

NO GYM REQUIRED

UNLEASH
YOUR
INNER
ROCK STAR

AMP UP YOUR LIFE
with this
Anytime, Anywhere
Workout and
Food Plan!

JENNIFER
COHEN

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CHAPTER 1


SETTING THE STAGE FOR THE BIG SHOW

YOU. YES, I AM WRITING THIS BOOK FOR *YOU*, the woman who looks at herself in the mirror and is not satisfied with her body. Instead, she compares herself negatively to the Elle McPhersons of the world. The Giselle types, who are long and lean, say, 10 feet 6 inches tall, with bodies so seemingly perfect that they appear to be genetic mutations of the most beautiful kind. I am writing this for you, the woman who looks at the covers of those celebrity weeklies while in the supermarket checkout line and wonders why she isn't as thin as this or that "it" girl. You know, those feeble-figured celebs du jour who look 2 pounds soaking wet, each more emaciated than the last. Their "it" look most likely due to substance abuse with a side order of starvation. And I am writing this book for you, the woman who has marveled at the miraculous transformations of celebrities who go from flab to fab, the ones who lose 30 pounds in 10 days and claim to have done it through a balanced diet and exercise, and is crushed that she is unable to achieve similar results.

I am also writing this book because I am sick and tired of women feeling down about their natural shape, their God-given body type. I am sick and tired of women feeling inadequate, never quite good enough, and striving to look like the images of the models and actresses they see in magazines. More often than not, these celebrities have dieted and exercised—with possible surgical intervention—within an inch of their lives specifically for the photo shoot you so admire, the film they are

CHAPTER 4

ROCK YOUR BODY



AND JUST AS SOPHIA LOREN FAMOUSLY quipped that she owed her sex siren curves to pasta, Madonna owes her Rock Star fabulousness to her hyper-disciplined routine of exercise. Back in the 1980s she transformed herself from a cuddly pop tart to a sleek, muscled power star, and she has never looked back. Her workout routines became as legendary as her reinventions and just like her, changed with the times. From 10-mile bike rides, to long jogs, to pumping iron, to hard-core yoga—and her perennial, dance—she did it all, and boy, does it ever show. At age 48, she successfully sported a leggings-and-leotard ensemble in her *Hung Up* video and performed moves that most 25-year-olds would have a hard time pulling off. And it wasn't just the magic of digital imaging; she did it on live television as well. Now you might not want to have Madonna's Popeye biceps, but she is no better example of the benefits of a consistent commitment to exercise. Getting better with age and feeling and looking great along the way are pretty compelling incentives. It is the Rock Star way and you and I will walk it together. I have created an effective three-part program that will take you from so so to superfit and keep you there.

You will experience Ultimate Cardio and learn hot-body Power Moves. Then we'll put it all together in my Rock Star Boot Camp, which is a 14-day workout plan that will form the basis for what I know will be your ongoing fitness habit. Now we know what sort of habits folks in Hollywood can get up to, but this is the one every Rock Star should have.

3. *Bicep Stretch*

Stand up straight, with knees slightly bent. Place your feet hip distance apart, making sure your toes are pointing forward. Keeping your shoulders even, extend your right arm out in front of you, palm facing up, and bend your fingers back slightly. Feel a gentle stretch in your forearm and bicep muscles. Hold stretch for a count of 8. Repeat the stretch on the opposite side using your left arm.



4. *Tricep Stretch*

Stand up straight, with knees slightly bent. Place your feet hip distance apart, making sure your toes are pointing forward. Keeping your shoulders even as you complete this stretch, bend your right arm at the elbow while lifting your arm next to your head. Position your right fingers so they touch the shoulder blade area. At the same time, place your left arm across the top of your head, and place your left hand on the right elbow to gently support the arm during this stretch. Feel the stretch in your right tricep. Inhale through your nose, and exhale through your mouth as you complete this stretch. Hold stretch for a count of 8. Repeat this stretch on the opposite side using your right hand to support your left arm while stretching your left tricep.



DAY 2

When preparing today's breakfast, cook a couple of extra eggs to use as a salad topper later in the week. Place a page marker on the vinaigrette recipe, you'll be using it everyday in your lunchtime salad and it makes a great finishing glaze for your cooked chicken, beef, fish or tofu.

Breakfast

- 1 cup prepared oatmeal
- 1 cup mixed berries
- 1 1/4 cup plain Greek-style or probiotic yogurt

Snack

- 1 cup instant miso soup
- 1 celery stalk
- 1 tbsp natural peanut butter or almond butter

Lunch

- 1 portion *Mix-and-Match 'Big' Salad (pg xx)*
- 1 whole grain roll

Snack

- 2 cups plain air popped popcorn
- 1 tbsp grated Parmesan cheese
- 1 tbsp toasted green pumpkin seeds

Dinner

- 1 portion *Quinoa and Veggie Bowl (pg xx)*
- 2 tbsp natural almonds

Daily Total: 1500 calories

Voila Vinaigrette

This basic recipe for a vinaigrette that contains monounsaturated fats will become a staple for adding personality to your salads. Experiment with the basic formula and you can create a world of possibilities! Keep extra dressing on hand in an airtight container in the refrigerator to use on salads or to brush over cooked meats, chicken and fish to add a punch of flavor.

1 tbsp	vinegar (white wine, red wine, balsamic, cider, rice wine etc.)
1/2 tsp	Dijon mustard
1/4 tsp	each salt and freshly ground pepper
1/4 cup	extra virgin olive oil or canola oil

Stir vinegar, mustard, salt and pepper until well mixed. Whisking constantly, drizzle in olive oil. Recipe doubles and triples easily. Makes about 5 tbsp (enough for at least 2 salads).

Try one or two of these suggested add-ins to personalize the salad dressing:

1/2 tsp	minced fresh garlic
1/2 tsp	minced fresh ginger
1/2 tsp	lemon, lime or orange zest
1 tsp	chopped fresh leafy herbs (i.e. basil, oregano, mint)
1/2 tsp	chopped fresh woody herbs (i.e. rosemary or thyme)
Pinch	crushed hot pepper flakes or colored peppercorns
1/4 to 1/2 tsp	honey, agave syrup or pure maple syrup
1/4 tsp	grated horseradish or hot pepper sauce
Pinch	ground cayenne, curry powder, chili powder, turmeric, paprika or cumin

Or, for a brand new flavor, follow one of these substitution suggestions:

- Lemon or lime juice for vinegar
- Grainy mustard for Dijon
- Miso paste for Dijon
- Sodium-reduced soy sauce for half of the vinegar

Nutrients per serving: 97 calories, 11 fat, 0 g carbohydrates, 0 g fiber, 0 g protein, 132 mg sodium.

FITNESS FOR DUMMIES MEETS THE EAT CLEAN DIET.

No Gym Required is a one-stop, no-nonsense fitness and health reference that will act as an overall healthy lifestyle guide. The method is simple: food, fitness and motivation, with a strong, positive approach focusing on personal, positive attributes are more important than trying to unrealistically emulate body types represented by celebrities.

Featuring more than 150 detailed photographs, readers will use this as their premier, authoritative go-to book for health and fitness information. *No Gym Required* provides a targeted, concentrated topic approach, focusing on back-to-basics information without all the unnecessary fluff. Topics include:

- **SMART EATING**
- **POWER MOVES**
- **GOAL SETTING**
- **MENU PLANNING**

The author's expertise stretches beyond training into overall health consulting. Her approach bucks typical Hollywood quick-fix fads, with a focus on using body weight—in lieu of the latest gadgets—to drive noticeable results, coupled with a clean-living diet to maximize overall effectiveness.

A celebrity fitness and health expert, Jennifer Cohen has trained entertainment luminaries, high-profile corporate CEOs and studio executives, but her mission is to help all women be the best that they can be. Further underscoring her commitment to encouraging others to lead a healthy lifestyle, she is Fitness Director for The Yorkville Clubs in Toronto, and counts individuals and corporate clients among her fitness and health consulting roster.

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- Complete diet and fitness campaign

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