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WILL JUST WORKING OUT DO THE TRICK?

By Ann Linxert

My body is a wreck. My muscles—some I didn't know I had—feel shredded. I move like a turtle. It's the day after my first session with Nina Black, my personal trainer.

All my life I've had EADD: exercise attention deficit disorder. I am quick to jump on new trends—from Tae-Bo to Bikram yoga to Pilates—but I've never stuck with any method longer than a few weeks. If anything was going to make me stay with an exercise regimen, it would be a deadline—and a drill sergeant.

I'm one of the lucky people who have never had a real weight problem, and I don't particularly monitor my diet, which is loaded with carbs. I wouldn't mind losing a few pounds, but I'm mainly interested in toning up. Also, I'm a light smoker. My assignment is to see Nina twice a week for three months and continue eating as I normally would. Can you change your body just with exercise?

Nina Black was recommended by a co-worker. She's been teaching exercise in the area for 20 years. Her Web site (www.nina-black.com) boasts testimonials like "Nina Black is the best thing to happen to my

TV anchor Bob Walters and his family built their dream home on two acres near Leesburg.

