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Health

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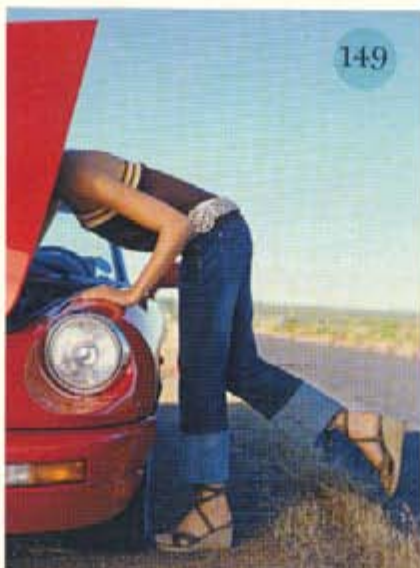
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Health's
Feel Great
Weight
Plan

Reach your Feel Great Weight!

Finally, a shape-up plan that really works.

With help from our dream team of experts, *Health's* signature pound-shedding plan will help you achieve your healthiest body ever.

BY KIMBERLY DAWN NEUMANN

Photograph by Karen Pearson

When was the last time you looked in the mirror and thought, "I love my body!" If you can't remember, here's some very good news: We've designed the perfect program to help you tone up, shed pounds (up to 10 in the first five weeks), and be happy with the body you have. Our mission: to help you find your own personal Feel Great Weight.

What do we mean by that? It's not what you weighed when you fit into those ridiculously tiny jeans you wore in high school. Rather, it's that happy, healthy, sane number you can actually maintain. Sure, it'll take some work to get there, but the work is *double*—and even fun—thanks to the insider

info and support from the dream team of experts who put our plan together. They'll guide you from every angle: what to eat, how to work out more efficiently, even how to dress for your changing body. What's more, for the rest of the year, the dream team will offer new tips and encouragement each month as you follow the plan in *Health* and on **Health.com**. Plus, you'll see the transformations of three lucky readers who've signed up to follow the plan and finally get the bodies they want (meet them on pages 114 and 115).

Isn't it time you said *yes* to feeling great?

OK, then, let's go!

• Who's on the dream team •

Your nutrition guru:

Sharon Richter, MS, RD

A registered dietician in private practice in New York City, she's contributed to *Picture Perfect Weight Loss* books and *Queer Eye for the Straight Guy*. And she consults for Equinox Fitness Clubs, Kiehl's, and Nike.

Your fitness guru:

**Geralyn Coopersmith,
Equinox senior trainer**

Geralyn is an exercise physiologist, senior manager of the Equinox Fitness Training Institute, and author of *Fit and Female: The Perfect Fitness and Nutrition Game Plan for Your Unique Body Type*.

Your motivation guru:

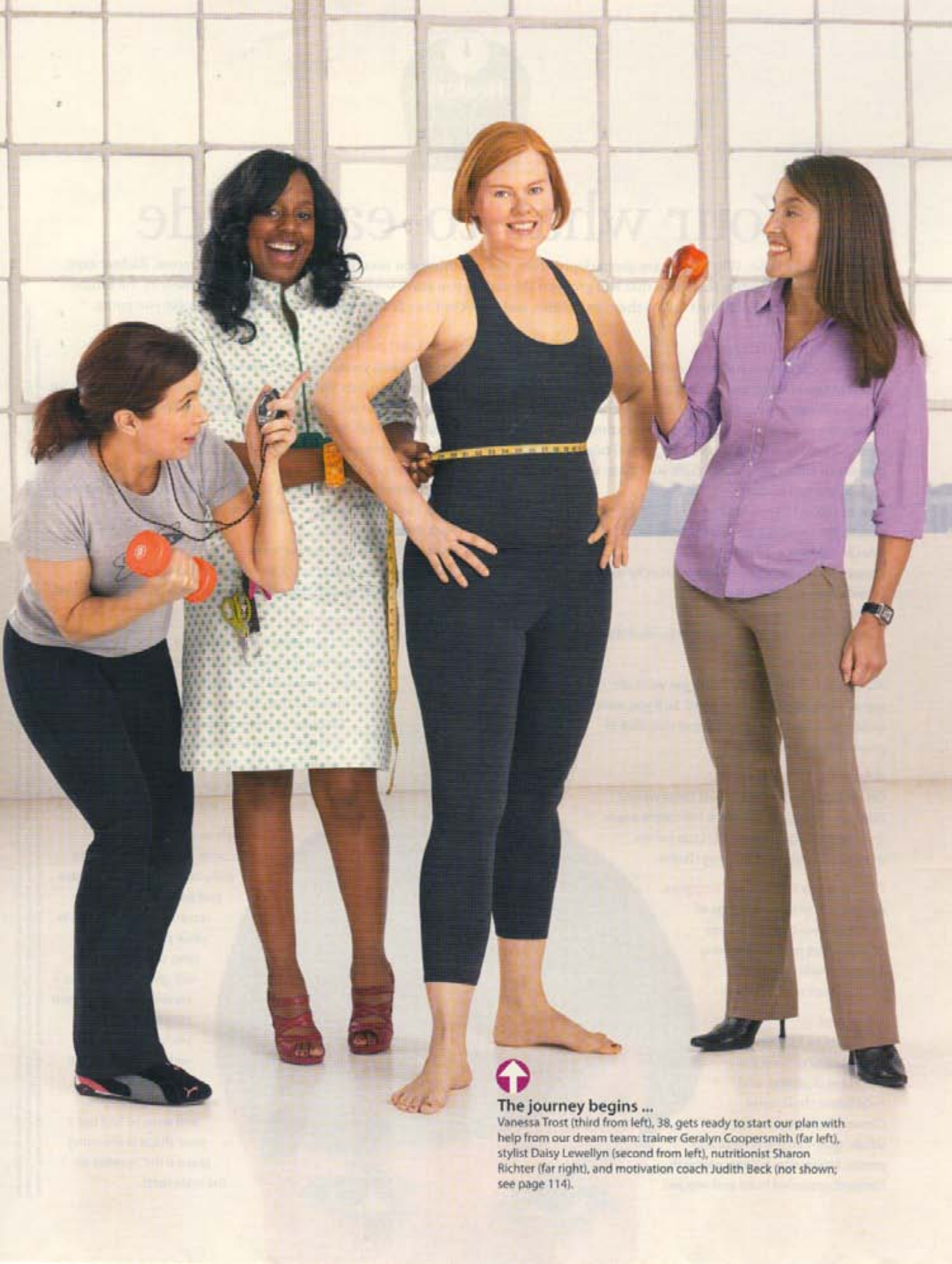
Judith S. Beck, PhD

She's director of the Beck Institute for Cognitive Therapy and Research; associate professor in psychology and psychiatry, University of Pennsylvania; author of *The Beck Diet Solution: Train Your Brain to Think Like a Thin Person*.

Your style guru:

Daisy Lewellyn

A trend-tracker for *Glamour* and *In Style*, Daisy shares her "real women" style-and-beauty expertise on *The View*, *Good Morning America*, *The Today Show*, and more.



The journey begins ...

Vanessa Trost (third from left), 38, gets ready to start our plan with help from our dream team: trainer GERALYN COOPERSMITH (far left), stylist DAISY LEWELLYN (second from left), nutritionist SHARON RICHTER (far right), and motivation coach JUDITH BECK (not shown; see page 114).

Dig in! Here's your week's worth of menus

This delicious 1,600-calories-a-day menu is just what the average 5-foot-4-inch woman needs to shed up to a pound-and-a-half per week without ever feeling hungry or deprived. (For every inch taller or shorter, add or subtract 50 calories to adjust for differences in your basal metabolic rate.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Blend 1 cup berries, 1 cup skim milk, 1 tablespoon flaxseed, and 3 ice cubes	Prepare an egg-white omelet with 4 egg whites and 1 ounce farmer cheese; enjoy with 1 slice whole-grain toast	Have 1 whole-grain English muffin with 1 ounce melted low-fat cheese and 2 tomato slices	Layer 6 ounces nonfat Greek yogurt, 1 cup berries, and ½ cup whole-grain, high-fiber cereal in a parfait glass	Layer 2 scrambled egg whites and 1 frozen veggie patty on a whole-grain English muffin with 1 (1-ounce) slice low-fat cheese	Prepare 2 frozen whole-grain waffles with 2 tablespoons apple butter	Have 2 ounces smoked salmon on a 2-ounce whole-wheat bagel with 2 slices tomato and 1 teaspoon capers
Snack	¼ cup shelled pistachios	2 no-sugar-added fruit leathers or roll-ups	1 tablespoon almond butter on 4 rice crackers	2 cups papaya drizzled with 1 teaspoon fresh lime juice	1 small (5-inch) banana with 2 teaspoons peanut butter	15 raw almonds	1 cup blueberries with 3 ounces low-fat yogurt
Lunch	Layer 4 ounces sliced ham, 1 ounce low-fat Swiss cheese, arugula leaves, and Dijon mustard on a 4-inch (3-ounce) whole-grain baguette	Mix 3 ounces chopped grilled chicken breast, 1 tablespoon light mayonnaise, and 2 tablespoons chopped celery; place evenly in centers of 3 romaine lettuce leaves and roll each with a slice of avocado (½ avocado total)	Place 4 ounces smoked turkey breast, 2 tablespoons hummus, lettuce, and tomato on 2 slices whole-grain bread	Buy 1 sushi roll (no tempura or spicy; with brown rice, if available); enjoy with mixed salad greens with 2 tablespoons light dressing	Have 8 large shrimp with 2 tablespoons cocktail sauce; eat with mixed salad greens, 2 tablespoons light dressing, and 1 ounce crumbled goat cheese	Mix 5 ounces grilled firm tofu with 1 teaspoon sesame oil, 2 cups thinly sliced summer squash, yellow and/or red peppers, and 2 tablespoons light teriyaki sauce	Wrap ¼ cup canned and rinsed black beans, 2 tablespoons grated low-fat cheese in a corn tortilla; serve with a side of 1 cup chilled gazpacho
Snack	1 pear and 1 ounce piece skim-milk string cheese	1 small bag soy chips	10 dried apricot halves	1 cup minestrone soup and 5 whole-grain crackers	1 nutrition bar (with less than 150 calories, more than 5 grams of fiber)	2 kiwifruit	10 walnuts and a small apple
Dinner	Grill 5 ounces chicken breast, cut into cubes, onion wedges, and cubed tomatoes, peppers, and eggplant on 2 skewers; serve with ¼ cup hummus and about ½ of a large pita pocket, toasted and cut into triangles	Sauté 4 ounces cubed lean pork chop with 2 cups assorted vegetables (such as broccoli, mushrooms, water chestnuts, baby corn) in 2 tablespoons low-sodium soy sauce; serve over ½ cup brown rice	Sauté 3 ounces lean sirloin with onions and peppers in 1 teaspoon olive oil, and divide between 2 small tortillas; serve with ½ cup bottled salsa and 3 tablespoons grated low-fat cheese	Combine 1 cooked cup quinoa, ¼ cup canned or fresh corn, ½ cup diced zucchini, ¼ cup sliced scallions, 1 teaspoon cilantro, 2 tablespoons pine nuts; drizzle with 1 teaspoon olive oil and 1 tablespoon orange juice	Drizzle 6 ounces baked tilapia with lemon juice, salt, and pepper; serve with 1 medium plantain sautéed in 1 teaspoon oil, plus 2 cups steamed broccoli	Serve 4 ounces roasted turkey breast with ¼ cup cranberry sauce, 1 medium baked sweet potato sprinkled with cinnamon, and mixed salad greens with 2 tablespoons light dressing	Bread a 5-ounce chicken breast with ¼ cup bread crumbs and bake; serve over 1½ cup spaghetti squash with ½ cup spaghetti sauce, ½ cup sliced mushrooms, and 10 sliced ripe olives
Snack	Put 2 tablespoons frozen fat-free whipped topping between 2 graham crackers; freeze for 1 hour	Sprinkle 4 cups air-popped popcorn with 2 tablespoons Cajun seasoning	Drizzle 1 cup berries with 1 tablespoon chocolate syrup	A fat-free pudding cup or 1 cup of your favorite pudding made with skim milk	Cut 1 medium apple into slices, add a dash of cinnamon and 2 teaspoons raisins; bake at 350° for 15 minutes	1 Italian ice	1 cup fat-free chocolate milk





Your get-moving guide

Want to lose weight for good? "The key is exercising consistently in a way that burns calories, reduces body fat, builds muscle, and stokes your metabolism," Coopersmith says. "That's what this plan is all about." It combines fat-burning cardio interval workouts with muscle-building strength training, so you'll burn even *more* calories—even when you're not exercising.

Your cardio plan

Do four of these 30-minute interval workouts per week. Mix and match them for variety and to reduce your risk of injury from using the same muscles too often. Each time you pick up the pace, try to go a little faster. For each workout, warm up and cool down for five minutes at an easy pace.

Outdoor-walking workout:

1. Walk at a moderate pace for 3 minutes. Use normal strides, arms swinging alongside your body.
2. Power-walk (take shorter, faster steps, drive bent elbows back, and let hips move side to side) for 1 minute. Focus on landing on your heel and rolling through the ball of the foot and the toe.
3. Repeat steps 1 and 2 for a total of 30 minutes.

Treadmill workout:

1. Walk at a moderate pace for 3 minutes.
2. Pick up the pace and increase incline by 2–3 percent for 1 minute. You should be exerting enough effort so that it's hard to keep up a conversation.
3. Repeat steps 1 and 2 for a total of 30 minutes.

Elliptical workout:

1. Use light resistance with high ramp for 3 minutes.
2. Lower ramp and increase resistance; work at a challenging pace for 1 minute.
3. Repeat steps 1 and 2 for a total of 30 minutes.

Bike workout (outdoor or indoor):

1. Pedal at a moderate intensity (a 6 or 7 out of 10) for 3 minutes.
2. Up intensity (to an 8 or 9 out of 10) for 1 minute.
3. Repeat steps 1 and 2 for a total of 30 minutes.



• Look sleek while you lose •

Hitting the gym for the first time in a long time? Resist hiding under layers of baggy clothing, which only makes you look bigger—and feel demoralized, style guru Daisy Lewellyn says. Instead, stick with fitted—but not too tight—styles. Here, a few of her favorites for looking chic (and slimmer!) when it's workout time.



◀◀◀ **Yoga pants with Lycra.** These will give you an instant butt lift and flatten your belly. To look both thinner and taller, choose a length that extends just slightly over your sneaker, in a solid, dark hue like navy, chocolate, gray, or black. Try **Athleta Chaturanga Pant in Slate** (\$69; www.athleta.com).



◀◀◀ **Gloss.** OK, so you're not going to work out in a full face of makeup. But wearing a little lip gloss will help you feel prettier under those fluorescent lights. Try **Neutrogena MoistureShine Lip Soother SPF 20 in Gleam** (\$6.99; drugstores nationwide).



◀◀◀ **Supportive tank.** A workout tank top with a built-in bra minimizes lines and bulk. Punch up your outfit by choosing a brightly colored one, or, for an extra slimming effect, choose one in the same shade as your pants. Try **Asics Double Layer Tank in Coral and White** (\$24, www.asics-america.com for stores).

Your strength plan

The six moves in this 20-minute full-body strength workout involve several muscle groups to help you build more strength in less time. Do this workout two times a week (be sure to rest at least one day in between sessions). Bonus: Starting in June, we'll post new moves at Health.com/feelgreatweight each month to help you kick it up a notch!

1 Squat and Press

(tones shoulders, butt, calves, front and back of thighs)

Stand with feet hip-width apart holding a 5- to 8-pound dumbbell in each hand at shoulder height, palms facing each other, and elbows in. With weight on your heels and knees behind your toes, reach your butt backward and bend your knees to about 90 degrees. As you return to standing, press the weights overhead, keeping palms facing in. Lower weights to shoulders, then squat and repeat the move. Do 3 sets of 12–15 reps.

2 Push-Ups

(tones chest, shoulders, triceps)

Get in push-up position on a mat, fingertips forward, toes tucked. (For more of a challenge, cross one foot on top of the other; for less, do modified push-ups with knees down.) Inhale while slowly bending elbows and lowering chest toward the mat. Keep your back flat, abs and butt tight, and weight on heels of your hands. Stop when elbows are at 90-degrees; inhale and press back up to starting position (don't lock elbows). Do 3 sets of 12–15 reps.

3 Step-Ups

(tones calves, butt, thighs)

Stand with your left foot on a sturdy bench or step 6–12 inches high (your left knee should be bent to 90 degrees). Put all your body weight on the heel of that same foot and, using your butt and thigh muscles, pull your body weight up so your right foot touches the step. You should feel this move only in your thighs and butt, and your knees should stay behind your toes at all times.

Slowly lower yourself back to the starting position, exhaling on the way up and inhaling on the way down. Do 3 sets of 12–15 reps with left foot; repeat with right foot.

4 Single-Arm Rows

(tones back, biceps)

Place your right palm and right knee on a sturdy chair or bench, with the knee of your standing leg slightly bent. Hold an 8- to 10-pound dumbbell in your left hand in line with your torso. Keeping your back straight and abs tight, lower weight toward the floor. Bend elbow and use back muscles to bring weight up toward your torso. Do 3 sets of 12–15 reps on left side; repeat on right side.

5 Side-to-Side Lunges

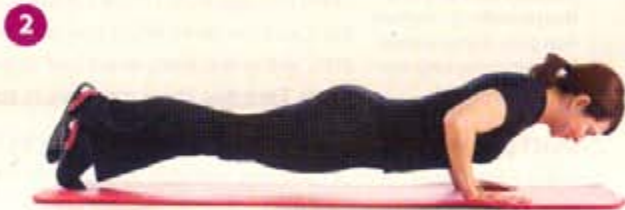
(tones butt, calves, inner and outer thighs)

Stand with feet hip-width apart and hands on hips. Pushing hips and butt back as if sitting, take a wide step directly out to your right side, bending your right leg (don't let your knee go past your toes) and keeping your left leg straight. Push off with right leg and return to starting position. Repeat with left leg; alternate side to side. Do 3 sets of 12–15 reps.

6 Diagonal Crunches

(tones abs)

Lying on a mat with abs drawn in and lower back pressed into the floor, draw right knee in toward chest as you bring left armpit toward your knee. Return to starting position, and repeat on opposite side; alternate side to side. Do 3 sets of 20 reps, or as many as you can.



• Get fired up to lose! •



Judith Beck, PhD

Next month: Our motivation guru shares secrets for overcoming early-diet stumbling blocks.

When you're trying to lose weight, what's on your mind is just as important as what's in your mouth. Here, motivation expert Judith S. Beck, PhD, gives you her top 10 strategies for fully exploiting that mind-body connection.

Plan your meals in advance, in writing.

Eating healthy can be a struggle: *I want to eat that apple pie. I know I shouldn't, but it looks so good.* When you have your plan, you're less likely to eat bad-news foods. Each day, check off meals as you go.

Don't give yourself an option. Write *NO CHOICE* on a 3- by 5-inch index card, keep it in your handbag, and look at it whenever you're tempted to go off your food plan.

Just toss it. Purge all foods that could tempt you to go off your eating plan.

Rearrange your cabinets. Move your smallest plates and bowls to the front of the cupboard so they're easier to reach than the larger ones, which encourage us to overeat.

Stay seated. Research shows that people tend to eat fewer calories when they're sitting down. It makes sense: Having your food spread before you is more visually satisfying—and that's the key to feeling satisfied overall.

Slow. Down. Put down your utensils and take a sip of water after every few bites. Try timing your meal one night; make it last a little longer the next.

Don't sweat the small slipups. If you eat a 400-calorie piece of cake, it's not even going to show up at the end of the week.

Don't kick yourself: It's OK to have a piece of cake, Beck says.

But if you get so down about that piece of cake that you chase it with an ice-cream sundae, a soft pretzel, and potato chips, it's going to show up the next day.

Change your definition of full. You should feel like you'd be able to easily take a moderate- to brisk-paced walk after a meal. Stop eating before you reach the point at which you wouldn't feel comfortable doing that.

Keep a brag book. Buy a small counter (the kind golfers use to keep track of their scores) and click it every time you make a good choice. At the end of the day, record the number in a notebook and congratulate yourself for all your good work.

Use the "Oh, well" technique. Whenever you're struggling, say "Oh, well" to remind yourself that, while what you're going through may not be fun, it's necessary to achieve your Feel Great Weight.



Height: 6'
Weight: 210 lbs.
Waist: 33.5"
Hips: 44"
Body fat: 42%
Goal: 170 lbs.



Vanessa Trost, 38

Marketing and public relations consultant

Her story: "After having pretty much the same figure since I was 14 years old, I gained 50 pounds in the last six years. What happened? I got married to a man who loves to eat and took on a more stressful job that involves tons of traveling (and leaves me little time to work out). I'm tired of people asking if I'm pregnant. I want to look better and have more energy, both for myself and for my very public job—it's difficult to ignore a weight problem when you see yourself constantly in pictures and on camera, and when everyone around you is incredibly in shape."



Many thanks to Feel Great Weight program sponsors Skinny Cow and Special K.



Health's
Feel Great
Weight
Plan

“We’re ready for our Feel Great Weight!”

For these three women,
their six-month weight-loss
journey on the *Health* Feel Great
Weight Plan begins right here,
right now.

Check on their progress
in next month’s issue.



Height: 5' 9"
Weight: 256 lbs.
Waist: 41.5"
Hips: 53.5"
Body fat: 40.5%
Goal: 199 lbs.



Susan Chapman, 39

Global head of operations, Citi Realty Services

Her story: “I’ve struggled with my weight all of my adult life. At times I have been winning the battle, and a whole lot of other times—like now—I have not. As a kid, my size never really mattered to me because I was a great athlete. I’m still very active, but it’s difficult to keep up the pace. I’m tired of playing a hard match of tennis or taking a long bike ride, then spending the next several days limping because my joints have taken a beating from carrying around the extra weight. This is the one area in my life that I haven’t been able to conquer, and it’s time to change that.”



Height: 5' 4"
Weight: 159.5 lbs.
Waist: 33.5"
Hips: 44"
Body fat: 24.5%
Goal: 135 lbs.



Tiffany Walling McGarity, 36

Photographer and producer

Her story: “I never had to think about my weight in the past. But then I got married, got a bit older, and my husband started grad school while I began working as a freelance photo assistant. All those changes made me want to eat. (Plus, I’ve been diagnosed with an underactive thyroid.) Now that I’m overweight, I don’t like being noticed. I wear clothes that don’t stand out or flatter my body. And I wouldn’t dare get into a dress or a bathing suit. I’m really excited to get to where I feel confident enough about my body to express my true sense of style.”

Recipes, blogs, and more Visit Health.com/feelgreatweight for more advice, tasty recipes, weekly blogs from our three Feel Great Weight candidates, and details on how to keep us posted on your own Feel Great Weight success. **Health.com**