

fitness **fitn** **ss**

Mind, Body + Spirit



YOU CAN DO IT!

Walk Off More Weight

**LEANN
RIMES**
Sexy Body
Secrets p.126

Flatten Your Belly

A plan for every
size and shape

LOOK FAB OVERNIGHT

Editors' top beauty
& body tricks

Cook Healthy

15-Minute Recipes

So Long, Cellulite!

Firm Your Hips, Thighs & Butt

PLUS: The Ultimate Sneaker Guide

CYCLING



KRISTEN DIEFFENBACH, 37, from Morgantown, West Virginia, is an assistant professor of athletic coaching education at West Virginia University and a professional cycling coach.



tester's pick

SPECIALIZED SPIRITA (\$85, specialized.com)

WHY WE LOVE IT: This shoe aligns your foot, knee and hip, supports your arch and prevents delicate nerves from getting compressed.

TESTER SAYS: "The toe area is nice and roomy. Plus, the shoes kept my feet cool and were really easy to walk around in."



other favorites

Pearl iZumi XAlp Enduro (\$110, pearlizumi.com)

These lightweight shoes have a low-cut ankle and a nylon plate in the sole that gives you ultimate pedal control.

Specialized Torch (\$125, specialized.com)

Instead of Velcro, these cycling shoes (not shown) have a ratcheted closure, which locks tight over your feet so you can pedal more powerfully.



MIZUNO WAVE NIRVANA 4 (\$135, mizunousa.com)

WHY WE LOVE IT: Mizuno eliminates one of the more annoying traits of most running shoes—the sliding tongue. On this shoe, it's attached to the sock liner, reducing rub and adding support.

BEST FOR EXTRA CUSHIONING



NIKE AIR ZOOM VOMERO 2 (\$120, nike.com)

WHY WE LOVE IT: This shoe takes comfort to the next level with air in the heel and forefoot, extra padding in the heel and a cushioned midsole. It's perfect for someone who runs on hard surfaces or who has achy joints.