

MARTINIS AREN'T THE ONLY WAY TO FEEL BETTER!

There's never a bad time to take care of our bodies, but summer is an especially opportune time to get outdoors and get active -- and a perfect chance to ditch the typical shopping date with your BFFs and hit the trails, bike the boardwalk or take a fitness class instead!



Check out Kris' happy hour workout suggestion below!



That's not all: Research has revealed you're more likely to stick to your fitness goals when you have a workout buddy -- they keep you accountable! So get your summer bod in tip top shape while bonding with your girlfriends. Added benefit: You can also meet a new man while getting fit outside this summer!

Steve Ettinger, certified fitness trainer and bestselling author of *Wallie Exercises*, says fitness can be fun, and embarking on it with your best friend is a great start.



Make it measurable

To see results, you need to set clearly defined, measurable goals. Share them with your friend and keep each other accountable, says Ettinger. Online sharing tools like Google Docs are great for this!

Face your fears

What better way to step out of your comfort zone than with your best friend by your side? Try something completely new, even if it's been intimidating in the past. Most classes let you choose your partner, so if you've been anxious to try a class (e.g. boxing) you'll feel much more comfortable working out with a friend.

Keep it social

There's nothing wrong with making workouts social... as long as you actually get a workout in. Pair a workout and social event together (e.g. gym then dinner). You'll both be more likely to show up for the workout and stay focused with the promise of more relaxing fun afterwards, says Ettinger.

Our favorites



So, what are some of the best workout opportunities for you and your BFF? Here are some of our favorites!

O2 Fitness offers several group fitness classes that are the perfect alternative to a typical "girls' night out" happy hour. Our favorite? **Sh'Bam**, featuring hot but simple dance moves set to a soundtrack of popular hits and dance music. This 45-minute class never gets boring, as a new release is produced every three months with brand new music and choreography.

Boxing -- it's not just for the boys! "Bond over the heavy bag with your bestie and get a rockin' bod while you imagine your jabs and hooks letting loose over the guys you'd otherwise be bitching, boozing and consuming calories over," says **Kristin Russo**, an ACE certified group fitness instructor and certified yoga teacher, who mentions **Women's World of Boxing**, held at Kingsway Boxing (a real boxing gym -- no nonsense cardio kickboxing stuff!) as a great option for New York City ladies to check out.

Danny Campbell, co-owner of **TITLE Boxing Club**, concurs. "You can challenge each other to do better and foster friendly competition. Conversely, everyone can go at their own pace, so even if there are varied fitness levels, everyone can participate. There is something about hitting a heavy bag and getting your timing and technique down to where you feel more confident about yourself that empowers you to know that you are capable of taking care of yourself in a situation that might be intimidating."

Atlantic City Sweat Festival: My bestie and I are so excited about this, we're already plotting to visit Atlantic City this September to cover it in person! For this event, Caesars Entertainment Atlantic City teams with some of the world's most prominent names in health and fitness for the inaugural Sweat AC festival that will feature celebrity trainers, nutritionists and lifestyle experts in the industry. The three-day expo will be held at Caesars, Harrah's Resort, Showboat, Bally's and on the Atlantic City beach and boardwalk from Sept. 21-23, 2012. And, when you are done working out with the likes of Jillian Michaels, Kass Martin, Joy Bauer and Mixed Martial Artist Champion, Frankie Edgar? You just happen to be steps away from shopping, bars, casinos and tons of nightlife.

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