

**JANET JONES**

A former Miami Heat dancer, 33-year-old Dominican-Cuban Jones created the Vixen Workout, a hip-hop dance class.

**GET DOLLED UP.**

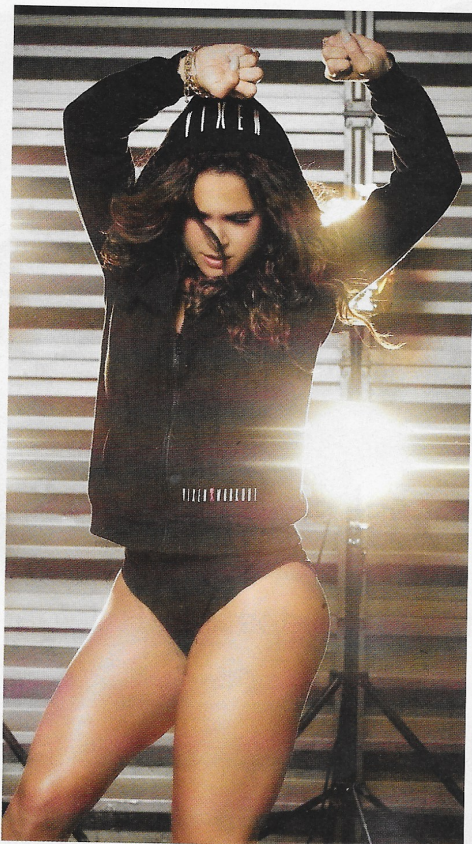
"If you're down and out, freshen your makeup before you work out so you look sexier when you see yourself in the gym mirror."

**SHAKE YOUR BOOTY.**

"Exercising can feel like an extra thing on a woman's to-do list. Think of dance classes as just having fun with your girlfriends instead of following a boring exercise routine."

**INCLUDE YOUR BESTIE.**

"Grab a friend and schedule an exercise activity the same way you'd plan a social event—it helps the so-called chore of exercise feel fun and exciting."



**MARTA MONTENEGRO**

The Venezuelan-born 39-year-old is a certified fitness trainer who serves as a lifestyle consultant at IVFMD South Florida Institute for Reproductive Medicine.

**STAY CLOSE TO HOME.**

"Where you exercise has to be near your home or office. It needs to be easy if you're going to make it."

**GET TECHY.**

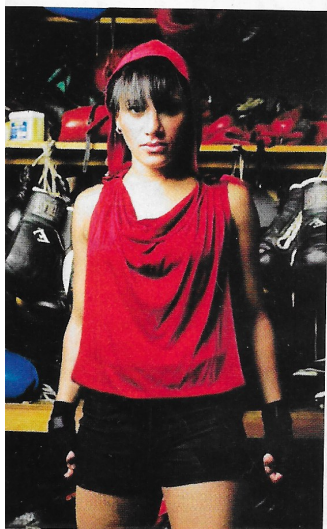
"Wearing a pedometer works for my clients. People get hooked on the fact that they see the stats—like aiming for 10,000 steps daily."

**REAP THE REWARDS.**

"When setting fitness goals, think of a reward (not food!) you'll give yourself once you achieve your objective. Perhaps it's a new pair of shoes if you lose five pounds in three weeks."

# STAY MOTIVATED

HAVE YOU HIT AN EXERCISE RUT? NOT TO WORRY! TOP LATINA FITNESS EXPERTS SHARE THEIR BEST TIPS FOR GETTING BACK ON TRACK. BY DIANA KELLY



**ARY NUÑEZ**

Nuñez, 43, is a New York-born Dominican celebrity trainer to clients such as Rihanna and Alicia Keys.

**SHIFT YOUR OUTLOOK.**

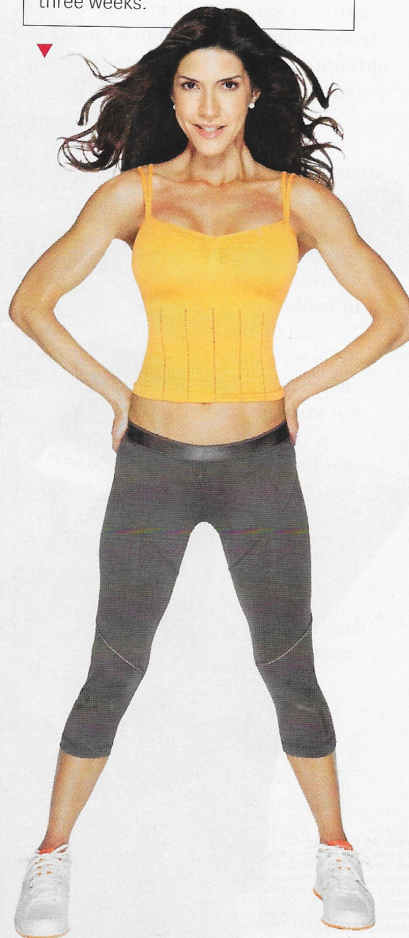
"If exercise equals punishment, then think of it as moving, which can consist of walking your dog or playing with your kids. It's all about finding something you enjoy."

**FIND A ROLE MODEL.**

"Sometimes I'll look to my cousin, who is dedicated to her weight loss program. She inspires me when I need a boost."

**DRESS FOR SUCCESS.**

"If I plan to go for a run that day, I'll put on running clothes. Dressing the part helps me act out my planned workout."



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