

Health

161 fat-burning tricks

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» no diets
» no hunger
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LUMPY BREASTS

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Lose pounds—even on vacation!

Don't let your travels derail your diet. Stay on track with these smart tips from the experts.

BY KIMBERLY DAWN NEUMANN

Just when you're in a groove with our Feel Great Weight Plan, you get hit by summer-vacation curveballs—hotels with no gyms, decadent party fare. How do you stay on track? Registered dietitian Sharon Richter and Equinox senior trainer GERALYN COOPERSMITH tell our Feel Great Weight participants (and you!) how to sail through vacation with no slipups.



Vanessa Trost, 38

Marketing and public relations consultant
Height: 6'
Goal weight: 170 lbs.

>>> Her diet dilemma: "My 'vacation' will be business trips to meet with star chefs in Chicago and attend a food-and-wine festival in Aspen, Colorado. How do I stick to my diet?"

>>> Our expert says: "Think of yourself as a first-class food taster," Richter suggests. "Sample the food, savor the spices—but don't clean your plate." Load up on veggies. Practice putting your fork down between bites. And take time to chat. If there's a wine pairing, have that first sip. "Then you can go back and forth between wine and water or just order some seltzer," Richter says.

>>> Her fitness challenge: "How do I fit in a workout when my schedule is jam-packed?"

>>> Our expert says: "Just be as active as possible," Coopersmith says. Take the stairs, do a few jumping jacks in your room between meetings, and hit the dance floor if the opportunity arises. Also, wear comfortable shoes and walk to your destinations as often as you can.

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Travel with a fat-proof plan

- **Check out restaurant menus online before you leave.** That way you'll know to budget your calories if you see something you want to splurge on.
- **Wear workout gear and sneakers on the plane.** You'll be able to run through the airport. Plus, you'll be more apt to get up and move if you're delayed.
- **Pack snacks for road trips.** Bring water, fruit, nuts, veggies, whole-grain cereal, and low-cal, low-sugar energy bars.
- **Take a jump rope.** Sneak in some jumping whenever you can. Try **The JumpSnap** (starts at \$59.95; www.jumpsnap.com), an easy ropeless jump rope.
- **Focus on other indulgences.** Catch up on sleep, drink lots of water, eat fresh fruit, and enjoy some pampering.
- **Take a daring fitness class.** Try something you might not do at home like boxing or salsa dancing. Find the nearest gym and score a free pass at www.gymticket.com.

	Starting	Current	Loss to date
Weight:	210	193	17
Waist:	33.5"	31.5"	2"
Hips:	44"	43"	1"
Body fat:	42%	39%	3%

Sample the sweets—just don't clean your plate.



GET MORE: Visit Health.com/feelgreatweight for our complete health-and-fitness plan—plus helpful vacation tips, great blogs, and new strength moves.

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