

fitness

Mind, Body & Spirit

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60 Seconds With... CNN's Nicole Lapin

In a business that never stops, Nicole Lapin, 23, a news anchor for CNN pipeline, regularly logs 15-hour days. During that time, when she's not broadcasting she reporting, writing and filming stories. How does she stay fit? Lapin took a brief break to share her secrets.

Turn sitting into an activity. "First thing in the morning, I catch up on what happened overnight. But I don't just plunk down in front of the computer or TV, I do hand weights, including biceps curls and triceps extensions, while reading the news online, and I do crunches while watching the morning news shows."

Take what you can get. "In a perfect world, I would run for an hour, several times a week. But since my schedule doesn't allow for that, I settle for 20 minutes. Of course, when I go, I grab my iPod and listen to my favorite *New York Times* Op-Ed Podcast."

Adapt your eating to your schedule. "I can't always get in 3 square meals, so I'll eat small, healthy snacks throughout the day instead, like celery with almond butter and raisins." ~Sara Wells

