

Work those **curves**

Fitness routines that let women focus on flaunting their assets

By Andrea Nobile-Westfall
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As a parts model for years, Michigan native Cynthia Targosz worked hard to keep her legs, hands, and yes, buttocks, looking their absolute best.

But when the "body of steel" concept hit the industry about 15 years ago, the exercise trend set unrealistic goals that some women just couldn't achieve. The look was toned, rigid and practically man-ish.

"The truth is, our muscle fibers are different," she said.

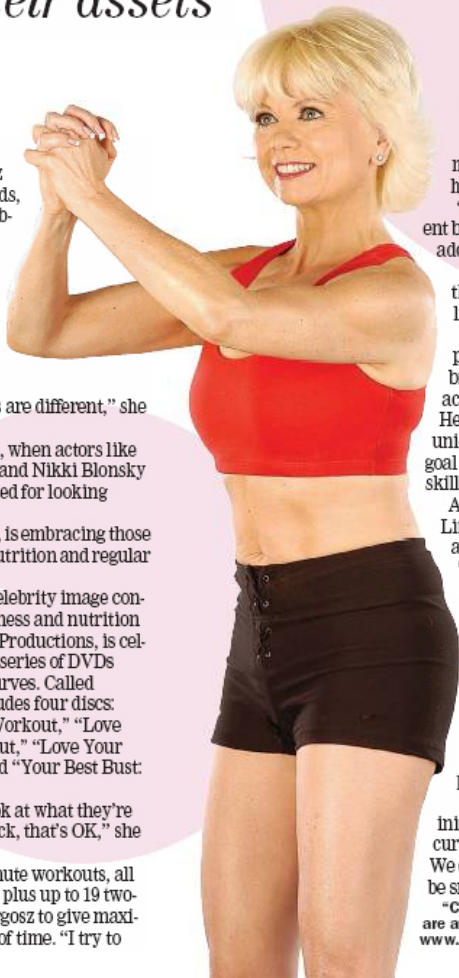
Fast forward more than a decade, when actors like America Ferrera of "Ugly Betty" and Nikki Blonsky of "Hairspray" are being celebrated for looking "real."

The trick, according to Targosz, is embracing those curves, right along with proper nutrition and regular exercise.

Targosz, a Los Angeles-based celebrity image consultant, motivational speaker, fitness and nutrition expert and president of Starglow Productions, is celebrating the female figure with a series of DVDs geared specifically to gals with curves. Called "Cyndi's Secrets," the series includes four discs: "Love Your Curves: Total Body Workout," "Love Your ASSets: Lower Body Workout," "Love Your Core: Abs and Back Workout" and "Your Best Bust: Upper Body Workout."

"I'm encouraging women to look at what they're given. If your abs are not a six-pack, that's OK," she said.

Each disc includes three 10-minute workouts, all with varying level modifications, plus up to 19 two-minute tone-ups, designed by Targosz to give maximum results in the least amount of time. "I try to



make it a little more girly, fun and lighthearted," she said. "The female figure comes in many different beautiful shapes and sizes," Targosz added.

"I really specialize in the body image. It's that experience that leaves viewers with lifted spirits."

She also focuses on teaching women the proper way to breathe. Most women breathe erroneously, she said, which can actually push a pocket of stomach fat out. Her speech pathology training gives her a unique edge she swears will flatten abs. The goal is to achieve diaphragmatic breathing skills vs. chest breathing patterns.

Although an L.A. gal, Targosz grew up in Lincoln Park and lived in New Baltimore for a short time. She returns to Chesterfield Township often, where her boyfriend, a police officer, still lives.

The self-proclaimed "girly girl" with a blonde bombshell of a hairdo has a degree in speech pathology from Wayne State University, but minored in anatomy and physiology.

She's quick to note that embracing your feminine figure doesn't mean you're weaker than your male counterpart.

"If it's your choice to be pink and feminine, that's OK. Going for the feminine curve does not mean we're going backwards. We don't have to be like men, and we can still be smart," she said.

"Cyndi's Secrets" DVDs are \$12.99 each, and are available at www.starglow.com, online at www.amazon.com.

Cynthia Targosz demonstrates the Slo Mo Bicycle, above, and the Isometric Chest Press, below left.

