

# New Year's Special!

# GLAMOUR

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THE 2012  
SEX LIFE  
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Everything!**

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NOW**

**"There's No  
Judgment  
Between  
Sisters"**

**100  
Amazing  
Makeovers**

**GET TO  
YOUR  
SHOW-OFF  
WEIGHT  
FAST**

**OMG Ideas to Steal for  
Every Day This Year**



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JANUARY 2012

# health+body

Must-read news and expert advice to help protect the body you love



**"I actually trained myself to crave healthy food."**

—JOSIE MAURER, 38

"After I had my fourth child, my weight was stuck at 185, too high for 5'5" me. I took a good, hard look at what I was eating and decided to focus on putting healthy food into my body and not overeating. And a funny thing happened: The more good stuff I ate, the less sugar and fast food I craved. I also ran, hiked and did yoga and lots of DVD workouts at home—so convenient. Sure, I've weighed less than I do now, but I'm stronger and more toned than ever!"

## How to Get to Your Show-off Weight

These women feel so proud and healthy, they were willing to stand up in New York City's Times Square to tell the world. Steal their secrets—and life-changing tips from the experts—so you can lose in 2012!

BY SHAUN DREISBACH

Any girl can cut out carbs or exist on smoothies for a week or two. But few girls can live like that for longer; most fad diets are, quite frankly, impossible to stick with. To lose weight in a smart, keep-off-able way, the changes you make need to be lasting ones—think long-term habits, not short-term diets. "Otherwise," says Pamela Peeke, M.D., assistant professor of medicine at the University of Maryland and author of *Body for Life for Women*, "you're destined to go straight from the Dukan Diet to Dunkin' Donuts and pack the pounds back on, and probably then some." So what are the essential habits, you ask? *Glamour* posed that very question to Dr. Peeke and other weight-loss big shots. This is what *really* works.

STYLIST: RACHAEL WANG; MAKEUP: SANDRINE VAN SLEE FOR ART DEPARTMENT; HAIR: KOZMO FOR BRYAN BANTRY AGENCY; ON MAURER: YOANA BARASCHI DRESS, ON DOVE: MICHAEL KORS DRESS, JEAN-MICHEL CAZABAT HEELS; ON LOMONACO: MISS T; BY TRINA TURK DRESS, SERGIO ROSSI HEELS

**1 Stop counting calories.** Yep, you read that right. Research shows the average person is *terrible* at it—we guesstimate that we eat far less than we actually do. “Plus,” says Rachel Beller, R.D., founder of the Beller Nutritional Institute in Beverly Hills, “it makes you focus on hitting a certain number, rather than on what you’re putting in your body. A lot of women have the habit of grabbing a frozen dinner just because it fits their calorie requirement—‘Oh, look: 350 calories, done!’—not realizing they could have something with less salt, fat and preservatives and more nutrition if they worried less about that number.” The math you *should* do at every meal? This simple division: Fill half your plate with fruit or veggies, one fourth with protein and the final fourth with a whole-grain carb. “You’ll keep portions sane,” says Beller, “and the calories will take care of themselves. And you *will* lose weight.”

**2 Don’t skip meals.** Breakfast, you know about: most important meal of the day. “But I find that a lot of women now are skipping lunch,” says Keri Gans, R.D., a New York City nutritionist and author of *The Small Change Diet*. “They get slammed at work and either forget or don’t have time.” And missing lunch is like missing breakfast: You’re going to overeat later in the day. Avoid skimping on meals too. Adds Gans, “Some of my clients, if they’re going out to dinner, will often just have carrot sticks for lunch to save their calories for later. But by then, they’re practically gnawing on the tablecloth waiting for another bread basket to arrive. Have a lighter lunch, but eat something right before you go out—a couple slices of turkey or some crudités with hummus—to take the edge off and help you eat less at dinner.”

**3 Make sure your snacks are just that—snacks.** Many nutritionists say you should eat something every few hours. “It helps keep your metabolism up and makes you less apt to overeat,” says Beller. But one study found that, on average, women’s daily snacks totaled 679 calories. (That’s as much as a Wendy’s cheeseburger deluxe and fries!) A snack should be about 150 calories, and you should aim for two a day, Beller says, for a total of 300 calories. Make sure whatever you nibble on has

protein, healthy fat and some fiber—think an apple plus a handful of pistachios. And, says Beller, “if you’re not genuinely hungry, skip that morning snack. Your body is saying you don’t need the extra fuel.”

**4 Eat your veggies first.** “At my weight-loss clinic, we’ve found that when you start out eating the heartier parts of your meal—the bread, the pasta, the salmon—it’s harder to control your appetite later in the meal,” says Louis Aronne, M.D., director of the Comprehensive Weight Control Program at NewYork-Presbyterian Hospital/Weill Cornell

Medical Center and author of *The Skinny*. “But when you start by having a salad or those green beans, you fill up faster and eat fewer calories.” Pass the kale, please!

**5 Set small goals.** A quick Dos & Don’ts here: *Do* say you’re going to work out three times this week. *Don’t* focus on your ultimate goal of losing 15 pounds. Women who set overly big goals tend to fail; that kind of thinking is just too grandiose and intangible. The near-instant gratification of reaching each mini goal, however, propels you to make new ones and keep going, says J. Graham



**“I wasn’t happy until I gained 15 pounds.”**

—BETHANY TRIPP, 35

“As a kid, I got teased for being overweight. Eventually I started thinking, I’m just not going to eat at all. I didn’t understand that I had an eating disorder, even when one of my best friends said, ‘You need help.’ It hit me only when I caught a glimpse of my 5’3” self in a mirror as I was changing a lightbulb—I could see my ribs. It was a literal lightbulb moment. After an outpatient program, therapy and nutrition counseling, I’ve made peace with my body and with food. I’m beautiful, and no one will ever have the power to tell me otherwise again!”

# Is Your Fridge Making You Fat?

*It's not just what's in there; it's where and how you store it. These expert-proven tricks separate the smart fridges from the stupid ones!*

**DON'T** store fatty stuff in clear containers. Because if you see it, you'll reach for it, says Brian Wansink, Ph.D.

**DON'T** load up on juice. Yes, it's fruit, but concentrated. "It's liquid candy," says Beller. Cut it with seltzer.

**DON'T** keep family-style leftovers, says Wansink. Store them in single portions so you don't overdo it.



**DON'T** keep peanut butter within easy reach. "Women end up eating spoonfuls straight from the jar," says Beller.

**DON'T** rely on low-cal, low-fat packaged meals. They're often high in sodium and low in nutrition.

**DON'T** trade bread for wraps. Yes, they're thin, but calorie-wise, many equal three or four slices of bread!

## WHAT'S IN THE SMART FRIDGE



**DO** stock up on healthy protein, like omega-3-rich salmon or tuna salad. Mix with light mayo and toss with greens, and—voilà—lunch!



**DO** put cut-up veggies at eye level. You're three times more likely to take the first thing you see than the fifth, says Wansink's research.



**DO** have fresh herbs as well as ginger and garlic on hand. (They stay great on the counter too.) Tons of flavor, zero calories or fat.



**DO** swap regular yogurt for the Greek kind. Nutritionists are madly in love with the stuff. It is filling, has protein and tastes deceptively rich.

**OUR EXPERTS**  
Brian Wansink, Ph.D., director of Cornell University's Food and Brand Lab and author of *Mindless Eating: Why We Eat More Than We Think*, and Rachel Beller, R.D., founder of the Beller Nutritional Institute in Beverly Hills

Thomas, Ph.D., coinvestigator at the National Weight Control Registry, which has tracked more than 10,000 people who have lost weight and kept it off.

**6 Do the right cardio...** Any cardio is good for weight loss: A recent study found that a single 45-minute workout could make your body rip through calories at a faster rate for up to 14 hours after you finish, but interval training (exercise at a moderate intensity with vigorous bursts) always wins over a slow and steady pace. That's because the harder you *Continued on next page* ➡

**"I learned to eat '70 percent' healthy—no obsessing!"**

—DIELLA TALI-WILLIAMS, 27

"As a teenager, I was a crazy dieter. I did Atkins, then I'd do the thing where I ate cabbage soup for a whole week. You name it, I tried it. At age 19, I hit 230 pounds. At 5'7", that meant I was obese. It was then that I decided that since no diet had worked, I was going to stop dieting. The moment I quit starving myself and started eating real, not diet, foods, I lost the extra weight. Now I have a rule: I keep my diet 70 percent healthy. That way I can still have a piece of cake and a glass of wine, but I'm more mindful of what I put in my body."



work, the more calories you burn even during the less intense intervals, since your heart rate doesn't have time to drop down to what it would be during a single-pace workout. Suzanne Meth, who manages the VIP fitness studio E at Equinox in New York City, likes to do intervals as one minute hard, one minute easier (which can be applied to any type of cardio). As for how much you need? "The best evidence we have shows that 200 minutes a week of some sort of physical activity, even if it's brisk walking, is optimal for weight loss," says Thomas. Divvy it up in whatever way works for you (say, 40 minutes, five days a week).

**7 ...and strength-train!** Many women log their cardio and then go home. But toning is also key. That's because the more muscle you have, the faster your metabolism gets—and the more calories you'll burn *always*, not just at the gym. "I had a client who was devoted to cardio," says Meth, "but that's all she did. When I assessed her metabolic rate, it was almost half what it should have been. I put her on a strength program, and in six months her metabolism shot up 46 percent—she could relax about what she ate without gaining weight." Focus on moves that target your largest muscle groups (butt, thighs and back). "Most women think of arms and abs

first," says Meth, "but they're tiny areas. It's the muscles you don't see when you face the mirror that are the metabolic monsters." And think quality, not quantity. No need for hundreds of squats. Doing a few dozen *well* (mind that form!) will change your body.

**8 Watch what you drink.** "So many women overlook liquid calories," says Beller. "Big mistake. One of my patients would have a venti latte in the morning, an organic lemonade at lunch, a Red Bull as a 3:00 P.M. pick-me-up and wine at dinner. Not horrible, right? But she drank 865 calories. That's insane!" When in doubt, stick with water or seltzer.

**9 Don't eat too low-fat.** "My female patients," says Beller, "especially the ones in their twenties, often think that if low-fat is good, nonfat is better. But that puts you in deprivation territory, and in the absence of fat, you are not going to be as full and satisfied and will ultimately eat more of something else." Have a little healthy fat at each meal and snack—a teaspoon of olive oil on your salad, a bit of goat cheese. Bonus: It'll help your body absorb more of the nutrients in your food.

**10 Get at least seven and a half hours of sleep each night.** Perhaps you've heard us say this once (or 960 times) before, but the link between sleep and weight is too key not to repeat: Adequate rest allows your body's appetite and satiety hormones to work the way they should, so you will feel less hungry and won't be nearly as apt to overeat when you do grab a bite. "Plus," says Gans, "when you're tired, you don't make healthy decisions. You grab a mammoth bagel with cream cheese because you just can't be bothered to think of something better."

See, not too complicated or torturous, right? Just one more piece of advice before you commence with the dress-size dropping: "With all of these habits," says Dr. Peeke, "the key factor is consistency. Notice I didn't say perfection! It's about a general plugging-away-at-it attitude." So next time you eat The Whole Thing or have a weekend during which your only workout is gesturing at the TV screen, just remember the good-habit wagon's there. You can always climb back on. ■

*Shaun Dreisbach is a contributing editor for Glamour.*

**"I made a promise to move my body every day."**

—PAMELA DELANUEZ, 30

"After losing and gaining the same 20 pounds over and over, I joined Jenny Craig and started working with a personal trainer. I know not everyone has access to one, but I needed to be accountable to someone at least one day a week. I make it a point to move every single day, and I've finally settled into a healthy weight for my 5'4" height. If I can't work out in the morning, I take the dog out for a run after work. You have to be flexible!"

**144 lbs**





# “Yes, I Struggled With My Weight”

Even health pros have issues! Daphne Oz, cohost of ABC's *THE CHEW* and daughter of TV's Dr. Mehmet Oz, *knows*.



**I**MAGINE GROWING up in the most health-conscious home in America and not being able to get a handle on your weight. That was me. I remember sitting at our family dinner table, hearing about everything from the latest updates on vitamin D to the glories of fiber, then heading upstairs to step on the scale and realizing I weighed almost 180 pounds. I was 17 years old.

Even though my mom (a wellness expert) and dad talked to me about eating healthy, I was always grazing, and I used food as a way to bond with others. When my parents tried to bring up my weight, I'd get defensive and try to deal with it on my own. I tested every fad diet out there. Of course, none of those panned out; if I lost any weight, it all came back when I started eating my “forbidden” foods again.

As I was about to start college, I wanted to look and feel better for good. Like a true daughter of a doctor, I spent months researching the latest health information in order to create a healthy lifestyle that would work for *me*—meaning it had to leave room for the food experiences that make life so exciting. The result was a permanent and remarkably easy approach to

food that you can steal for yourself. Proof that it worked: I dropped 30 pounds while in college and never looked back. Along the way, I had four key epiphanies that helped me reach my happy weight. And I want to share those with you.

**EPIPHANY #1:** Food can do only so much. I'd come home from school and help my mom make dinner, catching up on the day and grazing the whole time. For me, eating and cooking were ways to be together with my family, and they gave me a deep sense of belonging. The problem was that I would already have eaten a meal's worth of calories by the time we sat down for dinner. I still love to eat and cook, but now it's about putting love into creating dishes to share with my friends and family, rather than using food to fill an emotional need.

**EPIPHANY #2:** It's what you do *most* of the time that counts. I was a habitual “famine” eater; I treated special-occasion foods like I would never be able to have them again, so of course I would overindulge. Watching how my dad eats helped get me away from that. Most of his meals are healthy, but he makes room for dishes he absolutely loves, like barbecue ribs and homemade German chocolate cake. What's funny is that I spent my childhood obsessing about

food, but I was able to lose weight only once I stopped letting it control me.

**EPIPHANY #3:** I can count my way healthier. As I was trying to figure out when it was actually worth it to indulge in treat foods, I came up with a trick I call Count Your Age Before You Cheat. Although no food was off-limits, I started giving myself 18 (now 25) seconds to decide whether I wanted a food just because it was there or whether the indulgence would actually be so rewarding that it would fuel my resolve to eat well the rest of the time. Usually, that short mental moment is all you need to realize which foods are just tempting you and won't deliver any payoff.

**EPIPHANY #4:** Eating together can be stress-free. Bonding over food is human nature. I never want to deny myself that. But learning how to eat with my husband was a challenge. He's 6'3" and 220 pounds; what he considers a normal meal would make me tip the scales. My solution? I made him my “garbage can,” ordering what we like but letting him finish half of what's on my plate. (He can afford it!)

I've always loved food, and I always will. Realizing I don't have to deprive myself or obsess is what helped me lose weight for good. I want every woman to find that balance—and understand that being healthy can and *should* include enjoying food, not depriving yourself of it. ■

*Daphne Oz is cohost of ABC's *The Chew* and author of *The Dorm Room Diet*.*