

1 Resolution, 3 Ways

BY RACHEL CORBETT

There's a reason we keep making the same resolutions year after year: they're hard to keep! Once again, getting into shape topped Americans' lists for New Year's goals in 2010. But finding what works for you often takes some trial and error, so Q brought in a few experts to break down the latest fat-burning cures—from the tried and true to the innovative and new.



Sarah Swanson on VelaShape
sarahswanson skincare.com

In the never-ending quest for a quick, body-slimming fix, VelaShape sounds like the golden ticket. The vacuum-like machine uses a gentle suction to pull back skin while painlessly transmitting a combination of energies, including

infrared light, to heat fat and melt away problem areas.

"After the first treatment, one can expect a circumferential reduction of up to one inch," says Sarah Swanson, who first used VelaShape in 2007 for a "body-after-baby" program at the obstetrics office where she then worked. "The suggested series is five to six treatments, which can reduce up to several inches. My clients usually lose more around the waist than in the arms or legs. It's particularly amazing for cellulite reduction."

Lainie Kazan, an actress and singer who says she'd "tried everything" gave it a shot after a friend recommended Swanson and "her magical machine." Kazan went to Swanson's skincare center on Fifth Avenue for four treatments on her thighs, stomach, and backside. The outcome? "I was hoping to lose inches, and I did!" she says. The results lasted for about three months and she plans to go back for a few more sessions.

VelaShape works best, of course, if you maintain a healthy lifestyle. Swanson adds: "It's just part of the overall package."

This page: The VelaShape body contouring machine "works for all shapes and sizes," says aesthetician Sarah Swanson. Opposite: private training at Brownings Fitness.





Dr. Charles Herman on Liposuction

skincare5thave.com

These days, there are as many varieties of liposuction as there are “miracle” diets: power lipo, laser lipo, micro lipo, ultrasonic lipo... In just the last year, liposuction and tummy tuck procedures increased in the U.S. by ten percent.

“It’s because the techniques are safer today,” says Dr. Charles Herman, surgical director of Skincare Fifth Avenue and co-author of the forthcoming *Encyclopedia of Body Sculpting*. “And there’s an increase in patients looking for less invasive procedures.”

But for patients looking to target the small pockets of fat that haven’t disappeared with diet and exercise alone—often around the armpits, above the knees, on the hips—nothing is more effective than traditional liposuction, he says. For targeting small areas, Dr. Herman attaches a micro-canula to the liposuction tube, giving him more sculpting power. With lasers, doctors are “at the mercy of the machine. They don’t have as much finesse.”

“The verdict’s still out on whether laser lipo actually produces impressive, lasting results.” They’re popular, of course, because patients often want just a local anesthetic. But, Dr. Herman insists, “the outcomes of traditional lipo are established.”



Mary Ann Browning on Fitness

browningmethod.com

Maybe you were diligent about getting to the gym last year but just didn’t get the results you wanted. That wouldn’t surprise Mary Ann Browning, founder of the Upper East Side’s Brownings Fitness and trainer to countless New York

notables, including Vera Wang and Samantha Boardman.

Many workouts focus on the legs, building bulk on the lower body. “People think that working the big muscles will help burn more fat, and that the more leg work you do, the tighter and leaner the legs become.” But, she says, “if you fatigue only a specific area in a workout, then food will go to that area to aid in recovery, which ultimately means it gets stored there.”

The trick, according to Browning, is to speed up your strength-training workouts, without taking breaks in between. For cardio, try running, walking, or swimming at 65 to 75% of your maximum heart rate.

For those jump-starting a new routine, keep a reasonable goal in mind. Browning suggests starting with at least two one-hour cardio and weight workouts per week. Emphasize the cardio, she says. “Starting with weights immediately is difficult and it’s more beneficial to add them as you become more fit.” Cardio takes off the initial weight, giving you incentive to continue. ♦

Robin Saldman (Mary Ann Browning)