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Definitely Not What You'd Expect!

Ten Lazy Ways to Lose Weight
One Will Work for You

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and a couple slices of cheese from a sandwich and you'll save more than 300 calories at one meal.

No. 6 Grab 10-Pound Weights Instead of Five-Pounders

The fact is, the more muscle you have, the more calories you'll burn all day long, even while you're sitting on the couch. The best way to build it, says celebrity trainer Teddy Bass, is by adding slightly heavier weights to your normal workout. "I always worried that weights would make me bulk up and get 'is she wearing shoulder pads?' huge, but the

Body by Glamour trainer assured us that wouldn't happen," says Katie Forristall-Hermann, 26, of Chicago, who toned up and lost six pounds. "I still remember reading, 'If you can carry grocery bags, you can lift more than five-pound weights!'" (For free MP3 workouts from Bass, go to glamour.com/bbg/.)

No. 7 Eat a Fiber-Rich Breakfast

People who eat breakfast tend to lose more weight while dieting than those who don't, studies show. What's even better is aiming to get at least eight grams of fiber at your morning meal—say, from a cereal like Smart-Bran by Nature's Path, says Rachel Beller, R.D., founder of the Beller Nutritional Institute in Bev-

{ TIP No. 8 }
Learn These Portion Shortcuts

"I love pasta," says Ena Gordon. "But when I started the plan and found out what an actual serving should be, I realized I was easily eating three times that amount."

There's no need to break out the measuring cup if you use these visual cues:

- A serving of carbs like whole wheat pasta or brown rice should be about the size of your fist.
- Lean meat, fish or tofu should be about the size of an iPhone.
- A tablespoon of a condiment like peanut butter should be no bigger than a Ping-Pong ball.
- A serving of ice cream should look like half a tennis ball.

erly Hills. (One on-the-go option: the spinach, egg white and feta wrap from Starbucks.) Doing this made an immediate difference for Jennifer Kurtley, 26, of Los Angeles, who lost 25 pounds on Body by Glamour (and had to have her wedding dress taken down two sizes!). "I was never a breakfast eater, and I didn't believe that making such a small change could help

me lose, rather than gain," she says. "Before, I'd wind up bingeing on whatever junk was at the office by 10:00 A.M. Now I can easily make it to lunch." For mornings at home, try the banana pancakes recipe at glamour.com/bbg that readers loved: "I made them four times a week for months!" says Christine

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8 grams: the amount of fiber you need at breakfast. An apple gets you halfway there.

Get personalized workouts and 12 weeks of eating advice at glamour.com/bbg/

No. 9 EAT SOMETHING EVERY THREE OR FOUR HOURS

It's a Body by Glamour mantra we love: Snack! It helps your body burn calories efficiently—but you've got to choose the right nibbles. "I was eating sugary and fatty stuff before, and a lot of it," says Sarah Hurcomb, 22, of Toronto. "Snacking smarter helped me lose 53 pounds." Ellie Krieger, R.D., suggests these 150-calories-or-less options:



YUM, CHOCOLATY!
4 large strawberries dipped in 2 tablespoons of chocolate syrup



YUM, CRUNCHY!
3 cups of air-popped popcorn with 2 tablespoons of Parmesan cheese



YUM, CREAMY!
4 ounces of low-fat pudding topped with 1 tablespoon of whipped cream



YUM, CHEESY!
1 ounce of part-skim mozzarella melted on a half of a toasted English muffin



YUM, SALTY!
A handful of pretzel twists or sticks dipped in Dijon-style or honey mustard

JONATHAN KANTOR (TOP); VALENTIN VLASSOV (RIGHT); KAGAN HCLEOD