

GLAMOUR

A full-page photograph of Miley Cyrus with long, wavy, light brown hair, smiling warmly at the camera. She is wearing a white t-shirt with a lace-like pattern on the chest, a silver sequined jacket, and blue denim jeans. Her right hand is in her pocket, and she is wearing a silver watch on her left wrist.

**25 Things
You Do
That Guys
Secretly
Love**
And Six That
Freak Them
Out

131
**Little
Ways to
Your Best
Body!**

Plus
**What to Eat to
Lose Eight Pounds
This Month**

Miley
America's Most
Famous Girl
Grows Up

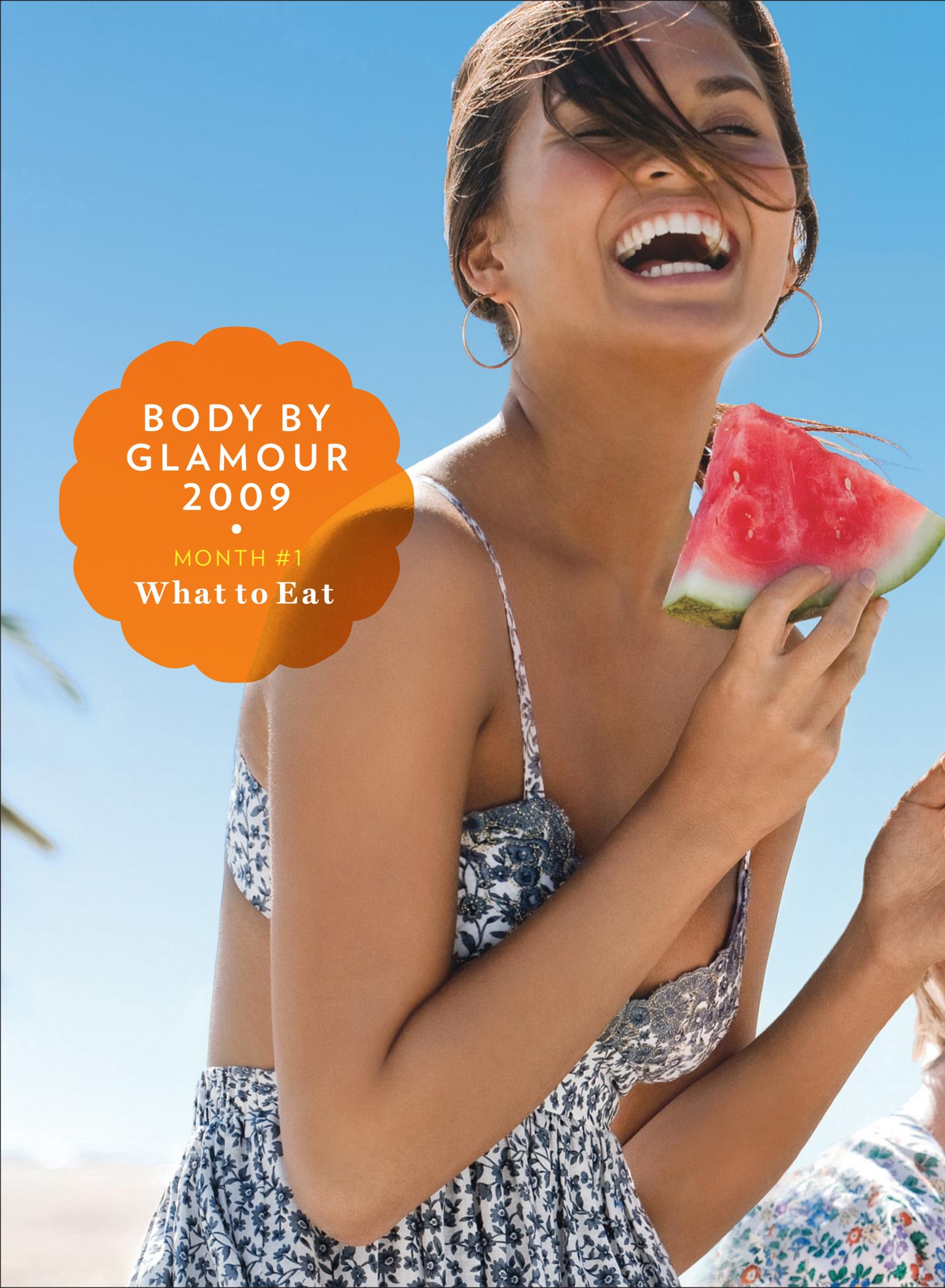
**The
Sexiest
Swimsuit
for Your
Exact
Shape**
Find It, Get It,
Do a Little
Dance in It!

**Amazing
Hair**
The 1-2-3
Plan Every
Woman
Should Know

TOP PRIORITY

**The Quick
Cancer
Check That
Saved 50
Readers'
Lives**

MAY 2009
www.glamour.com



**BODY BY
GLAMOUR
2009**

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MONTH #1
What to Eat

Seven Simple Ways to Lose the Weight

If it's May, it must be...time for our fifth-annual miracle-working Body by Glamour plan, used and praised by almost 700,000 women. Why? Because it gets results, without a single stomach grumble or cayenne pepper cocktail. Sign up at glamour.com for food advice and personalized workouts—and get seven simple eating rules right here that will kick-start your body revolution. (You could lose eight pounds this month!)

by **Shaun
Dreisbach**

photograph by
Walter Chin

Sign up
for the *free*
Body by Glamour
plan at glamour.com/bbg—
and you could
win big!

Want to feel healthier—and get slimmer—quick? Research shows the best first step is to change your diet. Follow these simple healthy-eating guidelines from nutritionist Rachel Beller, R.D., and you *will* slim down—no question. Sign up at glamour.com to get more food advice each week!

1. Eat at Least 8 Grams of Fiber at Breakfast

◆ Experts generally recommend that women get 30 to 35 grams of fiber daily. “But most women barely even get 10!” says Beller. “Actually hitting that goal has been key to my clients’ weight loss.” Fiber is a powerful tool, in part because it’s bulky and keeps you feeling satisfied. What’s more, research has found that high-fiber meals trigger the release of cholecystokinin, one hormone responsible for sending “I’m full” signals to the brain. Bottom line: Fiber is *key* to reducing what you eat overall and thus losing weight—and if you get plenty of it at breakfast, you

are far more likely to hit your daily quota. “Fruits and vegetables don’t have as much as many people believe. You need fiber-rich grains, too,” says Beller. One serving of a high-fiber breakfast cereal like Fiber One or Nature’s Path Organic SmartBran, for example, has 13 to 14 grams of fiber—that’s as much as four whole apples or six cups of broccoli. Just as important as fiber’s weight-loss properties: Piles of research show it helps reduce risk of heart disease and even some cancers. Great health bonus!

◆ **SWITCH TO A HIGH-FIBER CEREAL** and you’ll feel fuller longer.



◆ **HAVE A SERVING OF FRUIT** every morning for flavor and disease-fighting antioxidants.

◆ **TRY NON-FAT GREEK YOGURT.** It has more protein—and it’s creamier!—than regular yogurt.

FOUR TASTY HIGH-FIBER BREAKFASTS

Get these and many more recipes at glamour.com/bbg.



Egg and cheese on a whole wheat tortilla
216 CALORIES, 18 GRAMS FIBER



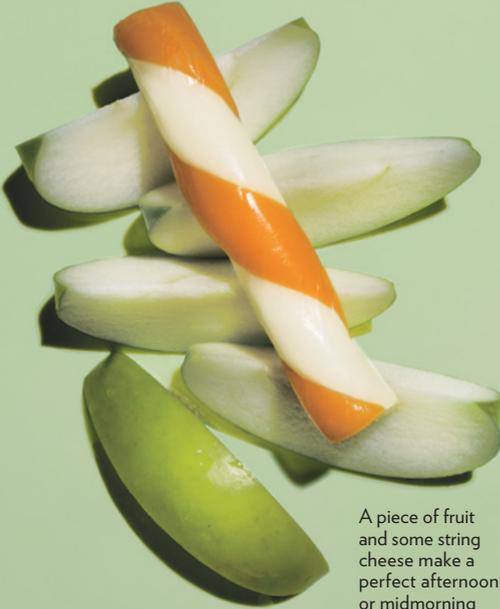
Whole wheat French toast with fruit
220 CALORIES, 13 GRAMS FIBER



Oatmeal with wheat germ and bananas
230 CALORIES, 12.5 GRAMS FIBER



Fiber-rich banana pancakes
200 CALORIES, 14 GRAMS FIBER



A piece of fruit and some string cheese make a perfect afternoon or midmorning snack, says Beller.

TOM SCHERLITZ: FOOD; STYLING: BRETT KURZWEIL; SANDWICH: JUPITER IMAGES; PORTRAIT ILLUSTRATIONS: ALEXANDRA COMPAIN-TISSIER; ALL OTHER ILLUSTRATIONS: KAGAN MCLEOD; PREVIOUS SPREAD: STYLIST: CHARLOTTE ANNE FIDLER; HAIR: THOMAS MCKIVER FOR BOND ACADEMY; MAKEUP: LINDA HAY AT THE WALL GROUP; MANICURE: JODI CARDENAS FOR ARTISTSBYTIMOTHYPRIANO.COM; PRODUCTION: HG PRODUCERS.COM; ON MODELS: FROM LEFT: JOHNNY MARTIN DRESS; HEIKE GREBENSTEIN EARRINGS; SEE BY CHLOE DRESS

2. Have a 150-Calorie Morning and Afternoon Snack

“You can skip the A.M. nibble if you’re not hungry, says Beller, but an afternoon snack is nonnegotiable. “After five, six hours without nourishment, your blood sugar plummets, and you feel like the world owes you food—lots of it,” says Beller. “You’re going to pick at this and that while you’re cooking, or overorder if you’re out. I’ve seen it so many times!” Beller generally doesn’t advocate counting calories, but snacks

are an exception. “Our whole notion of what a snack is has gotten skewed,” she explains. “We’ll grab an energy bar or a fast-food wrap marketed as a ‘snack.’ But they can have well over 300 calories. Add a latte or a soda and it’s like dinner.” Instead, choose a snack with fiber and protein that has about 150 calories, such as four tablespoons of walnuts and cranberries, or an apple and a piece of string cheese.

4. Think Twice About Toppings and Add-ons

“When it comes to losing weight, the simpler you eat, the better,” says Beller. That’s because extras, even healthy ones—say, goat cheese or avocado on a sandwich—can add major calories. Just two spoonfuls of sunflower seeds or pine nuts on a salad, for example, can add 90 to 200 calories (as many as are in two Hershey’s Miniatures or two scoops of light vanilla ice cream!). Other extras that add a surprising number of calories: dried fruits, crispy noodles, croutons or tortilla strips, oil-packed sun-dried tomatoes, marinated mushrooms or eggplant, and nuts.



3. Plan at Least Three Go-to Breakfasts, Lunches, Dinners and Snacks

“If you have five minutes to run out and pick up lunch and aren’t sure what some good options are, that’s when you’ll say, ‘The heck with it,’ and grab a slice of pizza or two,” says Beller. But if you have quick, you-know-they’re-healthy meals to pack for lunch or buy at a nearby restaurant, you’re setting yourself up to succeed. Likewise, if you walk through the door without a clue what to make for dinner—or don’t have the ingredients to prep something healthy—who can blame you for hitting the drive-through? “My clients love having a routine,” says Beller. “It makes them feel empowered—and makes it easier for them to consistently eat healthy.”

WAKE UP MOTIVATED EVERY DAY

Health and wellness expert **Jillian Michaels** of *The Biggest Loser* revs you up here and gives new advice each week on *glamour.com*.

Before anything else, I want to say, Good for you, girl! The fact that you’re even reading this means you’re ready to commit to bettering your body and health. That rocks. Your first lesson consists of asking yourself just two questions:



1. WHY THE HECK ARE YOU DOING THIS?

Most of us initially say we want to lose weight to look hot. But go a little deeper—why do you really want to get slimmer or stronger? What is it about your life or the way you feel about yourself right now? You have to be in this for *you*: to feel confident enough to have sex with the lights on; to feel comfortable in your own skin. Once you find out your main motivation, write it on Post-its and plant them in your gym bag, under your car visor, all over, so they’re always in your face and driving you to keep at it.

2. WHAT ARE YOU AFRAID OF?

Yes, *afraid* of. Fear is the number-one thing that keeps women from changing their bodies—not laziness or lack of willpower. Some are afraid of getting attention from men, or of failing, or even of change itself. What scares you? It’s usually lurking there somewhere, underneath the excuses about not having the time or energy to eat right or exercise. Now it’s time to take action: Pull out that pen again, jot down your goal on a piece of paper and, under it, write all the things you’re going to do to get yourself there. Maybe you’ll sign up for Body by Glamour today, then shop for healthy foods after work tomorrow. Writing down your goals and the actions you’re taking makes them real, concrete things—instead of vague hopes or intentions you have tucked away in the back of your mind.

Sign up for Body by Glamour at glamour.com/bbg—and you could win big!

Jillian Michaels’ no-nonsense pep talks in next month’s issue—and on *glamour.com* every week—will keep you on track.

MEET YOUR BETTER-BODY GURU

The Body by Glamour plan offers exclusive advice and support—from the country’s top food and fitness pros.



THIS MONTH: YOUR NUTRITIONIST **Rachel Beller, M.S., R.D.**

Beller has celebs like Sheryl Crow lining up in her waiting room and is so respected in her field that doctors have her on speed dial too. The founder of the Beller Nutritional Institute in Beverly Hills designs simple weight-loss plans that work.

5. Make Veggies the Base of Your Lunch and Dinner

◆ Think of each lunch and dinner as a pyramid: Veggies should be the base, lean protein next, then a small amount of healthy carbs to top it off. “Most of us eat in the completely opposite way—it’s all about the big bowl of pasta with a teeny salad on the side,” says Beller. “Of course it’s fine to eat starchy carbs like bread and pasta. But they should be the smallest part of your meal because they are higher in calories, less nutritious and less filling than veggies or protein. And starchy foods are the items that women tend to lose control with and overeat most.” Eating this new way, you might start with salad greens or steamed, roasted or stir-fried veggies; add four ounces of protein like tofu, fish, chicken breast or pork; and then have portion-controlled, healthy

whole-grain starches like one slice of multigrain bread, a whole wheat pita or tortilla, a third of a cup of brown rice or a half cup of whole wheat pasta. Filling your plate with veggies first allows you to eat significantly more food, even though you’ll down as many as 432 fewer calories a day than if you eat a typical diet, research has found.



◆ **HAVE 4 OZ. OF LEAN PROTEIN** such as chicken, fish, tofu or seafood.

◆ **LOAD UP ON THE VEGGIES!** You’ll feel satisfied and cut hundreds of calories a day.

FOUR HEALTHY LUNCHES AND DINNERS

Find out how to make these and lots of other options at glamour.com/bbg.



Spinach salad with tuna and crispbread
340 CALORIES, 11.5 GRAMS FIBER



Garlic shrimp and cabbage stir-fry
380 CALORIES, 7 GRAMS FIBER



Chicken meatballs, whole wheat pasta
335 CALORIES, 7 GRAMS FIBER



Tomato soup and half a sandwich
365 CALORIES, 9.5 GRAMS FIBER

6. Have an After-Dinner Treat Every Day

◆◆ “We’re human; we need goodies,” says Beller. “Take them away, and any plan will backfire. It’s like saying you’re going to work 365 days a year with no vacation. You’ll burn out.” You can

have whatever you like—an ounce of dark chocolate, a glass of wine—but Beller does recommend checking calories and limiting them to 120.

Tip: If you’re the type who can’t keep it to a half cup of frozen yogurt, you might opt for individually portioned treats like Skinny Cow Ice Cream Bars or five Hershey’s Special Dark Chocolate Kisses. For more yummy treat ideas, go to glamour.com/bbg.



● **BREAK OFF SOME** dark chocolate at night and enjoy!

7. Get at Least 7 Hours of Sleep Every Night

◆◆ Dozens of studies show that people who don’t get enough sleep tend to weigh more than those who do. “When you don’t sleep enough, you feel sluggish and look to food to pick you up and get you through the day—particularly sugary, high-calorie stuff,” says Beller. A lack of sleep also disrupts the balance of leptin and ghrelin, two hormones that help control appetite, research has shown. “I’ve had many clients who, when I gave them ‘the talk’ about getting more rest, dropped five or 10 pounds almost instantly after following my advice. They felt more balanced and energized—and found they didn’t need to grab that doughnut at their morning meeting or jet out for a whipped mocha coffee in the afternoon. I’m telling you: If you’re serious about changing your body, you’ve got to prioritize sleep.”



THE BEST BODY BY GLAMOUR PLAN EVER—IT’S FREE ONLINE!

It’s the fifth anniversary of the Body by Glamour program, and we’re giving you more exclusive advice and easy-to-use online tools. The 12-week plan kicks off right here with simple eating rules; next month get your sexiest-body workout, then stock up on motivation secrets in July.

Sign up for Body by Glamour at glamour.com/bbg—and you could win big!

The full plan, including workouts, launches on glamour.com on April 2. Sign up! It’s all new and 100% free.

WHAT YOU CAN WIN

Sign up for Body by Glamour at glamour.com and you could win a VIP trip for two to **HOLLYWOOD** including five nights at the Renaissance Hollywood Hotel & Spa, treatments at Spa Luce, breakfast in bed and round-trip airfare, all compliments of the Renaissance, and, to top it off, a one-on-one with Jessica Alba’s trainer, Ramona Braganza. Plus, every day this month you could win a \$120 silver snake-print tote from the Home Shopping Network.



WHAT YOU’LL GET ONLINE

- Workouts personalized for your shape and fitness level
- Weekly eating advice that will help you slim down quick
- All-new, easy-to-use fitness and food journals
- At-a-glance reports to track your progress
- Lots of yummy ideas for breakfast, lunch and dinner
- Free downloadable MP3 workouts
- A friends feature to connect with other users and motivate each other

RULES: No purchase necessary. Open to legal residents of the 50 United States and D.C. who are 18 years of age or older at the time of entry, except employees of Sponsor and Administrator, their immediate families and those living in the same household. Begins 12:01 A.M. EST on 4/2/09 and ends 11:59 P.M. EST on 9/8/09. All entries must be received during promotion period. To enter and for Official Rules, visit glamour.com. Odds of winning depend on the number of entries received. Void outside the 50 United States and D.C. and where otherwise prohibited. Prize ARV: 1 Grand Prize, \$3,686; 90 Daily Prizes, \$109.94–\$313. Sponsor: The Condé Nast Publications, 4 Times Square, New York, NY 10036.

COMING NEXT MONTH:
THE BETTER-BODY WORKOUT BY CELEB TRAINER RAMONA BRAGANZA!