



6 Ways to Win the Weight Battle

Alexandra Gekas in *Woman's Day*



Here are the six most important ways to use the mind-body connection to help your weight-loss efforts rather than hinder them.

Accept that diets don't help you in the long run. Every year you try to eat less and less, but gain more and more. Sure, some of this has to do with the biology of aging, but it also has to do with the damage all those fad diets have done to your metabolism. Fad diets can lead to a situation in which eating only 1000 calories can mean gaining weight! Instead, increase exercise and "chew food"—highly nutritious and fibrous but low-calorie foods, such as an apple instead of apple juice.

Focus on fitness, not thinness. In our body-obsessed culture with ultra-thin celebrities setting the trend, it's hard to remember that your health and well-being are about more than being a particular pants size. "Do it for your health, do it to stimulate your mind and find passion," says Ramona Braganza, fitness expert. Try focusing more on how you feel rather than what the scale says.

By focusing on being fit and feeling healthy—keeping your age in mind—you'll be better equipped to hit your ideal weight. Braganza says "Your body changes, so you have to look for a new role model. My role model is my 75-year-old mom, who teaches Zumba® classes."

Make friends with food. Losing weight should not mean eating bland, flavorless food. And it definitely should not entail being hungry all the time. Think about food as nourishment, and make it as delicious as possible. In fact, if you do it right, you can eat just as much, if not more than before. "I'm a big believer in eating great food, but it's about caloric density. If you're going to take in fewer calories, those calories should be much larger portions," Dr. Harlan says. His example: beef stroganoff. Make it with the same ingredients, but use more mushrooms and less beef (the leaner the better). You'll consume fewer overall calories, but more food, and still feel satisfied. "We respond to volume of food, and when the volume is high and we feel filled up, we'll stop eating,

Start small and build slowly. One of the biggest mistakes people make

when trying to lose weight is going to extremes. Be mindful of where you are, and respect your limits. "People don't know how to get started. But I'd be happy if you just went out and walked three days a week," Dr. Harlan MD, medical director at the Tulane University School of Medicine says. "Starting very low-impact, going slowly and building up very carefully is the number-one key with exercise."

Concentrate on commitment more than intensity. You don't have to log endless hours at the gym to become healthier, but a commitment to an exercise regimen is essential. "When I'm talking to patients, the first thing I do is work on time. We schedule

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Philly Cheesesteak Sliders

Serves 1 - Source: Hungry Girl

- ¼ cup thinly sliced onion
- ¼ cup sliced mushrooms
- ½ tsp chopped garlic
- 4 oz thinly sliced raw lean filet beefsteak
- Dash each salt and pepper
- 1 light hot dog roll
- 1 slice fat-free American cheese

Bring a skillet sprayed with nonstick spray to medium heat on the stove. Add onion, mushrooms, and garlic. Stirring often, cook until slightly browned, 3-4 minutes. Remove from the skillet and set aside. Respray skillet and bring to medium-high heat. Add beef and season with salt and pepper. Cook for about 1 minute per side, flipping gently, until fully cooked. Remove beef and set aside. Split open the roll without separating the halves. Pile veggies onto one side and top with the beef. Tear cheese into 2 strips, and evenly place over the beef. Gently close the sandwich. Respray skillet and return to medium-high heat. Carefully place sandwich in the skillet with one of the flat sides down. Cook until cheese has melted and bun is lightly browned, about 1 minute per side. Evenly slice into 3 pieces.



Per serving: 295 calories, 8.5 g fat, 653 mg sodium, 21 g carbs, 3 g fiber, 33 g protein



6 Ways to Win the Weight Battle - continued

everything in our lives, but we don't book exercise," Dr. Harlan says. "If I can just get them to start by penciling in that 30 minutes three times a week, that's enough to get them started." **Stop obsessing about your weight.** The fastest way to misery is to obsess over dieting and weight loss. It's not only bad for your self-esteem, but it will sabotage your weight-loss efforts, too. You store fat when you're stressed - not to mention the natural fluctuations caused by hormones and age. With this in mind, focus on long-term goals rather than micro-managing your life.

Blast Off Fat (Way) Faster

Myatt Murphy for Healthy Living

Whether you use just two of these strategies or all six, our insider tips will help you get the calorie-burn you deserve.

1. Know this: "You'll be able to comfortably work out longer and harder if you're cool," says Len Kravitz, PhD. "Being too hot stresses your body out, so you don't perform as well." Translation: You burn less fat.

Do this: When exercising at home, put a fan in front of your workout area. Hitting the gym? Wait to use the treadmill that has a fan built into the console.

2. Know this: "Wearing a heart-rate monitor makes it easier to burn more body fat by showing just how hard you're really working," Kravitz says. "Keeping your heart rate in the right zone prevents you from slacking off, so you make the most of every minute."

Do this: Invest in a heart-rate monitor and wear it every time you exercise. We love Life Fitness's new Dual Watch and Heart Rate Monitor (\$60; at CVS stores nationwide). It's simple to program and use. It doesn't require an uncomfortable chest strap—just touch the face with your fingertips. And it comes in a variety of sizes too.

3. Know this: "Warming up for five minutes before each workout helps you lose more weight," says Heather Dillinger, an elite-level personal-fitness trainer. "It not only makes your muscles more pliable but also increases their range of motion, so you end up using more muscle fibers as you exercise."

Do this: Choose a warm-up routine that hits all of your muscles, not just your legs. The easiest option: Do three to five minutes of low-intensity walking while pumping your arms back and forth.

4. Know this: "Two smaller workouts can be more effective than one," Stanforth reveals. That's because every time you do high-intensity exercise, your metabolism stays revved for an hour or more afterward. Splitting up your workout boosts your metabolism twice, giving you additional calorie-burning time from the exact same routine.

Do this: Divide your workout into two smaller, high-intensity sessions—preferably, doing one in the morning and one at night.

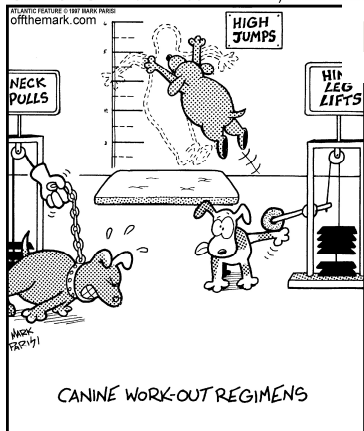
5. Know this: If you're convinced that you're melting fat while exercising, you'll make a mind-body connection that will actually help you lose fat faster, Dillinger explains. In a 2007 Harvard study, participants who believed they were getting a good workout showed greater reductions in body fat than subjects who performed the same activities but didn't feel like they were really exercising.

Do this: The next time you do anything active, remind yourself every few minutes that you're giving it your all. This little mental move may motivate you to push yourself harder, leading to even greater fat loss.

6. Know this: "The less time you rest between sets when strength training, the more calories you're likely to burn," Dillinger notes. "Keeping rest periods short keeps your heart rate at a higher rate, which naturally increases the number of calories you're using."

Do this: The best rule of thumb is to take only a 30-second break between sets.

off the mark.com by Mark Parisi



HUMOR



Misleading Labels #7

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that "USDA organic" does not necessarily mean healthy

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