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11 Cranky Questions Women Ask About Their Body

"Why can't I lose my belly?" "Why is the scale just not budging?" "And what's up with my cellulite, anyway?" In month three of our annual Body by Glamour program, we answer those toughies and more. Follow the advice on these pages and at glamour.com/bbg, and get the body you were born to have.

BY SHAUN DREIBACH

Normally, body gripping is not something we encourage at *Glamour*. It isn't productive, people! But we also know enough about the winking to realize it goes on—in dressing rooms, over drinks with friends, in dark alleyways. So if you're going to kvetch, at least kvetch and conquer! For this, the final installment of our three-month Body by Glamour series (get started from day one at glamour.com/bbg), we invited you to unload your most annoying diet and shape-up issues—from belly pooch to jiggle thighs—and then called in our team of health and fitness experts to help you figure out exactly what to do to solve them. Looks like you'll have to find something else to vent about now. (Darn that perfect body!) ➔

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Q I work out and I'm slim, but I still have a belly! What can I do to get rid of it?

"Start by looking at the stressors in your life," says Pete McCall, a personal trainer and exercise physiologist with the American Council on Exercise. Being continually anxious about anything drains your system in stress hormones like cortisol, which is thought to make your body store excess fat around your midline. Find an outlet for your anxiety: Writing, running or meditating are all good options. One thing to avoid, says McCall: *overdoing* your workouts. "Exercising hard every single day may seem like a good idea, but it actually puts you into a stressed state that makes your body hold on to stored fat for dear life." A final thought: Even at a healthy weight, if you eat a lot of salty or processed foods or sip soft drinks, the issue may be a serious case of bloat. Cutting back could help flatten your belly.

Q I'm getting bored with my regular strength routine. How can I keep things fun?

"Wow, I can think of a hundred different ways!" says celeb trainer Gunnar Peterson. "If you like the workout you're doing now, try changing *how* you do the moves." For instance, do your squats and lunges standing on a big folded towel or—if you're at the gym—a Bosu dome. The unstable surface will give you a new, fun challenge. Want something totally fresh? Take a class you've never tried before, Netflix a bunch of workout DVDs, check out ExerciseTV's quickie routines (the ones by Jillian Michaels are great), download a fitness app or three (we like the free Nike Training Club app) or hit up YouTube. It's a gold mine for free exercise videos; if you've always wanted to work out on one of those big air-filled balls at the gym but don't know how, check out "SparkPeople Stability Ball Workout." And, don't forget that you can find tons of supereffective toning routines on glamour.com/bbg.

Q I heard about a fat-freezing technique. Does it work?

Well, kinda, according to Phillip Haeck, M.D., president of the American Society of Plastic Surgeons. The process, called cryolipolysis—and marketed under the

Once and for All: How Do I Get Rid of My Cellulite?

"I'll be the first one to tell you when something erases it completely!" says Amy Wechsler, M.D., a New York City dermatologist and author of *The Mind-Beauty Connection*. Until such a miracle potion exists, here are four things experts recommend trying:

- 1. Toning up!**
And not because "less fat equals less cellulite." I have a lot of skinny patients with cellulite," Dr. Wechsler points out. Doing strength-training exercises that target the areas with cellulite is key. Having a taut foundation of muscle makes the fat on top of it lie smoother.
- 2. Eating less salt.**
Keeping your intake below 1,500 milligrams a day will reduce water retention. "This may improve the appearance of cellulite in some women," says Marsha Gordon, M.D., a dermatologist in New York City.
- 3. Getting yourself a good skin tanner.**
"It helps skin look more even," says Dr. Wechsler. Our beauty team loves Jergens Natural Glow Revitalizing Daily Moisturizer (\$9, at drugstores).
- 4. Using a cream with caffeine, retinol or hot pepper extract.**
"They're all irritants that cause skin to swell, which makes cellulite less noticeable," says Dr. Wechsler. The (modest) effect lasts only a couple of hours, she says, but many women like it. Try Clarins High Definition Body Lift (\$65, clarins.com).

brand name Zeltiq—is designed to target small areas of fat that may not muffin top or lower abs. (The flab is pinched between two plates and chilled to the point at which the fat cells die (without harming your skin). Over the course of several months, your body naturally flushes the dead cells from your system, and you look slimmer in that spot. Two or three treatments (around \$700 each, per area—you'll need to double that figure if you've got, say, two love handles) may be needed for best results. On the positive side, it's not invasive (unlike liposuction), and there's no recovery time. "But it can take a long time for you to see any change, and the results may be pretty modest," says Dr. Haeck. The folks at Zeltiq promise only about a 20 percent improvement. Worth it? Not in our book.

Q I don't live near a gym. Will doing workout DVDs at home get the same results?

"Yes, as long as you really devote yourself," says Beverly Hills trainer Teddy Basser, who works with celebs like Cameron Diaz. "The problem with at-home workouts is that it's so easy to get distracted. The phone rings, the FedEx guy shows up, your dog is running around, and you may not end up working out as long or as intensely as you would at the gym—or even if you had gone for a brisk walk around the neighborhood." Make sure you're pushing yourself: "I tell clients to grade themselves when they exercise on their own. Would you give yourself an A, or at least a B-plus, for effort? Or could you do more—train harder? That honesty can make a huge difference in the results you get."

Q I'm always starving after I work out, and then I eat more! What's going on?

The problem is probably the foods you're choosing, not your workout. A recent study of young women found that those who exercised and ate foods like fresh fruits and vegetables, low-fat yogurt and lean protein felt more satisfied, even hours after exercising, than those who ate a diet with more pasta, bagels, cheese, cookies and pizza. And while both groups ate approximately the same number of calories over the course of the day, the women who noshed on *Continued on next page* ➔

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the healthier stuff lost more weight and body fat. "Fruits and veggies are loaded with fiber, which is filling and keeps hunger under control," explains Rachel Beller, R.D., founder of the Beller Nutritional Institute in Beverly Hills. "And there's also the whole 'eat with your eyes' effect. When you compare the volume of what you can eat of fruits and veggies with the howl of simple carbs, it's like, 'Wow, look how much is loaded on my plate!' It's much more gratifying."

Q I hit my goal weight! How can I add treats back in without regaining the pounds?

"Congrats! The first thing to remember at this point is that you've embarked on a new healthy lifestyle. Reaching your goal weight doesn't mean you can return to your old way of eating, because the pounds will come back—and should!—add some things into your diet again." Start with foods you crave most, and eat them in moderation. "If you're all about spaghetti and meatballs, try having a cup of it along with a big salad to fill you up—rather than eating a huge plate of pasta, as you may have in the past," she explains. Add in your favorite treats once or twice a week, says Beller, and if after a few weeks you're maintaining your current weight, try phasing in one more treat per week. "If the scale bumps up, it's no big deal, because now you know exactly what you need less of to keep the weight off," she says.

Q When I start working out, I gain weight, so I get tempted to stop. What's going on?

Something good! You're probably gaining lean muscle and dropping body fat, says McCall. "And at the very start of a workout

plan, you may be putting on muscle faster than you're losing body fat, thus the small, initial weight bump," he explains. But remember: "Muscle is denser and takes up less space than fat," McCall says. "So even if your weight doesn't change that much, your dress size might go down."

Q Are there any exercises to make my A-cup chest bigger?

No—your breasts are composed of fat, not muscle, so "toning" them won't work. But there are exercises to make them *appear* more va-va-voom, says Bass. Strengthening your back muscles with bent-over dumbbell rows or reverse flies is especially effective. (Go to glamour.com/bbg for how-tos.) Why work your back? "It'll give you straighter posture, so you'll stand up straighter, chest out," says Bass. "But almost no one thinks to tone that part of her body!" Ironically, what you don't want to spend a lot of time working are your chest muscles. Explains Bass: "Too many push-ups and chest flies can flatten breasts out a bit."

Q My coworker and I are the same size—but she snacks all the time! If I ate like that, I'd gain weight like crazy. What gives?

There are so many factors that determine your food needs, beyond height and weight—like age, metabolism, activity level, body composition, even genetics, says Beller. And unless you're spending 24/7 with this woman, you have no idea what else is going on with her diet or workout. She may only be picking at things throughout the day—and never having an actual meal. "The more important point, though, is this: You shouldn't waste time comparing yourself with others," says Beller. "It's irrelevant to what *you* and your body need." ■



How Can I Lose the Last 10 Pounds?

It's the most-asked fitness question we hear from readers. Our experts weigh in on how to get past a plateau:

- Get enough sleep.**
If you're starved for shut-eye, your body will try to hold on to weight and you'll be prone to cravings. In *Glamour's* 2009 study, testers lost up to 15 pounds just by getting at least seven and a half hours of sleep a night.
- Check your diet.**
"After initial success, it's easy to let less healthy foods creep in or portions expand," says Beller. If you plateau, keep a food diary for a week. "Sometimes we need a diet checkup."
- Stop being bored.**
Plateaus aren't just physical; you can mentally plateau from doing the same workout over and over, says Kate Brown, a fitness trainer with DailyBurn. Brown's advice: "Try something 180 degrees away from what you're doing now that really challenges you. Works every time!"
- Ask yourself: Do I really need to lose weight?**
If you've done all of the above and are still stuck above your "goal," guess what: If your BMI is healthy (check it at glamour.com/magazine), your body may be happy where it is. "A lot of women set overly harsh goals that aren't sustainable," says Donald Hensrud, M.D., of the Mayo Clinic. "Your ideal weight isn't where you'd like to be, it's where you can be."

Your new body deserves new clothes.

Win Great Prizes!

Our Body by Glamour program is packed with workouts personalized for your body shape and weight-loss goals—and it's loaded with tons of eat-right help, too. Check out our new, easy-to-use food and fitness tools on glamour.com, courtesy of DailyBurn. Plus, sign up at glamour.com/bbg and you'll be entered to win a \$1,500 Gap gift card. The best part? It's all free! Log on and sign up now.

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