



“
I used to rely
on a workout
partner to get to
the gym—now I
motivate myself!
”

Kate Teller

30, New York City, Actress-Producer

RUT Kate's motivation to move had often been her workout buddy, a boyfriend she recently broke up with. "But I'd still like to be more toned, especially around my middle," she says. "My new job is demanding, so finding time to exercise or eat healthy is a challenge."

ROUTINE RESCUE

Multitask. To save time, Kate combined strength training and cardio

(walking lunges with shoulder presses).

Be consistent. She did 90 reps (three sets of 30) of three abs moves—planks, ball sit-ups and bicycles, for example—before or after each workout.

Go green. Kate ate smaller meals of grilled chicken and veggies or salads.

SUCCESS! "Being in a routine helped me tone my abs and upper body—I also have way more energy," she says.