



Prevention.

LOSE IT FAST  
MAKE IT LAST

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Before you undertake a new health program or fitness regimen, we encourage you to discuss your plans with your health care professional, especially if you have not exercised for several years, are over 35, or are overweight.

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We inspire health, healing, happiness, and love in the world. Starting with you.

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## Create Your Own Success

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*Our Lose-It-Fast Plan* combines two proven weight loss plans—the 400 Calorie Fix and a walking program. But no matter how excellent our program, your success begins with having the desire to take off extra pounds. That means making a commitment to follow the 400 Calorie Fix and work. Once you've lost the weight, make this approach to eating and exercising your way of life. Here are the strategies you need to start today and tips and tools to continue your success.

# Your Lose- It-Fast Plan



# Control Your Calories: The 400 Calorie Fix

*The only rule you need for permanent weight loss?  
Eat four 400-calorie meals a day. Slim has never been so simple!*

The best formula for weight loss:

## **Control your calories.**

You know it, we know it—and study after study proves it. So why is it that even though most of us aren't bingeing on high-fat fare and continually snacking on sweets, we're still gaining weight?

One reason is 85% of adults have no idea how many calories they should consume to maintain a healthy weight. The other: Most of us don't know how many calories are in the foods we eat— and we don't have time to count them.

That's why *Prevention* created the 400 Calorie Fix—a weight loss plan that teaches you to control calories by limiting your meals to about 400 calories each. “That's the right amount to allow for healthy variety in your diet and to keep you satisfied,” explains nutritionist Mindy Hermann, RD, who helped create the plan. (To see how many 400-calorie meals you need daily, see “Get Started Today,” on page 8.)

How do you cap your meals without crunching numbers? By learning what 400 calories looks

like. To help, we put together dozens of 400-calorie options, plus tips to control portions and spot hidden calories. You'll learn to see food through a 400-calorie lens, whether you create meals at home or eat out.

We know it works: Sixteen women and men followed the plan and lost up to 11 pounds and 3 belly inches in just 2 weeks—and continued to lose in the months that followed.

## **Meet the 400-Calorie Lens**

It's tough to visualize proper portions and calories: Three tips help you eat the 400-calorie way, wherever you are:

### **1** Learn to Eyeball Portions.

To estimate how many calories are in any given meal, you need to know how much food is on your plate. At home, you can weigh and measure with cups and scales, but when dining out, use these tricks to consume healthy portions:



**Thumb tip or 1 small marble = 1 tsp (e.g., oil or jam)**

**Thumb tip to first knuckle or 1 large marble = 1 Tbsp (e.g., peanut butter)**

**Thumb or 2 large marbles = 2 Tbsp solid food (e.g., nuts) or 1 oz liquid (e.g., salad dressing)**

**Golf ball or cupped handful = ¼ c (e.g., beans)**

**Hockey puck or palm = 3 oz (e.g., cooked meat, poultry, or fish)**

**Tennis ball = ½ c (e.g., fruit)**

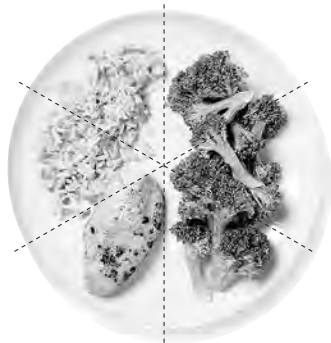
**Your fist or a baseball = 1 c (e.g., vegetables or pasta)**

## 2 Spot Hidden Fat and Sugar.

They can sneak into your meals and load them with unexpected calories. When you're doing the cooking, just swap in low-fat ingredients, such as reduced-fat salad dressing, cheese, and milk. Dining out can be trickier. Watch for these signs your food is soaked in fat: pools of oil on the plate, a high-gloss shine or white coating on foods that aren't naturally white, or a dark stain or oil ring on a paper bag or plate. Finally, know that sugar is plentiful in soft drinks, desserts, and candy—and in foods you may not expect, like ketchup and crackers. Read labels to spot hidden sugar sources (such as high fructose corn syrup and dextrose), or choose sugar-free alternatives.

## 3 Split Your Plate Six Ways.

Sure, you can polish off 400 calories of chocolate cake and call it a meal, but you'll stay satisfied longer and eat healthier if you consume the right mix of veggies, fruits, proteins, and grains. For balanced nutrition and no-brainer calorie control, divide



your plate into six equal sections: Fill one section with protein, two with grain, and the remaining three with fruits and veggies. This trick won't apply to every meal, but use it as a handy guide to eat in a way that boosts health and energy.

## Get Started Today

On the pages that follow, you'll find nearly 50 meals that deliver between 370 and 420 calories each—from delicious recipes and quick, no-cook meals you can make at home to options you can choose from when dining out, including takeout, Chinese and Italian restaurants, buffets, and even fast food. We did all the calorie counting for you—all you have to do is mix and match the meals you and your family like most and that fit your lifestyle best. You'll even find calorie counts for hors d'oeuvres like chicken satay and pigs in a blanket.

**TO JUMPSTART WEIGHT LOSS:** If you're sedentary or moderately active, eat three 400-calorie meals a day for a combined 1,200 daily calories. Do this for 2 weeks and you can lose up to 11 pounds! (If you're very active and work out more than 60 minutes a day, choose four meals.)

**TO REACH AND MAINTAIN A HEALTHY WEIGHT:** Eat four 400-calorie meals a day for a combined 1,600 daily calories (perfect for a woman of average size who has an average

activity level to achieve and stay at an ideal body weight). If you're very active, choose five meals.

## 400-Calorie Recipes

From pancakes to chicken and pesto sandwiches, each of these recipes contains between 370 and 420 calories and is satisfying and easy to make. Choose three, four, or five meals a day, based on your weight loss goals and activity level.

### Breakfast

#### HOT CEREAL

**BRING** 1 c low-fat or fat-free milk to a boil, then add  $\frac{1}{4}$  c grain cereal (such as Bob's Red Mill 7 Grain or 10 Grain). Cover, simmer, and cook 10 minutes, stirring occasionally. Top with 2 Tbsp pecans and  $\frac{1}{4}$  c dried apricot halves. **Total: 380 CALORIES**

#### BAGEL EGG SANDWICH

**SCOOP** out 4" whole wheat bagel. Fill with 1 sliced hard-boiled egg, 1 Tbsp Miracle Whip Light, 2 tomato slices, and 2 lettuce leaves. Serve with large coffee and 3 oz low-fat milk. **Total: 410 CALORIES**

#### SMOOTHIE

**BLEND** the following ingredients: 1 c low-fat or fat-free milk,  $\frac{1}{4}$  c old-fashioned oats, 1 small banana,  $\frac{1}{2}$  c berries, and 1 Tbsp peanut butter. **Total: 390 CALORIES**



**CORNMEAL PANCAKES**

**COMBINE**  $\frac{1}{2}$  c cornmeal,  $\frac{1}{2}$  c flour,  $\frac{1}{2}$  Tbsp baking powder, and  $\frac{1}{4}$  tsp salt in bowl. Add  $\frac{3}{4}$  c low-fat or fat-free milk, 1 large egg, 2 Tbsp vegetable oil, 2 Tbsp honey, and  $\frac{1}{2}$  tsp vanilla extract. Stir well.

**HEAT** large skillet over medium heat and coat with cooking spray. Ladle about  $\frac{1}{4}$  c batter to make 4" pancakes. Cook until bubbles on top have popped and pancake appears firm but not dry. Flip and cook until underside is done. (Makes 8 pancakes; 1 serving = 2 pancakes.) **Total: 240 CALORIES PER SERVING.** Top with 1 c blueberries and serve with 6 oz light yogurt for a combined 400 calories.

**RAISIN BRAN MUFFIN**

**CHOOSE** 2 oz raisin bran muffin (about the size of a standard cupcake). Cut in half and spread 1 tsp all-fruit strawberry jam on both sides. Serve with  $\frac{3}{4}$  c low-fat plain yogurt mixed with 1 c fresh or frozen berries and 1 Tbsp wheat germ. **Total: 420 CALORIES**

**Lunch****VEGGIE PIZZA**

**PREHEAT** oven to 450°F and place 1 package (15 to 16 oz) refrigerated whole wheat pizza dough on counter.

**HEAT** 1 Tbsp olive oil in large skillet, add 1 c sliced mushrooms and 1 c sliced onions, and stir briefly. Cover pan and cook 3 minutes. Remove cover and cook 5 minutes longer, or

until almost all liquid boils off. Add  $\frac{1}{4}$  tsp sea salt and remove from heat.

**FORM** pizza dough into ball and roll out on large, lightly floured baking sheet until it measures no thicker than  $\frac{1}{4}$ ". Spread  $\frac{1}{2}$  c pasta sauce on dough and sprinkle with 1 c grated part-skim mozzarella and  $\frac{1}{4}$  c grated Parmesan cheese. Top with mushrooms and onions.

**BAKE** 25 minutes, or until crust is lightly browned and cheese is bubbly. Cut into 8 slices. **Total: 400 CALORIES FOR 2 SLICES**

**CHEF'S SALAD**

**COMBINE** 2 c mixed greens with 1 oz slice each turkey, ham, and roast beef, cut into thin strips; 5 sliced olives; 1 tomato, diced;  $\frac{1}{2}$  green bell pepper, diced; and 1 Tbsp sliced almonds. Toss with 1 Tbsp balsamic vinegar and 1 tsp olive oil. For dessert, have  $\frac{1}{2}$  c low-fat frozen yogurt. **Total: 410 CALORIES**

**MACARONI TUNA MELT**

**MIX** in microwave- or oven-safe bowl:  $\frac{2}{3}$  c cooked macaroni,  $\frac{1}{2}$  c rinsed and drained light tuna,  $\frac{1}{4}$  c grated reduced-fat Cheddar cheese, 1 diced tomato, 2 Tbsp minced red onion, and 1 Tbsp Miracle Whip Light. Cook until heated through.

**Total: 390 CALORIES**

**GRILLED CHICKEN AND PESTO SANDWICH**

**PUT** 3 oz grilled chicken (about the size of a hockey puck), 2 tomato

slices, and 1 Tbsp pesto between 2 slices whole grain bread. Serve with 1 c broccoli florets drizzled with 1 Tbsp fat-free ranch dressing.

**Total: 410 CALORIES**

### CHINESE SOUP

**BRING** 1 c low-sodium chicken, vegetable, or miso broth to a simmer. Add 1 c baby spinach, 3 oz silken tofu (about  $\frac{1}{4}$  box), and 2 oz soba noodles and continue to simmer until noodles are cooked. Add Japanese seaweed-sesame seasoning mix for extra flavor without added calories, if desired. Enjoy with 100-calorie pack of cookies or crackers. **Total: 390 CALORIES**

## Dinner

### SPICY BLACK BEAN SOUP AND TORTILLAS

**SOAK**  $1\frac{1}{2}$  c dried black beans overnight. The next morning, drain beans and place in slow cooker with 5 c water, 1 c chopped yellow onion,  $\frac{1}{2}$  lb chopped red potatoes, 1 c salsa, and 2 cloves minced garlic. Cover and cook on low 8 hours, or until beans are soft.

**SEASON** with  $\frac{1}{2}$  tsp sea salt and  $\frac{1}{8}$  tsp black pepper. Top with 6 Tbsp shredded four-cheese blend, 6 Tbsp low-fat plain yogurt, and 6 Tbsp minced cilantro.

**Total: 240 CALORIES PER SERVING** (1 serving =  $1\frac{1}{2}$  cups). Pair with 2 warmed tortillas and small green salad for a combined 390 calories.

### SHRIMP TERIYAKI NOODLE BOWL

**TOSS** 1 c cooked whole wheat spaghetti with 4 oz frozen shrimp (thawed and cooked per package directions), 1 c frozen broccoli (cooked per package directions), and 2 Tbsp low-sodium teriyaki sauce. Top with  $\frac{1}{4}$  c water chestnuts.

**Total: 390 CALORIES**

### SWEET AND TANGY MUSTARD-MOLASSES CHICKEN

**PREHEAT** oven to 400°F. Remove skin from 2 lb bone-in chicken breasts and place in pan. (If chicken breasts are large—about 1 lb each—cut in half.) Top with 1 thinly sliced onion.

**COMBINE**  $\frac{1}{4}$  c deli mustard and  $\frac{1}{4}$  c molasses and brush onto chicken breasts. Bake 25 minutes, or until cooked through, turning chicken halfway through. (Makes 4 servings; 1 serving =  $\frac{1}{4}$  lb chicken breast.)

**Total: 280 CALORIES PER SERVING.**

Serve with oven-baked fries: Cut half a potato into wedges, toss with  $\frac{1}{2}$  tsp olive oil and salt-free seasoning, and bake until crisp, 20 to 30 minutes, for a combined 380 calories.

### VEGETABLE MEDLEY SALAD

**COMBINE** 2 c romaine or mixed lettuce;  $\frac{1}{2}$  c rinsed and drained canned chickpeas; 1 slice Alpine Lace Swiss cheese, cut into strips; 1 tomato, cut into wedges;  $\frac{1}{4}$  c sliced

cucumber; and  $\frac{1}{2}$  c plain croutons. Toss with a few shakes of salt-free seasoning, 2 tsp olive oil, and 1 Tbsp balsamic vinegar. **Total: 400 CALORIES**

### GRILLED SALMON

**PREPARE** 1 frozen salmon fillet (such as Gorton's Classic Grilled Salmon) per package directions. Serve with  $\frac{1}{2}$  c whole grain brown rice and 1 c cooked mixed vegetables (such as Green Giant Broccoli & Carrots). Enjoy with 4 gingersnap cookies. **Total: 410 CALORIES**

## Snacks

### COOKIES AND MILK

**DIP** 5 Oreos in 1 c low-fat or fat-free milk. **Total: 370 CALORIES**

### FROZEN YOGURT PIE

**PREHEAT** oven to 350°F. Grind 20 graham cracker squares into crumbs (makes about 1 c). Reserve 1 Tbsp crumbs and combine the rest with 3 Tbsp melted unsalted butter. Pat firmly into 8" pie pan and bake 10 minutes, then cool completely. **GENTLY FOLD** 2 (6 oz) cartons blended raspberry yogurt into 2 c Cool Whip Lite. Spoon into pie dish, cover, and freeze until firm (at least 3 hours). **REMOVE** pie from freezer 30 minutes before serving. Top with 2 c thawed frozen raspberries before cutting. (Makes 8 servings;

1 serving = 1 of 8 wedges.) **Total: 210 CALORIES PER SERVING.** Enjoy with latte made with  $\frac{3}{4}$  c low-fat milk and 3 blocks Hershey's Special Dark chocolate for a combined 400 calories.

### MOLTEN BROWNIE BITES

**PREHEAT** oven to 400°F. Coat 24-cup mini muffin pan with cooking spray. **POUR** 1 box (20 oz) Ghirardelli Chocolate Brownie Mix into large bowl. In smaller bowl, beat 2 eggs, 1 egg yolk, and  $\frac{1}{4}$  c low-fat mayonnaise with electric mixer on high speed about 2 minutes. Add to brownie mix, along with  $\frac{1}{2}$  c melted unsalted butter. **SPOON** batter into muffin pan, filling each cup to top. Bake 10 minutes, then immediately remove bites from pan with tablespoon. (Makes 12 servings; 1 serving = 2 brownie bites.) **Total: 300 CALORIES PER SERVING.** Enjoy with 1 c low-fat or fat-free milk for a combined 400 calories.

### CHIPS AND GUACAMOLE

**MASH**  $\frac{1}{4}$  c avocado with  $\frac{1}{4}$  c salsa. Serve with 2 oz tortilla chips (about 20 chips). **Total: 400 CALORIES**

### POPCORN MIX & BEER

**MICROWAVE** 4 c light butter popcorn. Toss with 2 Tbsp grated Parmesan, 2 Tbsp cashew pieces, and 2 Tbsp raisins. Serve with 12 oz light beer. **Total: 410 CALORIES**



**Buffet** Nothing is off-limits: This guide to healthy portions keeps calories in check. But if you stick to lean meats and veggies, you can even go back for seconds.

### Roast Turkey

2 slices roast turkey breast;  
1 Tbsp turkey gravy

**90 CALORIES**

*Turkey breast is the leanest meat choice.*

### Baked Haddock

4 oz baked haddock;  
1 Tbsp lemon-butter sauce

**230 CALORIES**

*Skip the sauce and it's half the calories.*

### Roast Ham

3 oz slice

**210 CALORIES**

*Watch portions—it's fattier than ham from the deli.*

### Flank Steak

3 oz slice

**170 CALORIES**

*Drain off sauce when you scoop it to save calories.*

### Fried Chicken

1 breast

**360 CALORIES**

1 drumstick

**190 CALORIES**

*The skin, batter, and frying oil equal high calories.*

### Rice Pilaf

1 c **230 CALORIES**

*Oil and other ingredients make it higher in calories than plain white or brown rice.*

### Glazed Carrots

½ c **110 CALORIES**

*The glaze adds 80 calories to an otherwise low-calorie option.*

### Potatoes

½ c roasted potatoes

**90 CALORIES**

*Calories will be higher if they're shiny or sitting in a pool of oil.*

### Green Beans Amandine

½ c **90 CALORIES**

*Calories are estimated based on 1 teaspoon each oil and almonds per serving; if it's shiny and drenched in sauce, amounts could be higher.*

### Small Roll

**90 CALORIES**

*A small roll weighs about an ounce and should fit in your cupped hand.*

## SMART 400-CAL COMBOS



2 slices turkey  
+ 1 Tbsp gravy  
+ ¾ c green beans  
amandine  
+ ½ c roasted  
potatoes  
+ 1 small  
dinner roll

**= 405 calories**



4 oz baked  
haddock  
+ 1 Tbsp lemon-  
butter sauce  
+ ¼ c glazed  
carrots  
+ ½ c rice pilaf

**= 400 calories**



**Italian** The challenge with this cuisine is portion size. Here are tips to keep servings and calories in check.

### Meat Lasagna

(10 oz) 420 CALORIES

*Size of fist plus a golf ball*

### Penne alla Vodka

1 c penne (210 calories)

½ c vodka sauce (140 calories)

350 CALORIES

### Fried Calamari

(about 1½ c)

400 CALORIES

### Spaghetti and Meatballs

1 c spaghetti (220 calories)

2 (1 oz) meatballs (110 calories)

½ c tomato sauce (80 calories)

410 CALORIES

### Veal Marsala

(5 oz) 390 CALORIES

*Veal is size of hockey puck and mushrooms are golf ball-size*

### Mozzarella Sticks

4 sticks (300 calories)

6 Tbsp marinara sauce (90 calories)

390 CALORIES

## FIXES

**1** Ask for half-size portions of your main dish, if possible, or split an entrée with a friend.

**2** Eyeball proper servings. For pasta, it's about the size of a baseball; for protein, the size of a hockey puck.

**3** Order extra vegetables. Salad with a little oil and vinegar is better than sautéed vegetables, however, which are often prepared with too much oil.

**4** Choose plain tomato or red clam sauce most often—they contain less fat and calories than other types. One-half cup of red sauce, for example, has about one-third the calories of Alfredo.



## EAT THE 400-CALORIE WAY!

**SLIM DOWN SIMPLY.** For 400 ways to eat 400-calorie meals, a 2-Week Quick Slim plan, plus menus to fit many lifestyles and tastes, buy the *400 Calorie Fix* book (Rodale, 2010) at [400caloriefix.com](http://400caloriefix.com).

**IDEAS IN YOUR IN-BOX.** For more meal ideas, to read about success stories, and to sign up for the free 400 Calorie Fix newsletter, go to [prevention.com/400caloriefix](http://prevention.com/400caloriefix).

**ON-THE-GO TIPS.** To find 400-calorie meals at restaurants in your area, download the 400 Calorie Fix app at the iTunes store.

400  
CALORIE

**Chinese** Order your favorite items, then use our strategies to mix and match to create a 400-calorie plate. Bonus: You'll take home tomorrow's lunch as leftovers.



**Steamed Vegetable Dumplings**  
(2 pieces) 110 CALORIES



**Hot and Sour Soup**  
(1 c) 80 CALORIES



**General Tso's Chicken**  
(½ c) 290 CALORIES



**Kung Pao Shrimp**  
(½ c) 130 CALORIES

### SMART 400-CAL COMBOS

1 c soup  
+ 2 dumplings  
+ ½ c white rice  
+ ½ c kung  
pao shrimp

**= 420 calories**

2 dumplings  
+ ½ c General  
Tso's chicken

**= 400 calories**

**White Rice**  
(½ c) 100 CALORIES

### FIXES

**1** Start with a cup of broth-based soup or steamed dumplings—they're relatively low in calories and can help tame your appetite.

**2** Limit white or brown rice to ½ cup. A neat trick: Use the Chinese tea cups on your table as a portion guide—one holds about half a cup. Fried rice has up to twice the calories of plain and should be considered an entrée.

**3** Ask for sauce on the side, and use very little—brown, sweet and sour, hoisin, duck, and plum sauce contain up to 5 teaspoons of sugar per ¼ cup.

400  
CALORIE

**Drive-Thru** We all know fast food can be fattening—but close to half of us love it too much to give it up. Here's how to keep calories on track.

## POTATOES AND ONION RINGS

**Burger King small fries**  
340 CALORIES

**McDonald's small fries**  
230 CALORIES

**Wendy's sour cream and chives potato**  
320 CALORIES

**Burger King medium onion rings**  
400 CALORIES

## BURGER

**McDonald's Quarter Pounder**  
410 CALORIES

**Burger King Double Hamburger**  
370 CALORIES

**Wendy's Double Stack**  
360 CALORIES

## FISH SANDWICH

**McDonald's Filet-O-Fish Sandwich**  
380 CALORIES

**Burger King BK Big Fish Sandwich (without tartar sauce)**  
460 CALORIES

**Wendy's Premium Fish Fillet Sandwich (without tartar sauce)**  
390 CALORIES

## CHICKEN

**McDonald's McChicken Sandwich**  
360 CALORIES

**Wendy's Crispy Chicken Sandwich**  
360 CALORIES

**Burger King Chicken Tenders (8 pieces)**  
360 CALORIES

**McDonald's Chicken McNuggets (7 pieces)**  
320 CALORIES  
**(with 1 package BBQ sauce)**  
370 CALORIES

## FIXES

**1** Say no to value deals that add extra items and, when possible, split a meal with a friend so you can have a burger and the fries.

**2** Be picky. Ask for no mayonnaise—at about 100 calories per tablespoon, mayo (and sauces made with it, such as tartar sauce and ranch dressing) can add up to almost half your calories for the meal. Also, bulk up your meal by adding calorie-safe vegetable toppings such as lettuce, tomato, pickles, and sliced onions.

**3** Look up calorie counts at your favorite chain because portion sizes can vary. A small order of fries at McDonald's, for example, has 110 fewer calories than the small size at Burger King.





**Party** A party can be a scary setting for a dieter, but if you choose wisely, you can enjoy your favorite treats and still stay within 400 calories.

## HORS D'OEUVRES

### Crudité

1 c (the size of your fist)

50 CALORIES

### Pigs in a Blanket

5 pigs

350 CALORIES

### Chex Mix

1 c (the size of your fist)

200 CALORIES

### 2 mini chicken satay skewers

60 CALORIES

### 2 mini mushroom turnovers

80 CALORIES

## PIE

1 slice (about half your hand)

### Pumpkin

320 CALORIES

### Apple

410 CALORIES

## SALADS

½ c (the size of a tennis ball)

### Caesar

75 CALORIES

### Tortellini

190 CALORIES

## COOKIES

2 (each about the diameter of a golf ball)

### Sugar

100 CALORIES

### Chocolate chip

120 CALORIES

## Cheese

1 oz (the size of your thumb or 2 large marbles)

### Soft goat cheese

80 CALORIES

### Brie

100 CALORIES

### Cheddar

110 CALORIES

## DRINKS

### 5-oz glass of wine

125 CALORIES

### 5-oz glass of champagne

110 CALORIES

## SMART 400-CAL COMBOS



5 oz champagne  
+ 1 c crudite  
+ 2 mini mushroom turnovers  
+ 1 c Caesar salad

**= 390 CALORIES**



1 c Chex Mix  
+ 1 oz Cheddar cheese  
+ 2 chocolate chip cookies

**= 430 CALORIES**



# Walk Off Weight 3X Faster!

*This is no ordinary walking workout. Michele Stanten, Prevention's fitness director, created this reader-tested program that powers off pounds, flattens your belly, and firms every inch. Drop a size this month—without dieting!*

As a fitness instructor and editor of 20 years at America's leading healthy lifestyle magazine, Stanten has walked and talked with hundreds of women at marathons across the country and in local neighborhoods and parks. What's the most common walking complaint she hears? "I'm not losing any weight!" That's why she created the Walk Off Weight (WOW) program, based on the latest exercise science, to get you moving, maximize fat loss, and leave lost pounds in the dust for good!

It's guaranteed to work: Ask the nearly 2 dozen women, ages 34 to 63, who walked in the heat and rain to test this revolutionary program. They lost up to 3 times the weight that they would have through traditional,

steady-paced walking—shedding up to 14 pounds and trimming 3 inches off their waists in just 4 weeks.

The WOW program is designed to keep you out of a walking rut and off those dreaded weight loss plateaus. The first step is fat-blasting interval walks (p. 18), in which you'll stride fast for a short period, then slow down to recover before cranking it back up. You'll also do toning walks (p. 19), with an exercise band to firm your upper body while you walk, strength workouts (p. 20) to rev your metabolism, and longer, steady-pace walks (p. 21) to burn more fat.

Start today and you could lose as many as 14 pounds, shrink your waist by 3 inches, and drop a size or more in just 4 weeks!

## PROGRAM AT A GLANCE

### WHAT YOU'LL NEED

Good-fitting walking shoes, a sports watch with an interval timer, and a medium-weight elastic resistance band or tube (available at sporting goods stores or online)

### WHAT YOU'LL DO

A combination of walking and strength workouts (see chart on p. 18) 6 days a week

### TO MAXIMIZE RESULTS

Eat about 1,600 calories a day, filling up on whole grains, fruits, vegetables, lean proteins, and healthy monounsaturated fats. Also have 3 cups of green tea (hot or cold) daily—studies show compounds in the tea can help you burn belly fat!

# Workout Schedule

WEEKS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>1 &amp; 2</b>	30-Minute Interval Walk + Lower-Body Strength Moves <b>45 MIN TOTAL</b>	Toning Walk <b>20 MIN TOTAL</b>	30-Minute Interval Walk + Core Strength Moves <b>45 MIN TOTAL</b>	Toning Walk <b>20 MIN TOTAL</b>	30-Minute Interval Walk + Lower-Body Strength Moves <b>45 MIN TOTAL</b>	Long Walk* + Core Strength Moves <b>60-75 MIN TOTAL</b>	Rest
<b>3 &amp; 4</b>	45-Minute Interval Walk + Lower-Body Strength Moves <b>60 MIN TOTAL</b>	Toning Walk <b>25 MIN TOTAL</b>	45-Minute Interval Walk + Core Strength Moves <b>60 MIN TOTAL</b>	Toning Walk <b>25 MIN TOTAL</b>	45-Minute Interval Walk + Lower-Body Strength Moves <b>60 MIN TOTAL</b>	Long Walk* + Core Strength Moves <b>90-105 MIN TOTAL</b>	Rest

\*See p. 21 for duration.

## Interval Walks

In one study, interval exercisers lost more weight with shorter workouts than women who exercised longer at a steady pace. Do 3 times a week.

Time	Activity	Intensity	What It Feels Like
0:00-5:00	Easy walk (5 min)	3-5	Light effort, rhythmic breathing; you can sing
5:00-6:00	Moderate walk (1 min)	5-6	Some effort, breathing somewhat hard; can speak in full sentences
6:00-6:30	Fast walk (30 sec)	7-8	Very hard effort, breathless; can manage only yes/no responses
6:30-7:30	Moderate walk (1 min)	5-6	(see above)
7:30-25:30	Do minutes 6:00-7:30 12 more times*		
25:30-30:00	Cooldown (4 min 30 sec)	5-3	Light effort, rhythmic breathing; you can sing

\*For weeks 3 & 4, do minutes 6:00-7:30 22 more times. Then begin your cooldown at 40:30, and finish at 45:00.

## Toning Walks

These moves are easy to do while you walk. Do twice a week. **Weeks 1 & 2** After a 2-minute warm-up, continue walking at a moderate pace as you do the first exercise for 45 seconds, or about 20 reps. When you're finished, drape band around neck and speed up to a brisk pace, as if you're in a hurry, for 1 minute. Repeat the 45-second toning/1-minute brisk walking intervals until you've done all the exercises. Finish with 4 minutes of easy walking to cool down, for a 20-minute routine. **Weeks 3 & 4** Increase the workout to 25 minutes by doing each toning move as you walk for 1 minute, or about 30 reps. **MAKE IT HARDER** Move hands closer together so you're using less band. **MAKE IT EASIER** Separate hands farther apart so the band is more slack.

**PULL-DOWN** (*firms upper and midback*) Hold center of band overhead, hands shoulder-width apart, palms forward, elbows bent slightly. Keeping left hand stationary, pull right arm down and out to side to shoulder height, without bending elbow. Hold, then slowly return to start position. (Work left arm on next toning interval, after doing a 1-minute brisk walk between moves.)

**FRONT PRESS** (*firms chest*) Loop band around back under arms. Grasp each side with hands near chest, palms forward, elbows pointing out.

Extend arms straight in front at chest level. Hold, then slowly return to start position.

**ROW** (*firms midback*) Hold center of band with both hands, arms extended in front at chest level. Keeping left arm stationary, bend right elbow and pull hand back toward hip, elbow pointing behind you. Hold, then slowly return to start position. (Work left arm on next toning interval, after a 1-minute brisk walk.)

**OVERHEAD PRESS** (*firms shoulders*) Loop band around upper back and under arms. Grasp an end in each hand, with elbows bent and pointing diagonally down, hands near shoulders, palms forward. Press hands straight up overhead. Hold, then slowly return to start position.

**ARM PULL** (*firms triceps*) Drape band around neck. Grasp each side of band with arms bent, hands by shoulders. Keeping upper arms stationary, press hands down and straighten arms. Hold, then slowly return to start position.

**FRONT PULL** (*firms upper back*) Hold band out in front, arms extended at chest height, hands about shoulder-width apart. Keeping arms straight, pull hands apart, squeezing shoulder blades and bringing hands almost directly out to sides. Hold, then slowly return to start position.

## Lower-Body Strength Moves

Beyond the toned legs and butt you'll get, these moves will help you walk about 15% faster—that's equivalent to increasing your pace from 3.5 mph to 4 mph and burning about 80 extra calories an hour. Do twice a week after walking.

**WEEKS 1 & 2:** Do 12 to 15 reps of each exercise, repeating on both sides.

**WEEKS 3 & 4:** Do 2 sets of 12 to 15 reps of each exercise, repeating on both sides.

### CROSS LEG SWING (targets inner thighs)

**TIE BAND** around a sturdy furniture leg or railing at floor level and loop it around left ankle (anchor point on left), with left leg extended out to side. Band should be taut. **Flex left foot**, contract inner thigh, and swing left leg across body. **Hold**, then slowly return to start without touching foot to floor between reps.



### MOVING SQUAT (targets quads, glutes, and outer thighs)

**STAND WITH** feet together. Step right foot out to side 2 to 3 feet, bend hips and knees, and **sit back** as if lowering into a chair. Keep knees behind toes. Stand up, bringing left foot toward right so feet are together. **Step to left** on next rep. Alternate sides until you've completed all reps.



#### GET FASTER RESULTS!

Adapted from *Walk Off Weight* by Michele Stanten (Rodale, 2010).

For the complete 8-week Walk Off Weight diet and exercise program, visit [prevention.com/shop](http://prevention.com/shop) to purchase the book and audio workouts that will talk you through all of these routines and more.

## Core Strength Moves

Strengthening your abs and back will protect you from injury, power your stride so you can go faster, and, of course, flatten your belly! Do twice a week after walking.

**WEEKS 1 & 2:** Do 15 to 20 reps, on each side when appropriate.

**WEEKS 3 & 4:** Do 2 sets of 15 to 20 reps, on each side when appropriate.

### SIDE PLANK *(targets back and abs)*

Lie on right side, right leg bent, left one extended. Prop yourself up on right elbow, palm flat, left hand on hip. Contract abs and raise right hip and thigh off floor. Slowly lower right hip toward floor without touching in between reps.



### ROLL-DOWN

*(targets abs)*

#### SIT ON FLOOR

with knees bent, feet flat, arms extended in front of you. Pull abs in, round back, and inhale as you roll about halfway down toward floor. Exhale and slowly roll up, sitting tall.



### LONG WALK

The longer you go, the more calories you'll burn naturally postworkout, research shows.

Warm up by walking at an easy pace for about 5 minutes. Increase to a moderate pace for the duration of your walk, finishing with 5 minutes of easy walking to cool down. Do once a week.

**Week 1** 45 minutes\*

**Week 2** 60 minutes

**Week 3** 75 minutes

**Week 4** 90 minutes

*\*All times include warm-up and cooldown.*

# Your Make- It-Last Plan



# Forget These Weight Loss Strategies

“In their quest to lose weight, many women unknowingly sabotage themselves,” says Elisa Zied, RD, a former spokesperson for the American Dietetic Association and author of *Feed Your Family Right!* Here are six well-intentioned approaches to weight loss that can go awry and the expert and research-proven ways to drop pounds for good.

## Saving your calories for a big dinner

Yes, cutting total calories leads to weight loss. But bank most of those calories for the end of the day and your hunger hormones will go haywire, making you eat more. Middle-aged men and women who ate their daily number of calories in one supersize supper produced more ghrelin, a hormone that causes hunger, than when they ate the same number of calories in three square meals, found researchers at the National Institute on Aging.

**SMARTER MOVE:** Front-load your calories. Overeating at night keeps you from being hungry in the morning, setting off a vicious cycle in which you're never interested in breakfast

but always starving by dinner. The key is to rebalance your day so you don't set yourself up for an evening binge. To get your appetite back in the morning, cut your evening meal in half. Then eat a breakfast of about 450 calories, such as a scrambled egg with low-fat cheese on a whole wheat English muffin with an 8-ounce glass of juice—an amount that should keep you satisfied until lunch, says George L. Blackburn, MD, PhD, associate director of the division of nutrition at Harvard Medical School and author of *Break Through Your Set Point*. Once your appetite adjusts, don't go more than 5 hours without another meal of roughly the same size.

## Grazing instead of eating regularly scheduled meals

Trouble is, eating in this manner may contribute to weight gain, according to a 2005 *American Journal of Clinical Nutrition* study. When researchers asked women to eat at regular, fixed times or to break their usual amount of food into unscheduled meals throughout the day, they made a startling discovery: The women actually burned more calories in the 3 hours after eating

the regular meals than they did after the unplanned meals. They produced less insulin, too, potentially lowering their odds of insulin resistance, which is linked to weight gain and obesity. What's more, grazing instead of planning ahead can set you up to eat mindlessly, says Zied. In the end, we rarely realize how many calories all those little nibbles and noshes really add up to.

**SMARTER MOVE:** Figure out how many times a day you need to eat—and then stick to a schedule. Home in on your body's internal cues with a food diary. It's so effective that earlier this year, researchers at Kaiser Permanente Center for Health Research found that dieters who kept a food journal lost twice as much weight as those who didn't record what they ate.

## Assuming calories from healthy, natural foods are low

People consistently underestimate the calories in nutritious items such as yogurt, fish, and baked chicken, found researchers at Bowling Green State University who quizzed students on calorie counts. "Just because a food is healthy doesn't mean you can eat big portions," says D. Milton Stokes, MPH, RD, owner of One Source Nutrition in Stamford, Connecticut. "A handful of nuts can be 200 calories or more. And if you

add that without cutting back elsewhere, it could be the reason you're not losing weight."

**SMARTER MOVE:** Count all calories. Once you learn that  $\frac{1}{2}$  cup of cereal can have as many as 200 calories or that there are about 220 calories in that "single-serving" bottle of OJ, you'll be more prudent about how much you use.

## Eating like a bird for the month leading up to a big event, such as a class reunion

Slashing significant calories is likely to backfire. In fact, nutrition experts recommend you don't dip below 1,200 to 1,500 calories a day. "If you crash diet for more than 2 weeks or so, your metabolism will temporarily slow down," says Blackburn. "So the same exact dieting effort results in less and less weight loss." The reason: Your body is conserving energy to keep you from losing weight too quickly. And that's not all. When you drastically cut calories, you lose muscle along with fat—especially if you haven't been exercising. Because muscle is your body's calorie-burning furnace, this can slow down your metabolism, even long after your crash diet is done.

**SMARTER MOVE:** Aim to shed about a pound a week—the slow, steady weight loss ensures you lose fat, not muscle. "If you want to drop 10 pounds, get started 10 weeks



before your goal, not 4,” says Blackburn. “You’ll have a better chance of actually taking off the weight permanently.” To drop a pound a week, shave 250 calories from your diet and burn an extra 250 calories through exercise each day. Visit [prevention.com/myhealthtrackers](http://prevention.com/myhealthtrackers) to log your progress.

## Setting short-term weight loss goals

The National Weight Control Registry (NWCR) estimates that only 20% of dieters successfully keep off lost weight for more than a year. That’s because after we reach our goal, we let old eating habits creep back in. But people who win at weight loss consistently eat the same way even after they’ve slimmed down. In fact, the NWCR found that dieters who maintain their healthy eating habits every single day are 1½ times more likely to maintain their weight loss in the long run than those who relax their diets on the weekends.

**SMARTER MOVE:** Think of healthy eating as a work in progress, not as a “diet” with a beginning and an end. The key: making small changes you can maintain so they become long-term habits. Start by creating a list of problem areas in your diet, then tackle them one at a time. For example, if you snack on a heaping handful of Oreos every night before bed, set a goal of having two instead

of six, cutting back by one a day. Once you’ve made that a habit, move on to your next goal.

## Splurging on foods that are “low-fat” and “sugar-free”

Research suggests that when a food is described as a diet food, we’re subconsciously primed to eat more—even if it’s actually as caloric as regular food. When Cornell University researchers offered the same M&M’s candies labeled either regular or low-fat to visitors at a university open house, visitors ate 28% more of the “low-fat” snacks. While less fat does not mean fewer calories, people make the assumption that it does, setting them up to overeat, say scientists.

**SMARTER MOVE:** First, check food labels: So-called diet foods frequently don’t save you calories. Take low-fat chocolate chip cookies—because they’ve been infused with extra carbs to add flavor, you save only 3 calories per cookie. Once you have that reality check, follow the golden rule for any food: Keep close tabs on portions. Limit yourself to two small cookies, for example, or trade in a bowl of frozen yogurt for a kid’s-size scoop; measure out condiments such as low-fat sour cream or low-fat ranch dressing. And remember—if you prefer the flavor of full-fat foods, you’ll still lose weight if you watch your portion sizes.

# Cozy Up to Your Scale

For years, many experts recommended tossing your scale. Good advice when you consider the emotional whiplash that weighing yourself can cause.

As the number goes down, your confidence goes up, but a gain of even a pound can easily ruin your day.

Now it's time to end the love-hate relationship with your scale. A review of a dozen studies tracking over 16,000 dieters provides indisputable evidence that the bathroom scale is one of the most effective tools for losing weight and preventing pounds from creeping on. A whopping 75% of members of the National Weight Control Registry—men and women who have lost at least 30 pounds and kept it off—weigh themselves at least once a week.

Here are five surprising facts that will help you make peace with your scale—and use it to your weight loss advantage.

## **SURPRISE No. 1**

### The more you weigh yourself, the more you lose

Out of sight, out of mind simply doesn't work. In one study, daily weighers dropped twice as many pounds as weekly weighers—12 pounds versus 6, possibly because it was a regular reminder to stay on track. Meanwhile, dieters who avoided the scale altogether gained 4 pounds.

And despite the common belief that focusing on weight makes women feel bad about themselves, scientists have found that tracking your weight can actually improve your mood by giving you a sense of control.

**TIP** Weigh yourself daily (more than that isn't really meaningful, as you'll see in "The Scale Diary," on p. 28).

## **SURPRISE No. 2**

### Weight can fluctuate 5 pounds in 24 hours

The biggest culprit is water (and water in the food you eat). The calories in a liter of soda would add about  $\frac{1}{10}$  pound if you didn't burn them off, but step on the scale immediately after drinking it and you'll be up more than 2 pounds; go to the bathroom and you'll likely drop 1 to 1½ pounds. You even lose water weight—about 2 pounds a day—just by breathing and sweating. Day-to-day fluctuations can be the result of a high-sodium meal or your level of hydration, while your menstrual cycle can cause changes all month long. "It's important to keep the bigger picture in mind," says exercise physiologist Kara Mohr, PhD, who's done extensive scientific research on weight loss. No one meal or single splurge will move the scale's needle in a lasting way

unless it becomes a habit. However, a difference of 100 calories at every meal could add up to more than 30 pounds in a year—in either direction.

**TIP** Weigh yourself at the same time each day, first thing in the morning after using the bathroom and getting undressed, to avoid factors like water weight and clothing. Track your results and focus on the pattern over time. The number may go up and down from one day to the next, but the overall direction month to month should be down if you're trying to lose weight. If you see an upward trend, it's time to take action.



### **SURPRISE No. 3**

**You can lose inches without weighing less**

In a study from the University of California at Berkeley, women in

their mid-50s followed a 12-week cycling routine while eating a diet designed to maintain their weight. The result: One 56-year-old lost just 1 pound but dropped two sizes, thanks to a 7% decrease in body fat. She replaced about 4 pounds of fat with 4 pounds of muscle—pound for pound, muscle is firmer and denser, and it takes up about one-third the space of fat. But don't assume your scale is stuck due to new muscle. It takes about a month of strength-training to add a single pound of muscle, on average, according to Wayne Westcott, PhD, author of *Get*

*Stronger, Feel Younger.*

**TIP** Track other markers, such as the size of your waist and thighs (using a tape measure), how your clothes fit, or how much energy you have—and celebrate those successes.

### **SURPRISE No. 4**

**A cheaper model is better**

You can spend hundreds on a high-tech scale that also estimates your body fat percentage and more

through a series of mathematical algorithms, but you're just getting another number to worry about that's possibly less accurate than your weight. "I avoid scales that measure body fat, because there are

# The Scale Diary

Don't let the number determine your self-worth! An anonymous 40-something reader shared how her weight fluctuated in 1 day.

7:15 AM	<b>133.8 lb</b> Right before hopping in the shower
8:30 AM	<b>137.5 lb</b> Wow, my clothes weigh 3.7 lb
9:15 AM	<b>138.7 lb</b> Gained 1.2 lb from breakfast
10:30 AM	<b>137.9 lb</b> Bathroom break, -0.8 lb
1 pm	<b>135.8 lb</b> Lost 2.1 lb, thanks to a sweaty cardio workout
1:30 pm	<b>137.4 lb</b> Up 1.6 lb from lunch
4 PM	<b>138.6 lb</b> Gained 1.2 lb, probably from all the water I was drinking
5:30 PM	<b>137.5 lb</b> Bathroom break, -1.1 lb
11 PM	<b>140.8 lb</b> Yikes! Gained 3.3 lb—probably the pasta I ate and the wine!
11:30 PM	<b>137.1 lb</b> Undressed—huh, gained 3.3 lb since this morning
7:15 AM	<b>135.4 lb</b> Lost 1.7 lb while sleeping

so many inaccuracies based on fluctuations in how much water you drink,” says Mohr

**TIP** Buy a basic digital scale that displays weight to the nearest  $\frac{1}{2}$  or  $\frac{3}{10}$  pound to minimize fluctuations.

## **SURPRISE No. 5**

### Where you put your scale matters

In most cases, your bathroom floor will work just fine, but if the floor is textured or the grout creates an uneven surface, the readout might be off. Bath mats or carpet of any thickness can absorb some of your weight, throwing off the scale's sensors and decreasing your weight by 20 pounds or more, explains Keith Erickson, company spokesperson for Tanita scales. Some higher-end scales come with carpet feet to accommodate the inconsistencies, but our tester still found a several-pound discrepancy.

**TIP** Weigh yourself in the same spot every day. Even if it's off by a few pounds, you'll still be able to see changes over time. For the most accurate reading, place your scale on a bare floor that's hard, flat, and level. You can test the scale's accuracy by weighing an object whose weight you know—like a dumbbell.

# Make Small Changes Every Day

If your goal is to lose weight and exercise more, forget the deprivation diet and marathon workouts.

Research shows that taking baby steps—not giant leaps—is the best way to get lasting results. A study published in the *Annals of Behavioral Medicine* found that participants who made one small, potentially permanent change in their food choices and/or physical activity each week (such as drinking one less can of soda or walking 5 more minutes each day) lost more than twice as much belly fat, 2½ more inches off their waistlines, and about 4 times more weight during a 4-month program, compared with those who followed traditional calorie-restriction and physical-activity guidelines.

“When you focus on just a couple of small changes at a time, you begin to ingrain some healthy habits that last for a lifetime, rather than trying an all-or-nothing approach that more often than not fails because it’s too hard to follow,” says Lesley Lutes, PhD, an assistant professor in the department of psychology at East Carolina University.

We’ve uncovered 11 simple steps (with proven results) to help you move

more, eat less, and look and feel better than ever. Add just one or two a week to your regular routine and you can lose nearly 3 inches off your waistline and be about 10 pounds lighter in a few months. Even better: Once these healthy habits become second nature, they’ll benefit you for a lifetime.

## 1 Pick up a pen after every meal

Mindlessly munch on a bag of chips and you could easily polish off the whole thing; write down how much you’ve eaten and you’re more likely to practice portion control. Keeping a food log helps control extra calories in two ways: the combination of plain old reality check (I just ate 30 minutes ago!) and awareness that what you’re putting in your mouth will soon be recorded for posterity. In a study, people who kept a food journal lost twice as much weight as those who didn’t record what they ate. When they combined it with a moderate diet and exercise plan, they lost an average of 13 pounds in 6 months. Journaling also gives you insight into your eating habits, says Lutes. Do you skip meals? Eat the same during the week as on the

weekend? Binge when you're feeling stressed? "Knowing your routine helps you figure out what changes are right for you," she adds. Make it simple by tracking yourself online at [prevention.com/healthtracker](http://prevention.com/healthtracker).

## 2 Skip through the commercials

Get off your duff and move during your favorite TV shows. Skip, dance, go up and down some stairs, run in place—anything that gets your heart rate up so you feel somewhat breathless, says GERALYN COOPERSMITH, national director of the Equinox Fitness Training Institute. Do it for each 2-minute break (forget the TiVo) during a typical 2-hour TV night and you'll burn an extra 270 calories a day—which can translate to a 28-pound weight loss in a year.

## 3 Limit high-fat foods to one per week

Tag the high-fat/high-calorie foods that are typically your favorites (our top five: cookies, candy, ice cream, potato chips, and fries) and gradually downshift. "If you're eating six of these foods a week, try to go down to five," says LUTES. Each week, drop another until you're at no more than one or two; at the same time, add in a good-for-you choice like baby carrots, sautéed broccoli, oranges, and other fresh fruits and veggies.

## 4 Sign up for healthy e-newsletters

A study from Kaiser Permanente found that people who received weekly e-mails about diet and fitness for 16 weeks substantially increased their levels of physical activity and intake of healthy foods like fruits and vegetables while cutting back on trans and saturated fats. We can help: Go to [prevention.com/newsletters](http://prevention.com/newsletters) and sign up for our weekly newsletters "Eat Up, Slim Down" and "Walk Off the Weight."

## 5 Walk 5 more minutes every day

In LUTES's pilot study, increasing daily activity levels by just a few minutes at a time helped participants lose weight. Eventually, your goal should be to do at least 30 minutes of physical activity a day (burning off about 120 extra calories daily, or 12 ½ pounds a year), but it doesn't have to be all at once. Some simple ways to get moving:

- Walk around the perimeter of the grocery store at least once before heading toward the items you need.
- Move in place whenever you're talking on the telephone.
- Go through or around the entire shopping mall instead of parking near the store you need.
- Take a walk around the block at lunch and after dinner.

## 6 Strength-train in mini-bursts

Basic body-weight exercises like squats and pushups are a simple way to build more metabolism-revving muscle in minutes, and research shows they're just as effective as hitting the gym. "Your muscles don't know the difference between working against your body's own resistance and on a fancy piece of equipment," says Wayne Westcott, fitness research director at Quincy College. "The one rule to follow is that each exercise should fatigue your muscles within 60 to 90 seconds." Try this mini-workout: Do 10 reps each of knee pushups, squats, crunches, lunges, and chair dips. Then gradually increase the number of reps it takes for your muscles to feel fully fatigued.

## 7 Climb 3 extra flights of stairs daily

Have a choice between riding and climbing? Including 2 to 3 minutes of stair climbing per day—covering about three to five floors—can burn enough calories to eliminate the average American's annual weight gain of 1 to 2 pounds a year. It's also good for more than just your waistline: Men who climbed more than 70 flights of stairs a week had an 18% lower mortality rate than those who climbed fewer than 20 flights

a week, according to one Harvard study. Start with just a couple of flights a day; if you're already a dedicated climber, aim to add three more flights to your daily trek.

## 8 Take a pedometer wherever you go

Just as you wouldn't leave home without your cell phone, make a pedometer a must-have accessory. Research shows pedometer users take nearly 2,500 more steps a day (over 1 mile, or about 100 calories) than nonusers. Over a year, that's enough to burn off about 10 pounds.

## 9 Brown-bag it at least once a week

You'll save thousands of calories (not to mention hundreds of dollars) over the course of a year. Consider this: A premade chicken Caesar wrap from a chain restaurant has 610 calories, more than 40% of which come from fat, as well as 1,440 mg of sodium (more than half the recommended daily amount). Make your own with presliced deli chicken breast on whole wheat bread with light mayo and romaine lettuce for about 230 calories. You'll cut almost 400 calories and about 520 mg of sodium, which leaves room for a side salad and if it were your daily fare, could still add up to a 28-pound weight loss after a

year. “When you make and eat your own food, you not only control the quality and portion sizes but also reduce the amount of sugar, salt, and fat that you’re consuming, which can be significantly higher in restaurant fare,” says Ashley Koff, RD, a nutrition consultant based in Los Angeles.

## 10 Doing errands? Obey the 1-mile rule

Americans use their cars for two-thirds of all trips that are less than 1 mile and 89% of all trips that are 1 to 2 miles, yet each additional hour you spend driving is associated with a 6% increase in obesity. Burn calories instead of gas by following this rule: If your errands are less than 1 mile away, vow to walk them at a brisk pace instead of driving. Or park where you can run several errands within a mile instead of moving your car each time. Walk every day and you’ll be 13 to 17 pounds lighter next year.

## 11 Take 10 minutes to eat a treat

Try this strategy to permanently reduce cravings: Portion out one serving of your favorite treat, taking a minute to smell it, look at it, and think about it. Take one small bite. Chew slowly, moving it around your mouth and focusing on the texture and taste, then swallow. Ask yourself whether you want another bite or if that satisfied you. If you still want more, repeat, this time chewing the food 20 times. Continue this eating exercise for as long as you want or until you finish the serving (it should take about 10 minutes). “When you take the time to slow down and be more mindful of what something really tastes like, you’ll feel more satisfied,” says Lutes. “Many of our participants told us that after a while, they didn’t enjoy the treat as much as they thought they would, or they were content after just a couple of bites and were better able to stop eating when they were satisfied.”



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