

**Q** What are the top three “beach body” moves I should focus on?

—Sandro D., Clearwater, FL

**A** I’ve never met a person who can knock out solid, high-rep sets of full-range pullups, dips, and pushups who didn’t have a nice physique. So if I had to choose three movements to master, those would be the ones. Once you can do 10 to 20 quality reps (dead hang on pullups, upper arm parallel on dips, chest to the deck on pushups), add weight. It’s not sexy, but you will be.

**JEB STUART  
JOHNSTON, C.P.T.,**

*is the owner of Brooklyn Strong, a personal training studio in New York City.*



**Q** What can I do to make sure I keep hydrated?

—Akbar M., Newark, NJ

**A** Maintaining proper hydration has countless benefits, like satiety, increased energy, improved complexion, digestive regularity, and healthy joints. Quick tips: 1) invest in a nice water bottle to carry with you daily; 2) set phone reminders to chug agua; 3) have a glass with each meal; 4) if H2O bores you, try sparkling water, fruit-infused water, or True Lemon, which adds flavor, not sugar.



**Q** Is it just me, or are restaurant portions ridiculously big?

—Rita S., Santa Fe, NM

**A** Restaurant portions can be as much as three times a serving size. According to a USDA study, Americans consume 134 more calories on average per meal when they eat out, which adds up. Pro tip: Have your server box up half your order before it even comes out. Better portion control and two meals for the price of one!

**MARYANN WALSH,  
M.F.N., R.D.,**

*is the president of Walsh Nutrition in West Palm Beach, FL.*