The Faith-Based Workout

Evans' personal trainer, Angie Denkins, a former member of the U.S. women's gymnastics team, gives us the scoop on how the singer got her lean new look and how the average sister can achieve her own weight-loss goals.

July 1, 2005 By Tracy E. Hopkins

>>WORK IT: When Faith lived in Atlanta, we worked out four or five days a week, sometimes twice a day. Prior to [our session], she did her own cardio workout on the treadmill, bike or StairMaster. Then we worked out together for an hour or hour and a half on weight training—fairly low weights, but at least 30 reps per set and at least three sets of each exercise—and core-strength training with gymnastics and Pilates. For example, I had her holding positions without putting her hands or feet on the floor.

>>MOVE AT YOUR PACE: Faith's in the shape of an elite athlete, so she's at a level way above the rest. But anyone can start by working out two to three times a week doing some type of exercise, even if it's just walking or following a fitness tape at home. And if your schedule allows it, gradually add a day to your regimen. You'll see that as you become more consistent, the results will be very rewarding.

>>EAT IN MODERATION: I encouraged Faith to eat plenty of small meals throughout the day and to drink plenty of water. You have to put the proper fuel in your body in order for it to respond to your daily workouts. Make sure you have a protein and a fibrous carbohydrate in your meals. Faith tends to stay away from the starchy and fatty stuff, and it works. I told her: If the kids have a birthday party, don't feel guilty eating ice cream or cake. As long as you're working out hard, it will burn off.

>>HIDE THE SCALE: Use the scale as a guide once every several months. With Faith, we mainly went by how she felt and how she looked in her clothes. Muscle weighs more than fat. Some folks may appear to be 110 pounds, but because they are muscular in build they may weigh 125 or 130.

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