

## Health/Fitness » Fitness

# A Look Back on 2015's EDGE's Fit and Healthy Stories

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With the deluge of new smartphone apps and wearable fitness trackers like Fitbit and Jawbone, and the increased focus on working out while celebrating the holidays, traveling or juggling work and family responsibilities, it's been a great year to get in shape.

But if 2015 hasn't quite been your year, don't despair. These top health and fitness stories will help inspire you to start 2016 off right, for a fit and fabulous, beautiful you!

**Gymless Training:** Our fitness expert Stephen Mosher shares his tips for training outside the gym, whether that means a DVD in your living room, doing pull-ups on the jungle gym, or taking an inexpensive fitness class or boot camp. [Read more here.](#)

**Study Confirms Brain Benefits of Dark Chocolate:** Sometimes, staying healthy is a piece of cake: chocolate cake! A new study at Loma Linda University shows that absorbed cacao flavonoids penetrate and accumulate in the brain regions associated with learning and memory. [Read more here.](#)

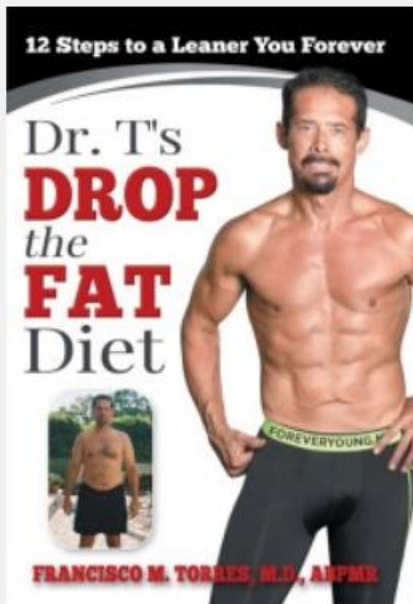


Warren Honeycutt (Source:gethoneycutt.com)

**Staying Fit While On the Road:** Workout expert and Southern Classic Physique Champion Warren Honeycutt shares his top tips for staying fit while on the road, with a complete mobile workout using easily packed items like resistance bands and your hotel furniture. [Read more here.](#)

**Eight Fitness Lessons You Need to Relearn:** If you think cardio is all it takes to stay in shape, think again! You need to spend 30 minutes doing resistance training three times a week, following by the same amount of aerobic activity. [Read more here.](#)

**Customize Your Workout:** A top trainer Aaron Savvy shares his tips for customizing the perfect workout, from spin classes to boot camp, Pilates to weight lifting. [Read more here.](#)



Dr. T's Drop the Fat Diet (Source:Amazon)

### Dr. T's Drop the Fat Diet

**Building a Healthy Metabolism Through Diet and Exercise:** At the age of 48, a dangerously out-of-shape Florida medical doctor decided to get serious about his own life-long weight problem. Nearly ten years later and looking like a gold medal gymnast, Dr. Francisco Torres (Dr. T) is sharing his secrets to weight loss success in his new book, "Dr. T's Drop the Fat Diet; 12 Steps to a Leaner You Forever." Read more [here](#).

**Dieting and The Glycemic Index:** Warren Honeycutt is back, to give you some frank talk about how what you're eating could be undoing all your hard work in the gym. By looking at the glycemic index, you'll see how various foods affect your blood sugar, and make choices that will satisfy you longer, and won't turn right to fat. Read more [here](#).



(Source:Jacob Teitelbaum)

**From Fatigued to Fantastic! Ten Tips To A Safe Workout With Fibromyalgia:** Dr. Jacob Teitelbaum shares his tips to getting a safe workout for those with Chronic Fatigue Syndrome and fibromyalgia. After 10 weeks, you'll see a considerable improvement. Read more [here](#).

**Tips for Having a Healthy Glow for the Holidays:** Tracy Brennan, founder of Kalologie, a chain of high-end spas and line of award-winning skin care products, shares her tips for having beautiful, glowing skin despite those whipping winter winds. Read more [here](#).