

THE Millennium STRETCH

By Scott Cole, fitness trainer and all-around very cool guy



Modeled by
Scott Cole and
Covergirl Gena
Lee Nolin
(mom/wife who
happens to
be on television)

My "Millennium Stretch" program, shown here, combines yoga, tai chi, Feldenkrais, stretching, guided imagery and meditation. Fitness should not be about calorie counting, skipping meals or obsessing about your body. It should be about moving, breathing, strengthening, laughing, clearing away emotional baggage, and allowing your body to respond to all levels of expression.

Training with Gena is so much fun. You can just see and feel her energy in these photos. Gena's mom is a yoga teacher, so Gena grew up with a knowledge of spiritual fitness as well. That makes my job training with her that much easier. Gena's mind is very open to different activities and philosophies.

I want to help people who feel trapped and uncomfortable in their bodies. If I could open any door for someone it would be the door to emotional and creative expression. As you follow us through the "Millennium Stretch" workout, you too can have the opportunity to relax, breathe, and enjoy yourself. Try it with a partner, or modify it for yourself. Either way, just let go and have a great time!

PHOTOGRAPHED BY
JOHN RUSSO

STYLING BY FREDERIC STATES
HAIR BY BRETT FREEDMAN/CLOUTIER
MAKEUP BY KIM GOODWIN/CLOUTIER
GENA'S CLOTHES AND SHOES BY PUMA
SCOTT'S CLOTHES BY ZEGNA SPORT

FOR MORE INFO ON SCOTT COLE
CALL (800) 643-6492
OR VISIT WWW.SCOTTCOLE.COM

STANDING PARTNER TRUST BALANCE ▲

Gena and I both love this move. We always laugh when we do it. This is a great move to establish a grounded leg base, which is essential for confidence, trust and any sport or fitness program. It actually helps you believe in yourself, connecting you to the earth in a more conscious way.

Clasp wrists in a crossed-over position, and sit back into the legs by bending your knees and dropping your buttocks back. If doing the move alone, grasp a pole or banister. The more you round your back, the more you stretch along the spine. Keep your buttocks knee-level or above.

STANDING QUADRICEPS STRETCH ►

I am stabilizing Gena on this one, so that she can really enjoy the stretch. We activated the quads (thighs) in the last exercise, so now we are stretching the thighs and the hips.

Bend one leg back and gently hold by the toes, as shown, and stabilize yourself on a person or a wall. (I recommend a person. There is much more to talk about.) Breathe deeply and feel the stretch in the front of your thigh.

