



Left: Amy and Melissa Corretti; Centers: Teri Hough

## “How I Finally Fell in Love With My Workout!”

These seven women traded in the grind, the inconvenience, the boredom, and everything else they hated about exercise for workouts they absolutely adore. You can do the same. **By Rachel Hayes**

### Weekend Warrior

WWW.WELL.OJ.COM/PROMENAGUESTS/

**What I love:** “Turning my workout into a packed network. Sometimes work is so close that by the time I leave the office, most gyms are closed. And there is no way I could push myself to wake up at 6:00 a.m. to go to the gym. When I was in college, I had tons of time to work out and would spend five days in the gym doing 40 minutes on the treadmill at 1.0 mph and some light weight lifting. That workout wasn't really improving my body—and maintaining it—but with my job now, I don't even have the time to do that!”

**What I love:** “Since weekend workouts fall back a head of my gym, give me the best advice to increase the intensity of my cardio without too decrease the time, and concentrate more on weight lifting by doing five exercises for each body part instead of one. As for finding the time to do it, one day, I'd run the weekends, just start one body part after the other. Now I spend four hours at the gym on Saturdays and Sundays, wear half-socks, and my body is stronger than ever!”

“I only work out on the weekends... and my body is stronger than ever.”

—Danna Weiss