



Heidi and Chris Powell are not just a couple—they are an empire. Read on to see what they have been up to in the last year, and find out how they can help you and your significant other get into the best shape of your lives—before the new year even begins!

BY LARA MCGLAISHAN, MFA, CPT

POWER

H EIDI AND CHRIS POWELL are best-known as transformation experts on the long-running show *Extreme Weight Loss*, having helped severely overweight individuals lose hundreds of pounds while inspiring millions to get off the couch and get healthy. Now EWL is in syndication on

TLC and OWN, and the Powells have been afforded some quality time to spend with their four kids and to expand their wellness empire in new directions. Check out what they've been up to lately, and get some of their exclusive tips and tricks for making your holidays fat-free.

THE TRANSFORM APP

"We spent five or six years shooting *Extreme Weight Loss*, training people one-on-one," Heidi Powell says. "That was great, but we only got to work with 15 to 20 individuals a year. There are hundreds of thousands of people — millions — who need help." With these millions in mind, the Powells created an app called Transform.

"This is the most complete transformation app ever created, and I don't say that lightly — it is insanely robust," Chris Powell says. "There are more than 1,000 videos, 13 different transformation paths and built-in logic that can ID when your progress is slowing and automatically adjust your training and nutrition to accelerate you toward that goal." You will also never do the same workout twice because the app continually reorganizes the exercises and plugs them into a schematic of progressive overload.

Nutrition is a big component of the app, and you get more than 350 recipes — everything from grab-and-go to gourmet. "Once the app determines your biometric blueprint, it scales all the portions in the recipes specifically for you, adjusting your calories up or down to get you moving toward your goal again," Chris says.

In March 2017, the Powells launched Transform, a two-year labor of love, savings and sweat. Though their show was a huge success, they weren't sure how the app would be received and were hoping to get 10,000 downloads in the first month. Within the first 24 hours, they were just shy of 25,000.

Inspired by the success of the app, the Powells have since launched three more branches of their Transform brand:

• **Transform Ready Meals:** Delicious, nutritious meals are packaged with high-pressure pasteurization, which allows the food to have a 30-day shelf life — without added preservatives or tons of sodium. The meals are available on the Transform app as well as in Whole Foods and Kroger by year's end. \$9 to \$11 per meal.

• **Transform Supplements:** These supplements provide the foundational elements needed for lasting transformation such as protein powders, probiotics, greens powders and more. The supplements are available through the Transform app.

• **Metabolic Wellness by Transform Health Care:** Health-care providers work with the Powell team to develop personalized programs for patients with physical pain and common metabolic concerns linked to obesity, such as diabetes, hypertension and hypothyroidism. This is currently available in Arizona and California.



Are you in?

Sign up by October 29, 2017, to enter the America's Fittest Couple Challenge 2, and you and your partner have the chance to win:
• A dream trip to paradise — enjoy the sun, sand and waves of Hawaii!
• The ultimate partner workout — a weekend getaway to train with Heidi and Chris Powell!
• For details, go to oxygenmag.com/fittestcouple2



COUPLES WHO SWEAT TOGETHER,
STAY TOGETHER! IN FACT, SHARING
A COMMON GOAL CAN MAKE YOUR
PARTNERSHIP STRONGER.



AMERICA'S FITTEST COUPLE CHALLENGE 2 (AFCC2)

And the Powell's creative momentum continued — right into the Oxygen offices. In 2016, they created a challenge for our sister magazine *Muscle & Performance* called the "America's Fittest Couple Challenge." It was such a huge hit, they were inspired to create a new program for Oxygen readers called the "America's Fittest Couple Challenge 2." AFCC2 takes your body — and your partner's body — to the next level.

"This program is all about physique, and we are looking for couples to make great changes over an eight-week period," Chris says. Each AFCC2 workout contains both strength and metabolic components to craft the body you desire, and while the intention is for couples to train together, the workouts are programmed specifically for the differing goals of men and women. "Men will build a powerful X frame, and women will work toward that athletic hourglass," Heidi says.

While sculpting is the main goal, the AFCC2 workouts also have an element of high-intensity interval training for endurance and stamina, using both cardio and resistance moves to amp your heart rate and fire up your metabolism. So not only will you look the part, but you'll also back it up! "This program is for anyone at any level," Heidi adds. "Every one of our moves is completely scalable and modifiable, and you don't have to have a fitness background to do them. It's designed so an elite athlete can do the plan all the way down to someone who is just starting out."

Think you've got what it takes to be America's Fittest Couple? Grab your guy or gal — or even your co-worker or best friend — and try this HIIT program to see whether you could make the cut.

HOLIDAY HIIT

"This HIIT circuit is similar to the workouts we have in both AFCC2 and the app," Heidi says. It is programmed as a bodyweight workout, but if you want more of a challenge, add some weight, Chris suggests. Do this plan with your partner up to three days a week, and add an element of healthy competition for fun: Set a timer when you begin, and see who finishes first!

Bodyweight Stepladder Down (16, 15, 12, 9, 6, 3)

Do six rounds of the workout below. Start with 16 reps in round one, and subtract three reps for each subsequent round so you're ending with three reps in round six.

- Squat Thrusts
- Box Dips
- Reverse Lunges (each leg)

Heidi and Chris' Top 10 Tips for Holiday Survival

Like any family, the Powells are big into the holidays. "We love this season more than any other, and we have to admit that the multiple gatherings and parties make it tough for even us to stay on track," Heidi says. "No one wants to go into the new year with extra baggage, so we've compiled a list of tips to help you survive the holidays." Implement these tips and strategies to sail through this season untouched by trimmings:

1. Plan your meals ahead of time so when the holiday craziness sets in, you'll be prepared to make better choices.
2. Eat before you go to parties and gatherings, and take healthy foods with you. You'll have a non-diet-busting option, and those with similar goals will thank you!
3. Eat breakfast. You'll start your day out right and will be less tempted to overindulge on holiday goodies.
4. Pack your shopping cart with lots of fruits and veggies, and make sure you eat at least five servings every day. Make them easily accessible: Keep fruit in a bowl on the counter, keep cut-up veggies in the fridge, and take them wherever you go for a quick and healthy snack.
5. Rev your metabolism by exercising before and after holiday dinners so fewer of those holiday calories can find a final resting place. And remember, exercising is a great opportunity to spend quality, screen-free time with family and friends!
6. Give neighbors and family nonfood treats: a coupon for an act of service, an ornament — something that will last longer than a few bites.
7. Stay hydrated to fight hunger and holiday fatigue. Drink half your bodyweight in ounces every day (150 pounds = 75 ounces of water).
8. Enjoy your holiday favorites — in moderation. Often, a few bites will satisfy that craving, and honestly, a few bites won't blow your weight-loss goals.
9. Since many traditional holiday foods are loaded with calories, give your favorites a healthy tweak. Do an internet search for "healthy turkey dinner" or "low-cal mashed potatoes" — whatever your vice is. Check out the recipe to the right for a tasty twist on waffles!
10. Stay focused on your goals. While you might not have total control over what foods you're served, you always have control over what you choose to eat. Keep your promises to yourself and you'll have a healthy and rewarding holiday season and an awesome start to the new year! 🍀



PUMPKIN PROTEIN WAFFLES

MAKES 4 SERVINGS

Directions:

Put 1½ cups oatmeal, 1 teaspoon baking powder, 1 teaspoon pumpkin pie spice and 1 teaspoon stevia in food processor or blender and process until powdered. Set aside. In food processor, blend ½ cup 1% reduced-fat cottage cheese, two eggs, 2 teaspoons olive oil, ½ cup water, 1 cup pumpkin and 2 teaspoons vanilla extract until smooth. Mix dry and wet ingredients to form a batter. As the mixture stands, it will thicken, and it may be necessary to add more water, a tablespoon at a time to get a smooth consistency. Coat waffle iron with non-stick cooking spray and pour in batter. These waffles take a bit longer to cook than regular waffles, so if the iron does not come apart easily, cook them a little longer. Serve topped with honey, sugar-free maple syrup or coconut whipped cream — like Heidi! — and two scrambled eggs on the side.



Nutrition Facts (per waffle):
calories 204.5, protein 11 g, carbs 26 g, fiber 4.2 g, fat 5.4 g

With 2 tablespoons coconut whipped cream:
calories 60, protein 0.8 g, carbs 0.8 g, fat 5.2 g