

body&soul

BY RACHEL RABKIN

The sensual, empowering exercise movement you won't want to pass you by

THE SEXIEST WORKOUT IN HOLLYWOOD

There is a special reason Kate Hudson, Teri Hatcher, Allison Janney, Cindy Crawford and Lisa Rinna are so sexy. Aside from the fact that they are beautiful and poised women in their own right, all of them have discovered the S Factor strip workout. And no, it's not what you think; this workout is not simply an excuse to take off your clothes. The S Factor — named for the S-shape curvature of the female body — is a technique founded and developed by actress Sheila Kelley (from such movies as *Singles* and *Matchstick Men*) that combines yoga, dance, Pilates, erotic movement and pole dancing. It not only improves flexibility, muscle tone and cardiovascular stamina, it also enables you to think about your body in a new, liberating way. No matter what your shape or size, hop on the bandwagon (or the pole) to find out how the S Factor can work for you.

THE MOVEMENT

Sheila first got exposure to the strip-club scene while researching a role for one of her first movies, and she got more than she anticipated. "I was in awe of the dancing and what these women's bodies could do," she tells *OK!* She was so transfixed by what she saw that she later developed the movie *Dancing at the Blue Iguana*, which was set in a strip club. For her character, she studied the dance movements, broke them down and taught herself how to move like a stripper. "I became madly in love with the movement," she says. "It was a revolution for my mind and body. I felt cocky, sen-

sual and beautiful; and at 35, after a few months of strip dancing, I had the best body of my entire life."

After her movie wrapped — and Sheila had her second child — she installed a pole in her husband's office (her hubby is actor Richard Schiff of NBC's *The West Wing*). When dancing outside of the strip-club setting, just for herself, Sheila found the movement even more freeing and empowering. She decided to start teaching her friends the technique. "Allison Janney was one of the first 10 people to sign up," says Sheila. Her new students soon found themselves celebrating, not judging, their bodies, and their muscles became firmer and leaner to boot. But Sheila is quick to say that the S Factor is not primarily about performing, although that can be part of it. "It's about honoring your body and living with integrity in the gorgeous body you have, no matter what shape it is; it's about coming into your own," she says. Today, Sheila has six S Factor studios across the country, which have drawn more than 7,000 women. And the numbers keep growing. As Sheila tells her students, "Let me help you fall in love with your body and then look at what she can do!" To find a studio near you, log onto sfactor.com. **OK!**



Above, from top: Kate Hudson, Teri Hatcher and Allison Janney have all practiced the workout. **Left:** Actress Sheila Kelley demonstrates a daring move.

"Taking the S Factor makes you feel like you have a secret — a really great secret — that gives you confidence in everything you do and an edge that makes you feel special."
— Allison Janney

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ASK RACHEL

Our health director answers your top questions



DEAR RACHEL
I'm trying to lose weight. What can I do to curb my appetite?

A. The trick is to eat foods that are low in calories but big in size and fiber, according to Dr. Barbara Rolls, author of *The Volumetrics Cookbook for Jenny Craig*. For instance, instead of eating a few potato chips, which have no fiber and lots of fat, eat a plateful of veggies with low-fat dip. The two options have the same number of calories, but the veggies have way more bulk and fiber, which will keep you satisfied far longer. Here are two more food fixes:

- * Instead of 1/4 cup raisins, eat a full cup of grapes.
- * Instead a half a cheeseburger, eat an open-face roast beef sandwich with sliced bell peppers, onions, mushrooms and a sprinkling of cheese.

DEAR RACHEL My doctor prescribed me a sleep aid to help with insomnia, but the drug makes me groggy. Advice?

A. This is a common complaint, says pharmacist Suzy Cohen of dearpharmacist.com. "Many over-the-counter and prescription sleep aids hit your brain like a chemical brick and linger way too long. This can cause a 'hangover' effect, which leads to forgetfulness and fatigue the next day," says Cohen. Ask your doctor about trying a different sleep aid. Last year, the FDA approved a prescription medication called Rozerem, which is designed so that you do not feel groggy. Cohen also suggests these tips to help you get to sleep at night:

- * Try to go to bed and wake up at the same time every day.
- * Late in the day, avoid naps, caffeine, heavy meals, exercise and smoking.
- * Clear your bedroom of stressful paper work and bills in order to create a relaxing sleep environment.

S-FACTOR MOVES



THE PRANCE

Lying down with your weight on your rear end and elbows, bring your legs up to the ceiling so they are together and straight, toes pointed. Gently bend your left leg as you slowly lower your straight right leg. When your right foot is within three inches of the floor, straighten the left leg. Then bend the right knee (bring it in toward the left shoulder) and lower the left leg. Do this bicycle-like motion for 20 strokes.

THE PUMP

Sit your bottom on your heels, with knees together. Place your right hand on the floor about a foot away from your right hip. Put your weight on your right hand. Lift your left knee off the floor and point it out to the left (about a 90-degree angle from your right knee), coming up onto the ball of your left foot. Arch your back slightly and put your left hand on your left thigh. Then arch your back further and with your left leg, push your torso up toward the ceiling while supporting yourself with your right arm. Hold for three seconds. When your left thigh is parallel to the floor, exhale and lower your body back down. Repeat this several times.



THE ARCH

Sit your bottom on your heels, knees together. Place your right hand on the floor behind you, about a foot back from your feet. Inhale and arch your back (pushing your chest forward) while you support yourself on your right hand, lifting your bottom off your feet and pushing your pelvis as far forward as you can. Hold for 30 seconds.



STRIP WORKOUT EXTRAS

From left: 6-inch platform shoes, \$48, sfactor.com; The S Factor PaleWork 101 DVD, \$35, sfactor.com; The S Factor: Strip Workouts for Every Woman by Sheila Kelley, \$16, sfactor.com.



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