

Visit [marthastewart.com](http://marthastewart.com)

Enter a search term

# Your Best Body for Summer

HEALTH & DIET

TONE HEAD TO TOE

BEAUTY & SKIN CARE

INDEX

COMMUNITY

Homepage > Fitness > Your Best Body For Summer > 5 Steps To Your Best Summer Body

SAVE

EMAIL

FACEBOOK - SHARE THIS

## Free Weekly Emails

Get recipes, fitness tips, and health advice delivered to your inbox every Monday.

Enter email address

3 of 11



## 5 Steps to Your Best Summer Body

### Goal: Find Your Healthiest Weight

If you want to lose weight before bathing-suit season, concentrate on dropping no more than a pound or two a week. "Anything more than that usually means you're depriving yourself," says New York City-based nutritionist Sharon Richter, R.D. "And when you deprive yourself, sooner or later you're going to binge and gain it back."

**Operate on a 500-calorie-a-day deficit.** "A pound is 3,500 calories," explains Richter. "So if you cut 500 calories a day for seven days straight, you'll lose a pound a week right there."



Next: [Make It Manageable](#)

## Best-Body Blogs



## Join the Community

[Start a Discussion](#)  
[Join a Group](#)

## Go Green this Summer



Take care of your body -- and the planet -- with energy-efficient, warm-weather strategies.

**8 eco-friendly tips**

## Health & Diet

[See All Health & Diet](#)



[Slim-Down Summer Recipes](#)



[Secrets to Healthy Weight Loss](#)



[Summer Survival Guide](#)



[Healthy Travel Tips](#)

## Health and Fitness Tool Kit



### Tools and Resources

[Your Printable Road Map](#)  
[Calorie-Burning Counter](#)  
[Desirable Body-Weight Calculator](#)



### Related Quizzes

[Farmers' Market IQ Test](#)  
[What's Your Workout Personality?](#)  
[Summer Hazards: Are You at Risk?](#)

**CATEGORIES** [Wellness](#) | [Balance](#) | [Eat Well](#) | [Fitness](#) | [Beauty](#) | [Live Green](#) | [Community](#)  
**CUSTOMER SERVICE** [Whole Living Subscriptions](#) | [Privacy Policy](#) | [Terms of Use](#)  
**ABOUT WHOLELIVING** [Our Team](#) | [Advertise With Us](#) | [Contact Us](#)  
**PROMOTIONS** [Sweepstakes & Promotions](#) | [Free Stuff](#) | [Whole Living Marketplace](#)

Visit other Martha Stewart Living Omnimedia sites: [Select Site](#)

© 2010 Martha Stewart Living Omnimedia, Inc. All rights reserved.