

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 doable—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 <code>Health.com</code>. 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.





Your what-to-eat guide

Forget the word *diet*. Why? Diets are about deprivation, the last thing you need for lasting weight-loss success, Richter says. She's designed a creative food plan that will give you the variety you crave while teaching you to choose wisely in the future, so those pounds *stay* off. Just follow these guidelines, and check out our first-week meal plan (at right) to get you going.

Eat small, frequent meals.

Keep your metabolism stoked by eating five or six small meals for a total of 1,600 calories every day. You'll eat every two to three hours to help you avoid hunger and overeating. And you can eat a cup of nonstarchy veggies (anything but potatoes, corn, peas, and beans) whenever you're hungry. Break up your 1,600 calories this way:

Breakfast: 200 to 300 calories (Split your plate, so you get half protein and half carbs.*)

Snack: 100 to 150 calories

Lunch: 400 calories (half protein, half carbs)

Snack: 150 to 200 calories

Dinner: 500 to 600 calories (half nonstarchy veggies, one-quarter

protein, one-quarter carbs)
Snack: 100 calories

*Carbs include whole grains, fruits, starchy vegetables.

Schedule in a splurge.

Allow yourself 400 extra calories per week (on top of those allowed on the plan). So if you want a cocktail or two on Friday night or that slice of pizza on Saturday, go ahead.

Add a snack with cardio.

On days you do 30-minute Feel Great Weight cardio workouts, you can add a 100-calorie snack: Try ½ cup cottage cheese and ½ cup berries or an apple and piece of string cheese.

Fill up with fruits and veggies.

Aim for two or three servings of fruit and three to five servings of vegetables per day; a serving equals 1 medium-size fruit or 1 cup fruit or vegetables.

Fiber up!

Aim for 25 to 35 grams of fiber per day to keep you full, aid in digestion, and help lower cholesterol. Choose high-fiber carbs: whole-grain cereals, breads, and pastas; brown rice; quinoa; oatmeal; flaxseed; unpeeled fruits and veggies.

Pick lean protein.

Protein makes you feel full, and the amino acids it contains will help you build lean muscle mass, which, in turn, burns calories more efficiently. Aim for 0.75 to 1 gram of protein per pound of body weight, and think lean.

Chicken: Choose white meat, no skin.

Fish: Go easy on shellfish if you have high cholesterol.

 ${\bf Red\ meat\ with\ no\ visible\ fat:}$ Select the leanest cuts like eye round

steak, top round steak, and flank steak.

Pork: Pick a lean chop.

Eggs: Limit yolks to three per week.

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Low-fat or skim dairy: Snack on cottage cheese or yogurt.

Tofu, quinoa, or beans: Learn to love these great vegetarian options.

Don't forget fat.

For this 1,600-calorie diet, shoot for 36 to 53 grams of fat per day. It's necessary to have some fat in your diet—about 20 to 30 percent of your total calories (no more than 10 percent from saturated fat). Fat gives you energy, helps insulate your body, and helps your body make hormones. Several vitamins (A, D, E, and K) also need fat to be absorbed. Try these good sources of healthy fat: avocado, nuts, seeds, salmon, and olive oil.

Weigh in weekly.

Because weight can fluctuate daily (thanks to carbohydrate and salt intakes), Richter recommends weighing in once per week-same time, same scale; that will give you the most consistent read on your progress. Because you're replacing fat with muscle, you can also measure your waist, hips, thighs, and arms to find out if your shape is changing (even if the number on the scale isn't).



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	% 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 table- spoons hum- mus, 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 cocktall 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 table- spoons 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 4 cup hummus and about 1/s 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 15 cup bot- tled salsa and 3 tablespoons grated low-fat cheese	Combine 1 cooked cup quinoa, ¼ cup canned or fresh com, ½ cup diced zucchini, ¾ cup sliced zucchini, 1 tea-spoon 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 me- dium plantain sautéed in 1 teaspoon oil, plus 2 cups steamed broccoli	Serve 4 ounces roasted turkey breast with 34 cup cran-berry sauce, 1 men baked sweet potato sprinkled with cinnamon, and mixed salad greens with 2 tablespoons light dressing	Bread a S-ounce chicken breast with ½ 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	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:

- Walk at a moderate pace for 3 minutes. Use normal strides, arms swinging alongside your body.
- 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.
- 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.
- 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):

- Pedal at a moderate intensity (a 6 or 7 out of 10) for 3 minutes.
- Up intensity (to an 8 or 9 out of 10) for 1 minute.
- 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 but 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 (569; www.athleta.com).



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).

<<< Supportive tank.

<< 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 (56.99; drugstores nationwide).

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/feelareatweight each month to help you kick it up a notch!

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.

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.

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 but
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.

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 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

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 kick yourself: It's OK to have a piece of cake, Beck says.

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. 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.



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.



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.



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."

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."