

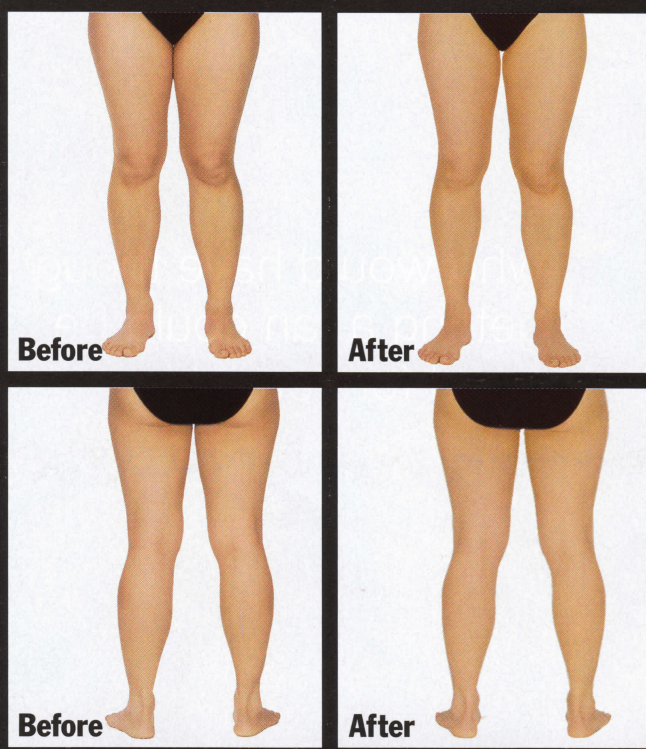
EXCLUSIVE! The Inside Story Behind  
The First Face Transplant

## allure

THE BEAUTY EXPERT

## PHENOMENON

## PROBLEM: THICK LEGS

**Name:** Shelley\*, 26**The expert:** Edward Jackowski, chief executive officer of Exude Fitness Center in New York City and author of *Escape Your Shape* (Thomas Dunne Books).**The story:** "When Asian women have big legs, we call them daikon radishes," Shelley says. "And that's what I've got, lucky me." A self-described exercise fanatic, Shelley was convinced that with enough work she could shed some of the girth from her thighs and calves. Over the last few years, she spent three to four evenings a week running and doing some weight lifting, but she still wasn't slimming down.**The plan:** Jackowski wasn't surprised by the results Shelley achieved with her former routine. "Through mis-exercise, Shelley has created the muscle mass of a speed skater," he says. "She's a great athlete and she works really hard, but unless she wants to bulk up even further, heavy weights are her enemy." He switched her to an hour-long interval-training program that involved cycling and jumping rope for bursts of ten minutes, interspersed with calisthenics. As opposed to weights, calisthenics (like push-ups and pliés) use the body for resistance, to create leaner, ballerina-like muscles, he says.**The eight-week results:** "Within the second week, I started to see the difference," says Shelley, who has lost more than 19 inches over her entire body, with two and a half inches on each thigh and one inch on each calf. Now, she says, her inner thighs are rock hard, the fat that lay over the muscle is gone, and her legs are slimmer and more defined. "I still see radishes when I look at my calves," she says. "But they're not as bulbous."

**"I'm pulling clothes from my closet that I haven't seen in years, including shorts."**