-up is maintaining that straight line of the plank position. Assume the starting position by placing your hands on the ground, shoulder-width apart and your feet together. Your head, shoulders, hips, knees and ankles should remain in a straight line throughout the movement. Begin the push-up by lowering yourself in a straight line until your upper arms are parallel to the ground and your elbows are bent to an angle of 90 degrees. Inhale on the way down. Return to the starting position by pushing into the ground, extending your elbows completely. Exhale on the way up. This routine targets your chest, arms and mid-section. You can do this exercise anywhere, and it requires no equipment. Got five minutes in between meetings to sit in your office and twiddle your thumbs? Try a few military push-ups.

Christopher Clarke

The leading corporate & celebrity personal trainer in Montego Bay, Jamaica, Christopher Clarke has more than 10 years experience in creating tailor-made exercise programs to suit individuals of every age and fitness level. Aside from the corporate elite of Montego Bay and a string of visitors who aim to stay in shape while on vacation, Clarke's impressive client roster includes reggae superstar Jimmy Cliff, dancehall singer Ce'Cile and Jamaican actor and singer Peter Lloyd. Passionate about health and wellness, Clarke is reputed for his ability to help his clients get in shape. www.christopherclarke.info

A full-page photograph of actor Blair Underwood. He is wearing a dark grey three-piece suit with a light purple shirt and a purple striped tie. He has a goatee and is looking directly at the camera with a neutral expression. The background is a solid, deep red color.

10 Minutes with BLAIR

Editor Tuere Randall caught up with the debonair actor for a (very) quick interview between rehearsals for A Streetcar Named Desire.

You're playing Stanley Kowalski in "A Streetcar Named Desire" - a role made famous by Marlon Brando. What has preparation been like, and do you feel like you have big shoes to fill?

BU: Stage was actually my field of study in college. Marlon Brando! What else can I say? I've had great preparation for an iconic piece of work.

OS: Do you prefer working in TV or cinema?

BU: I enjoy both from a working standpoint. As an actor you want to challenge yourself on the big screen too. (smile)

OS: All these years later and legions of your adoring fans still think that you're one of the hottest men on the planet? What's that like?

BU: It's a blessing to be well received. The main person to whom I want to be 'hot' is my beautiful wife of 16 years.

OS: Of course many a dream was dashed and a collective sigh echo around the world when you married Desirée Da Costa in 1994. You have been married for

almost 20 years. That's an eternity by Hollywood standards. What do you feel has been the most important factor in the success of your marriage?

BU: My parents are a great example for me; they have been together for 50 years. In addition, I love my wife and we know each other's core.

OS: Where is the sexiest place that you and your wife have ever gone for a romantic getaway?

BU: Paris!!!! It holds great emotional value for me.

OS: You have three children now. Where is the most memorable place you have visited for a family vacation?

BU: I won't say one place, every place with your family is memorable, and especially with your children.

OS: Do you use your social media profiles to engage in online activism?

BU: I don't exploit the medium; however, if I think my voice will impact a cause, I will speak up.

A STREETCAR NAMED DESIRE

Based on the Tennessee Williams classic, the Broadway musical *A Streetcar Named Desire* is directed by Emily Mann and stars Blair Underwood, Nicole Ari Parker, Daphne Rubin-Vega and Wood Harris. The Broadway interpretation brings a new rhythm to the classic story of sex, betrayal and class in the spicy city of New Orleans.

Underwood plays the part of Stanley Kowalski, a working-class guy that seeks to destroy his sister-in-law Blanche's (Parker) character. Stanley creates drama between Blanche and her sister Stella (Rubin-Vega) hoping for Blanche to leave New Orleans. Mann plays on the steamy hot relationship of Stella and Stanley - who is torn between loving her husband deeply but hating him for the way he treats Blanche. And Stanley? Oh, he's steaming hot too. There are moments in his eyes when the passion runs deep for the love and hate of the women encountered in *Streetcar*.

A Streetcar Named Desire is playing at the Broadhurst Theatre at 235 West 44th St in New York City. Tickets can be purchased at www.streetcaronbroadway.com.