

[PHYS ED]

CHANGE WE CAN BELIEVE IN

It's time to wriggle back into those pencil skirts. Even when you don't mean business, these Dallas trainers do. Here are their secrets to post-holiday downsizing:

“Every year I put one major fitness goal, one major food goal, one major personal goal, etc. in my BlackBerry memos (I used to do this on paper, but I would always lose it or never look at it). Then, any time I am waiting for an appointment or am checking something in my phone I see the goals, so I am constantly reminded.” JULIE HOANG, OWNER OF FIT180

