

**TIMBERLY WHITFIELD****RESIDENCE:** Riverdale, N.Y.**OCCUPATION:** Host of Hallmark Channel's uplifting and inspiring series, *New Morning***DIET:** Vegetarian.

WORKOUT: A typical week might include a spinning class on Sunday, a one-hour workout on the Elliptical machine on Monday; spinning and total body workout on Tuesday; working out with a personal trainer on Wednesday; kick-boxing on Thursday; and Hatha Yoga and Pilates on Friday. I like to try to get in a cardio workout, so when I'm working with a personal trainer for an hour of Pilates or strength-training, I may follow it up with an hour of cardio, typically on the Elliptical machine (better on the knees). [In your 40s, you might notice stiffening joints and loss of flexibility. So, like Whitfield, you might want to alter your workout plan.]

TIMBERLY SAYS: "I'm in the gym up to six days a week. And, frankly, I find that it's best to go first thing in the morning."

FITNESS

1. Exercise at least 30 to 45 minutes a day, up to 4 to 5 times per week; get a day's rest between each workout.
2. Do plenty of "warm up and warm down exercises" that will help reduce muscle injuries and soreness after exercises.
3. Stick to a plan of exercising in the morning because the day's stresses can often become an excuse not to exercise.
4. Follow a low-fat, low-cholesterol diet, eating plenty of fruit and vegetables.