



Q Which condiments should I ditch?

—Liam D., Caribou, ME

A It depends on your diet. With a general low-calorie diet, mustard (calorie- and sugar-free), ketchup (20 calories, 4g of sugar per tablespoon), and A.1. Sauce (15 calories, 2g of sugar) are better than fatty sour cream and mayo. But those same sugary condiments, like ketchup and barbecue sauce, aren't good for a low-carb diet. And watch out for "fat-free" condiments and dressings—the fat is often replaced by sugar.

MARYANN WALSH, R.D.,
is president of Walsh Nutrition in West Palm Beach, FL.

Q Any moves to help me get rid of my pencil neck?

—Joe N., Livonia, MI

A Wrestlers and strongmen usually have big necks, for different reasons. Wrestlers, who often find their necks in precarious positions, perform tons of bridges, posting on their heads and supporting their body weight. And strongmen do lots of loaded carries, which lead to such a big yoke, the neck is no longer an issue. One other strengthening move to try? Keep your head off the bench when performing presses and chest-supported rows.

Q I have only 15 minutes to train—what's the best workout approach?

—Miles S., Spokane, WA

A Grab a kettlebell and do an EMOM ("every minute on the minute") workout. Pick five movements, say KB sumo deadlifts, KB swings, KB goblet squats, pushups, and situps, plus a number of reps (five to 20) you can hit without going to failure. Set a timer for 15 minutes, and every minute, rotate to the next movement. You'll get three rounds of work—and a lot of bang for your very limited buck.

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SHUTTERSTOCK: DANIEL INGOLD/OFFSET