

## Fill Up to Slim Down

- EAT HEALTHY WITHOUT FEELING HUNGRY
- LOSE 2 POUNDS A WEEK
- IMPROVE YOUR HEART HEALTH
- INDULGE IN 120 RECIPES

Edward H. Diethrich, M.D., *Author, *Lower Your Cholesterol**  
& Jyl Steinback, *"America's Healthiest Mom"*

# The endless energy of America's Healthiest Mom

Jyl Steinback is on a mission to fight fat and educate consumers

By D.J. Perel

**J**yl Steinback is known as America's Healthiest Mom, but she also may be America's Most Energetic Mom. She's written 14 books, works as a personal trainer, teaches a course in healthy living, works out daily, relentlessly promotes her products and finds time to take care of her husband and two children.

No wonder she starts her day at 4 a.m.

After earning degrees in education and physical education she started her career as a personal trainer at Elizabeth Arden in Beverly Hills and the Golden Door Spa. "Fat farms, we called them at the time," she recalls with a laugh.

Those "fat farms" served as her boot camp; she's now one of America's leading soldiers in the fight against fat. "My love is getting people in shape," she says from her home in Scottsdale, Ariz.

Getting people in shape has been a busy and profitable endeavor. Although she is not a classically trained chef, her 12 cookbooks have sold more than two million copies. Part of the secret to her success is she understands that the kitchen can be an intimidating venue for so many people.

"It's overwhelming," she says. "It's like when you walk into a gym for the first time and you see so many pieces of equipment and you're not sure what to use or how to use it. The same thing happens to many people in the kitchen. It happened to me. I wasn't a chef."

Recognizing and experiencing this fear of frying became the recipe for Jyl's success as a cookbook author. "I kept it simple. I made the recipes easy, calling for only a few ingredients, ingredients you probably already have. And they could all be prepared in a few minutes," she says. "And now so many of the e-mails I get thank me saying, 'You made the kitchen comfortable.'"

Making people comfortable with a healthy lifestyle is the underlying message Jyl has been preaching for years. Her recent book *Fill Up to Slim Down* (Avery, 2005) teaches readers to eat foods with a high or moderate satiety factor. To put it simply, it's an eating plan based on eating healthy foods that fill you up.

"This book is based on the way I live my life, eating six meals a day. I'm a grazer," she says. "Eating foods that fill you up is the secret, because if we're satisfied we don't keep searching for more food."

"I ask people to list their top 10 foods and then I build around that. Then I know that's a lifestyle they can keep."

Weight-loss success is a latticework of tips and tricks, but failure

is rooted in a single cause. "People fail because they have too high expectations of themselves," Jyl says. "They're trying for something faster than their body can give it. They have to realize it took a long time to gain weight, to get to where they are, just like a pregnancy takes nine months to get all the way there. And it takes a while to get back." So forget about quick fixes. "You need a healthy way to live so you don't have to struggle anymore."

Educating people about healthy ways to live is Jyl's ongoing mission and obsession. Ask her for weight-loss tips and she spews advice like a slot machine spitting quarters to a jackpot winner. "Hot soup fills you up. So do spicy foods. It helps the metabolism. And so does cold water. Don't drink wine before a meal, it stimulates the appetite. Have it during the meal.

Order cake for dessert and share it with everyone. In a restaurant wear a belt and put it one notch tighter so you don't overeat."

Ka-ching. It's the weight-loss tips jackpot! After a few minutes and dozens more tips, it's almost impossible to keep up with Jyl's narrative. It's clear that 14 books later, America's Healthiest Mom is in no danger of running out of fresh advice and information.



"People fail because they have too high expectations of themselves. They're trying for something faster than their body can give it"

### Jyl's recipes . . .

Jyl Steinback's recipes from *The Busy Mom's Make It Quick Cookbook* are featured in this issue of *Looking Good Now!* on pages 70-74 and 76-80.

D.J. Perel is the Editor in Chief of *Looking Good Now!*



# LOOKING GOOD NOW!

## Contents

### ● ON THE COVER

**20 Fitness in Four Weeks** Get fit in four weeks with this plan designed exclusively for *Looking Good Now!* By Jyl Steinback, "America's Healthiest Mom"

### ● Editor's letter

## LGN hires "America's Healthiest Mom"

**T**he new year represents a fresh start for many of us, a chance to strengthen our resolve to live a healthier lifestyle and shed unwanted pounds. Sometimes it takes a New Year's resolution to make the changes we need.

To help you in your quest to eat healthier and get enough exercise, we've hired Jyl Steinback, "America's Healthiest Mom," as a senior editor of *Looking Good Now!* Jyl's spectacular credentials include writing 15 healthy lifestyle/cookbooks and developing complete lifestyle training programs for individuals, schools and corporations. She has written for every major magazine and is recognized as a leader in the field of fitness and nutrition.

In this issue, you will find a Fitness in Four Weeks plan, created by Jyl exclusively for our readers. This plan will work for you no matter what level of fitness you are starting from — beginner, intermediate or advanced. It's all part of our New Year, New You campaign, designed to make 2006 your healthiest year ever.

Of course, in every issue you will still find our real-life success stories, including three spectacular weight-loss triumphs starting on page 68. And we will continue to bring you tasty and healthy recipes, great finds of delicious foods with good nutritional value, and all the information you need to eat healthy and exercise safely. You've made *Looking Good Now!* the hottest new health and fitness publication in America and we're committed to helping you improve your life and make the changes that will enable you to reach your goals.



Here's to a great year,

**D.J. Perel**

Editor in Chief

# HAPPY HOLIDAYS!



Deck your tree,  
page 47

## NICK JR.

Family Magazine

### Celebrations around the world



**The Resolution** Eat less.

**The Revolution** Eat more of the right stuff.

Eat more whole grains and add more color to your diet, suggests Jyl Steinback, author of *The Busy Mom's Make It Quick Cookbook* (Meredith Books), which features nutrition advice and healthy recipes using convenience foods. "Have at least four colors at every meal—for example, red tomatoes, white cucumbers, green broccoli, and orange carrots," she says. "The brighter the fruit or vegetable, the more antioxidants that provide nutrients

for a healthy body. Plus, if you snack on high-fiber grains, fruits, and veggies, you're less likely to grab empty-calorie, sugar-laden junk food."

**The Plan** It's all about the prep work—planning ahead so you don't fall back on unhealthy choices. You won't have to forego sweets if you freeze red grapes in zippered bags and munch them like mini ice pops, or set aside a few strawberries to be dipped in a little melted chocolate. "You're getting your colors and satisfying your sweet tooth in a healthy way," says Steinback.



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# LOOKING GOOD NOW!

## I LOST 245 LBS.

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THINK SUGAR IS BAD?



**SWEETENERS CAN MAKE YOU GAIN WEIGHT!**

**3 SIMPLE WAYS TO STAY THIN OVER 40!** PG 24

**WEIGHT-LOSS RESOLUTIONS that work any time of year!**



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# The 10 Commandments of Healthy Living

It's not about  
depriving yourself,  
so **relax** and **get  
healthy!**

By Jyl Steinback,  
"America's Healthiest Mom"

**W**hat is healthy living? It may be easier to define what it is NOT, so let's start there. It's not a world of deprivation, a world without your favorite foods, or a world filled with bland foods, and never-ending activity. It IS fun, exciting, adventurous, and never, ever boring! Healthy living has far more to do with enjoying life than depriving oneself of a few candy bars. Healthy living is an attitude based on positive thinking. It's the creation of new and improved habits. Healthy living is the best gift you will ever give yourself and your body will thank you for it! Follow these 10 Commandments of Healthy Living and you will be on your way to a long and happy life.

## 1 Thou shalt not DIET

(Deprive. Ignore. Excuse. Temptation.). Follow a healthy lifestyle based on **VARIETY, BALANCE, and MODERATION.**

☼ Focus on total expenditure of calories in versus calories out. If you take in more calories than you burn, you will gain weight; if you burn more calories than you consume, you will lose weight.

☼ Keep your diet balanced with healthy foods (whole grains, vegetables, fruit, low-fat dairy, lean protein), balance it with fun activities to burn calories and you will maintain a healthy lifestyle. It's as simple as that! A balanced diet will also ensure that your body gets the nutrients it needs to reduce the risk of heart disease, cancer, diabetes and other life-threatening diseases.

☼ Don't deprive, don't starve! This merely slows down your metabolism causing your body to hold onto all of the energy stores and calories it can. Include a balance of carbohydrates (40-65%), protein (10-35%), and fats (20-35%). Your body deserves to be treated well.

☼ Be conscious of what you put in your body so you have maximum energy to expend. Fulfill your daily energy needs with healthy foods to provide proper nutrients without creating fat storage.

☼ Focus on health rather than weight loss and pounds. If you are selecting healthy foods and eating proper portions you will lose weight while filling your body with the nutrients it needs.

## 2 Thou shalt learn to make wise choices

(despite marketing and media influence). Break free of the supersize mentality and the American Portion Distortion Syndrome! In the past 30 years portions have increased two to five times in size and most consumers don't even know it's happening. "Bigger is not always better" and making wise choices can be good for your waistline. The average person consumes 200 more calories today than they did in the 1970s.



☀ Pay attention! Focus on your behaviors — the where's, when's, why's, what's, and how's of your eating behaviors. Avoid eating in the car, standing at the counter, in front of the refrigerator, or distracted by the television. Do not eat out of boxes, cartons, or bags; count out chips, crackers, pretzels, etc. and make your own snack packs.

☀ Keep a food journal; be accountable and truthful. You may think twice before you grab that second helping when you know you have to write it down!

☀ Read packaging CAREFULLY!!! Crack the code on portions and servings! A serving is the amount of food listed on the Nutrition Facts panel or what is recommended for the different food groups according to the Food Guide Pyramid. A portion is the amount of food you choose to put on your plate and eat; portions can include several servings (if you fill up your bowl with cereal you've probably doled out 3-4 servings rather than the 1/2 cup serving noted on the Nutrition Panel).

☀ Eat from a smaller plate. Many restaurants have increased their dishes from 10 1/2 inches to 12 inches to accommodate the larger portions they believe Americans are yearning for — thanks, but no thanks!

☀ Prepare your plate away from the table. Serve normal portions (divide plate into 1/2 vegetables, 1/4 protein, and 1/4 carbs), bring it to the table and keep serving dishes on the kitchen counter. If you have the urge to go for seconds, wait 20 minutes before you indulge — if you still feel the irresistible urge you'll have to get up to get it!

☀ When eating out, have your server put half your meal in a doggie bag as soon as it comes; you'll have food for tomorrow's lunch or dinner. Reducing your intake of restaurant portions by 25% can save you about 300 calories per meal. Order appetizers, luncheon portions or sides dishes as entrées or share a meal with a friend. Avoid "all you can eat" buffets where mindless eating is a free-for-all.



calories (135-200 per 30 minutes).

☀ **START SLOW!** If you try to do too much you'll get frustrated and sore. What's the rush? It's a lifetime of healthy living, not a race to the finish line.

☀ **BE CONSISTENT!** Being active every day (even in small doses) is the best thing you can do for your body. You don't have to run a marathon or lift heavy weights. Simply stroll, shake, or move for 30-60 minutes in large or small increments of time; consistency is the key. Vary the activity to avoid boredom and frustration.

## 3 Thou shalt fit fitness into one's life simply by becoming more active.

Adding activity to your daily routine will boost metabolism; promote weight loss; reduce stress; improve self-esteem; reduce the risk of heart disease, osteoporosis, and the pain of arthritis; reduce total cholesterol levels; lower blood pressure; and reduce the risk of injury.

You don't have to join a gym or restrict yourself to boring workouts.

☀ **HAVE FUN!!!** Select activities you enjoy. You won't make a habit out of something you don't find fun. Work out with friends for social stimulation and support.

☀ Schedule workout appointments with yourself, write it down, and follow through as you would with any other important meeting.

☀ Make workouts manageable by breaking them into mini sessions (3-6 10 minute sessions will do the job if that's what works for you). Add up everyday activities and calculate the burn! Walk the dog, wash the car, garden, or vigorously clean your house for an adequate burn-off of

## 4 Thou shalt maintain a positive attitude.

You have the power to change, but it takes a positive attitude to create positive behaviors. Positive attitude effects commitment, ability to overcome obstacles, and overall level of success. Focusing on the positive makes accomplishing your goals easier. In the face of frustration or downslide, remember a time when things went really well, ask yourself what you did differently, visualize the moment and make the change. Positive thinking allows you to see your goals more clearly.

☀ Surround yourself with positive images and visual

reminders of what you want to accomplish. This not only boosts your energy, hope, and spirits, but also keeps motivation at a high level. Negative thinking will drain you and steer you away from your goals.

☀ Think like a winner . . . all of the time! If negative thoughts creep into your mind, replace them with positive ones, reminding yourself of all of the good you have done for yourself





# The **10** Commandments of Healthy Living

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and your body. If you veered off track, simply find something good that happened that day and hop right back on the bandwagon. Don't let one little slip pull you down.

# 5

## **Thou shalt be realistically goal-oriented.**

Set realistic, attainable goals.

Healthy living is not about losing 50 or 100 pounds. It's about eating good foods, exercising regularly, and taking care of your body. If your goal is to lose weight, aim for 1-2 pounds per week. One pound of weight is equivalent to 3500 calories. If you reduce your caloric intake by 500 calories a day, you will lose 1 pound a week; add daily exercise and you can lose even more.

- ☛ Start with a plan. Decide what you want to do, what resources you'll need (food, exercise, stress reduction), and how to deal with obstacles when they occur.
- ☛ Write your goals down and post them in a place you'll see them every day. The visual makes your goals "real" and inspires commitment.
- ☛ Be specific. Use measurable words such as "I will walk 30 minutes five days a week."
- ☛ Start small. Focus on one goal at a time. For example: substitute water, diet soda, or tea for regular soda for 1-2 weeks. Build your first habit to boost confidence and then move forward onto your next goal.
- ☛ Track your progress; keep a journal. This makes you accountable for your behaviors.
- ☛ Reward yourself for every suc-



cess! Do NOT beat yourself up for "slip-ups" — focus on what you are doing right and try to increase those behaviors.

# 6

## **Thou shalt learn to de-stress, relax, and enjoy life.**

While some stress promotes healthy bodies and minds, too much is not a good thing. You can learn to manage stress, deal with situations that evoke feelings of fear, shame, or anxiety, and fight off negativity with a few stress-relieving techniques.

- ☛ Follow the habits for healthy living! Eat healthy, exercise regularly, maintain a positive attitude, focus on the present, and laugh; this is the BEST prescription for stress relief!
- ☛ Prioritize! Figure out what is important and ease up on yourself for those things that can be put on the back burner.

# 7

## **Thou shalt laugh every day!**

We all know a good chuckle feels good, but did you know it's truly good for your health? Laughter increases heart rate, improves self-confidence, boosts your mood, lowers blood pressure, elevates blood sugar levels, aids immunity, reduces stress, and builds abdominal strength. A good ha-ha-ha for 10-15 minutes burns 50 calories, so why not choose laughter when the going gets tough? Next time you feel stressed, skip the Ben & Jerry's and turn on Comedy Central instead.

# 8

## **Thou shalt love oneself unconditionally.**

You deserve the love today! Healthy living is not a one day affair; it's not about "good and bad" foods or "right and wrong" behaviors. Forget the "all or nothing" mentality and learn to love yourself every day.

- ☛ Believe in yourself — you can be healthier, fitter, and happier if you just start believing. Visualize yourself as a healthy, fit, and happy person, start believing, and make it happen!
- ☛ If you go over your calorie limit,



miss a few workouts, or binge on "forbidden" foods, don't go for the "I've blown it" mentality. Stop the behavior NOW, love yourself in spite of the "uh-oh" and you'll have lots to be proud of and happy about.

☀️ Forgive yourself and don't allow "failure" thinking to get in your way. Mistakes are an opportunity for learning and growth so don't waste time getting down on yourself.

☀️ Appreciate all of your achievements (whether large or small) and reward yourself (with nonfood items such as going to a movie, buying a favorite book, getting a manicure, etc.).

## 9 Thou shalt focus on today, on the present, on the now.

Focusing on the present allows you to stay on target; it encourages you to make healthy choices and be mindful every day.

One healthy choice leads to another, building habits you can use for a lifetime. Take life one day at a time. Focusing on the "big" picture can often be overwhelming and lead to frustration. If you deal with the small issues, build healthy habits, and close the gap between where you were and where you want to be, you will build a healthier future for yourself.



## 10 Thou shalt drink more water every day to fulfill nutritional needs.

It does your body good! Your body is comprised of about 60-70% water and depends on this vital nutrient to

carry oxygen, hormones, and chemical messengers to all parts of the body. It regulates body temperature and provides the means for nutrients to travel to all of our organs; water transports oxygen to our cells,

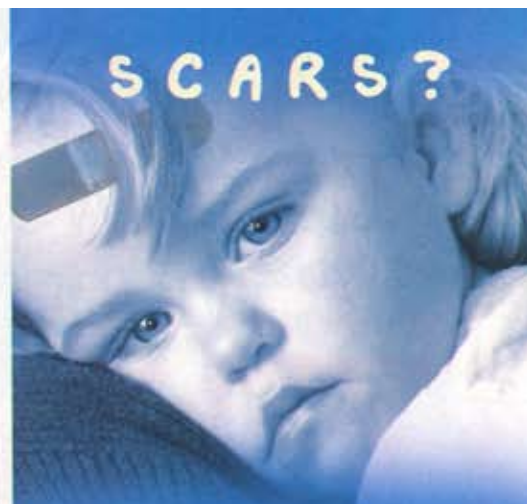
removes waste, and protects our joints and organs. Better yet...water may decrease appetite and help you cut calories. It's often hard to discriminate between hunger and thirst. Next time hunger strikes, drink an 8-ounce glass of water, wait 20-30 minutes, and see if you're still hungry. Replace high calorie beverages such as sodas with water to significantly reduce calories (substituting two 12-ounce cans of soda per day will save 240

calories; 1,680 calories per week!). You can determine how much water you need by dividing your weight in pounds by two. The result is the number of ounces of water you should drink each day. (A 140-pound woman should consume 70 ounces of water, slightly more than eight 8-ounce glasses.)

Healthy living is all about you! It's building new habits for a lifetime of good living from the inside out! Get ready, get set, start living healthy...NOW!

A good laugh is good for your health

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# Quick CALORIE BURNERS

continued from page 22

## Activity: Intervals on a treadmill

Total calories burned for a 140-pound woman: approximately 200 (versus 117 calories for walking for 30 minutes at 3.5 miles per hour).

| PHASE                | ACTIVITY                        | INTENSITY              | MINUTES |
|----------------------|---------------------------------|------------------------|---------|
| Warm-up              | Light walking (3.0 mph)         | No incline (0%)        | 5       |
| Conditioning Phase 1 | Increase walking pace (3.5 mph) | Increase incline (5%)  | 5       |
| Conditioning Phase 2 | Increase walking pace (4.0 mph) | Maintain incline (5%)  | 5       |
| Conditioning Phase 3 | Maintain walking pace (4.0 mph) | Increase incline (10%) | 5       |
| Pre-Cooldown Phase   | Maintain walking pace (4.0 mph) | Decrease incline (5%)  | 5       |
| Cooldown             | Decrease walking pace (3.0 mph) | Decrease incline (0%)  | 5       |



## Activity: Circuit training

Total calories burned for a 140-pound woman: approximately 215. You can do this at your gym or at home (all you need is a jump rope and a few sets of dumbbells). Many health clubs also offer similar 30-minute workouts.



| PHASE                       | MUSCLE GROUP              | ACTIVITY                                     | MINUTES                |
|-----------------------------|---------------------------|--|------------------------|
| Warm-up                     |                           | Light walking, cycling or elliptical machine | 5                      |
| CIRCUIT<br>(complete twice) | Hips and thighs           | Squat  | 1                      |
|                             | Cardio                    | Jump rope                                    | 1                      |
|                             | Chest, shoulders and arms | Overhead shoulder press                      | 1                      |
|                             | Hips and thighs           | Forward alternating lunge                    | 1                      |
|                             | Cardio                    | Jumping jacks                                | 1                      |
|                             | Back, shoulders and arms  | Bent-over row                                | 1                      |
|                             | Cardio                    | Speed run in place                           | 1                      |
|                             | Trunk                     | Abdominal crunch                             | 1                      |
|                             | Trunk                     | Side bridge (plank)                          | 1                      |
|                             |                           |  | (30 seconds each side) |
| Cooldown                    |                           | Light walking, cycling or elliptical machine | 5                      |





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By Jyl Steinback

**“America’s  
healthiest  
mom”**

**You can  
still enjoy  
everything  
with a few  
simple  
changes**



One of the hardest things about embarking on a weight-loss plan is giving up your favorite foods. Recipes that have been a regular part of your life are suddenly off-limits. Say goodbye to fried chicken and mashed potatoes, chicken wings, French fries and all those other guilty pleasures. Not only do you miss these meals, but chances are that other members of your family do too, and they test your willpower by asking/demanding/pleading for the return of their fattening favorites.

If you give in, it can be the end of your healthy diet routine as you adopt the "I've blown it now so I've already failed" mindset and give up completely. If your weight-loss plan manages to survive this setback, undoubtedly you will face the challenge again and again, increasing the odds of failure.

The key to breaking this vicious cycle is learning how to modify your favorite dishes so they're healthy, easy and irresistibly delicious! I've created this guide to Meal Makeovers exclusively for *Looking Good Now!* so that you can have your favorite foods without all the calories and fat by making simple ingredient substitutions. Substitute broths and wine for oil when sauteing or skillet frying; applesauce or mashed bananas for butter, margarine or oil in baked goods such as muffins, quick breads and cakes; low-fat and fat-free dairy products for whole dairy; extra lean beef or ground turkey for higher fat beef; fat-free mayonnaise and salad dressings for regular varieties. Follow these

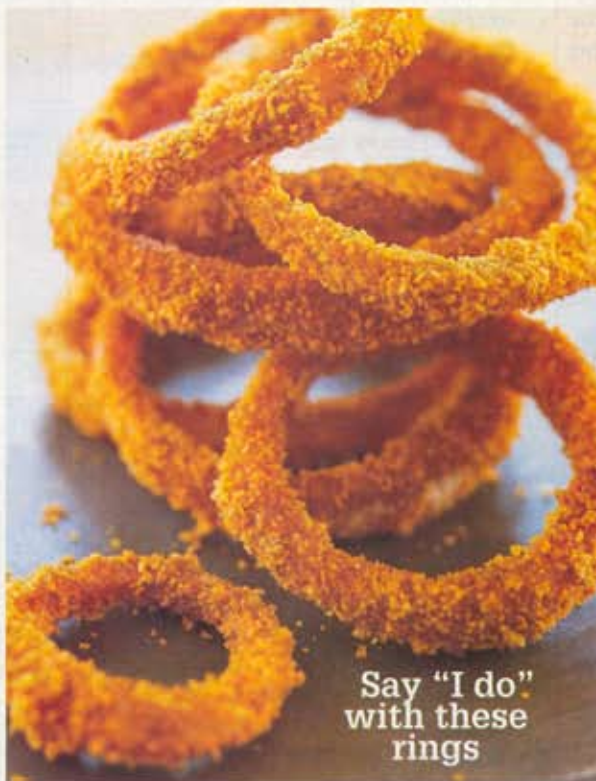
guidelines and you will save hundreds of calories and fat grams without losing an ounce of flavor! These are just a few of the easy tricks you can use to modify just about any recipe. Swap 'n' Switch ingredients are so simple — you cut calories and fat without sacrificing flavor! Incorporating a few small changes can make a big difference. Let's look at what we can take out and add in to make these makeovers

You can have your favorite foods without all the calories and fat by making simple ingredient substitutions.

of bread crumbs seasoned with rosemary, thyme, garlic powder, onion powder and pepper. Bake in a 400 degree oven for 35-40 minutes until golden brown and crisp. Serve with ketchup, barbecue sauce, or fat-free ranch salad dressing. You've eliminated the oil and eggs, swapped skim milk for whole, pulled the chicken out of the deep fryer and plopped it into the oven — those simple changes save you a whopping 1,028 calories and 103 grams of fat in one serving!

Another favorite that gets an easy healthy makeover is French fries. Simply slice a baking or sweet potato, top with your favorite salt-free seasonings such as garlic powder, onion powder, chili powder, or Mrs. Dash seasoning. Then spritz lightly with butter-flavored cooking spray and bake in a 450 degree oven 20-25 minutes until browned and crisp. Onion rings can also find their way back to your appetizer plate when you coat them with cornflake crumbs

(dip onion rings in egg substitute, then coat with crumbs) and bake in a 450 degree oven until browned and crisp. On the following pages you'll find not only several Meal Makeover recipes, but also tips for making meals healthier, products that must be in your kitchen and a Swap 'n' Switch Ingredient Guide. These elements will help you take any recipe and change it into a healthier one.



Say "I do" with these rings

magically delicious! Let's say you're making "fried chicken." Instead of breading and deep frying, you're going to bread and oven fry. You're going to substitute chicken breast with skin with boneless, skinless chicken breasts (save 52 calories, 7 grams fat, 2 grams saturated fat per 3 oz. serving), dip in a flavorful combination of skim milk, fat-free sour cream, and fat-free ranch salad dressing and roll in a mixture

More MIRACLE MAKEOVERS continued on page 66 >>>



# Miracle Makeovers

for your favorite meals!

continued from page 65

**H**ere are the top tips for cutting fat and calories without losing an ounce of flavor in your favorite recipes:

● **If you can't cut it out, simply cut back.** Substitute half the oil or butter in a recipe with broth or whatever the appropriate substitution is for the recipe (see chart) and you will save 911 calories and 109 grams of fat per cup. If you're stir-frying, and the recipe calls for ½ cup of oil, substitute cooking wine or broth for oil and you'll save 555 calories and 65 grams of fat!

● **Trade cooking methods:** Swap frying or sauteing for baking, broiling, grilling or steaming without adding fat.

● **Select the leanest beef** (90 percent lean) or substitute 99 percent lean ground turkey for burgers, meatloaf and other recipes that call for ground beef. You'll save 176 calories and 23 grams of fat switching from 70 percent lean beef to 90 percent lean, but the savings get even bigger when you go for ground turkey — 255 calories and 33 grams of fat! If you want to add a bit more moisture, add tomato sauce or barbecue sauce, chopped onions or apples, shredded zucchini or carrots, or egg substitute. Season with your favorite herbs and spices and you'll never miss the extra fat.

● **Swap whole dairy products for low-fat or fat-free dairy products.** While you'll save tons of calories and fat you won't miss any calcium. Skim or low-fat milk contains nine essential nutrients and is considered one of the most nutrient dense beverages available. Low-fat and

## SIMPLE TIPS FOR CUTTING FAT & CALORIES — BUT NOT FLAVOR

fat-free dairy products make excellent substitutes in your favorite dips, sauces, salad dressings, baked goods, desserts, puddings and more. Did you know that swapping your morning dose of cream in that cup of coffee can save you 80 calories a day (2 tbsps. per two cups of coffee)? That's 560 calories a week, 2,240 calories a month, 29,120 calories a year, the equivalent of an eight-pound weight gain! Lighten the load even further by swapping your teaspoon of sugar with a packet of Splenda, and you'll save an extra 15 calories per teaspoon!

● **Spread your sandwiches with mustard or fat-free mayo and skip the real deal.** Mayonnaise packs a walloping 110 calories and 12 grams of fat in one tablespoon. Switching to other savory condiments will save you more than 85 calories and 12 grams of fat per tablespoon! Use fat-free mayo to prepare favorite salad recipes including potato, pasta or coleslaw.

● **Skip the butter but get the entire flavor with butter flavor granules such as Butter Buds or Molly McButter.** Sprinkle the granules on baked potatoes, air-popped popcorn, pasta, toast, vegetables and more.

● **Spice things up with salsa, seasonings, herbs and spices.** Experiment with fresh and/or dried herbs or spices — they can spark up any dish without adding calories or fat.

### INSTEAD OF . . .

Oil, butter or margarine in baked goods

Oil, butter, or margarine for frying

Traditional pie crust

Chocolate chips (in cookies or muffins)

Sugar

Salt

Whole dairy yogurt, cottage cheese, cheese, milk

Whole dairy sour cream

Whole dairy cream cheese

Whole eggs

Cream or evaporated whole milk

Whipping cream

Cream soups

Bacon

Ground beef

Mayonnaise

Oil-based marinades, salad dressings

Fruit canned in heavy syrup

Fruit-flavored yogurt

Syrup

Canned tuna packed in oil

Pepperoni pizza with whole cheese



# Swap 'n' Switch Ingredient Guide

| SUBSTITUTE   | SERVING SIZE                         | SAVE CALORIES/FAT  |
|--|--------------------------------------|--|
| Applesauce or crushed pineapple, mashed bananas (works best in muffins, quick breads, cakes, brownies). Use $\frac{1}{4}$ of the amount of applesauce, pineapple or bananas in place of fat. Experiment with recipes as each recipe may require different proportions. | $\frac{1}{2}$ cup                    | 900 calories<br>100 grams fat  |
| Low-sodium broth, wine or nonfat cooking spray   | 1 tsp.                               | 45 calories — enough to lose five pounds a year if you do it every day!  |
| Graham cracker crust   | 1 serving ( $\frac{1}{8}$ pie crust) | 5 calories; 2 grams fat  |
| Raisins or other dried fruit   | 1 oz.                                | 67 calories<br>8 grams fat   |
| Splenda Sugar Blend for Baking — In most recipes you can reduce sugar by $\frac{1}{4}$ to $\frac{1}{2}$ ; add cinnamon, cloves, allspice or nutmeg, or vanilla or almond extracts to enhance sweetness.  | 1 tsp.                               | 15 calories  |
| Salt substitutes   |                                      |  |
| Fat-free dairy products  | 1 cup                                | Yogurt: 11 calories/7 grams fat<br>Cottage cheese: 93 calories/<br>10 grams fat<br>Cheese (Cheddar, shredded): 119<br>calories/37 grams fat<br>Milk: 55 calories/8 grams fat |
| Fat-free sour cream or yogurt  | 1 cup                                | 316 calories; 48 grams fat   |
| Fat-free cream cheese or cottage cheese blended with 1 tablespoon lemon juice or $\frac{1}{4}$ tofu and $\frac{1}{2}$ low-fat ricotta cheese   | 2 tbsps.                             | 72 calories<br>10 grams fat  |
| 2 egg whites or $\frac{1}{4}$ cup egg substitute per egg   | 1 egg                                | 33-51 calories/6 grams fat   |
| Evaporated skim milk   | 2 tbsps.                             | 94 calories/11 grams fat   |
| Fat-free Cool Whip; Evaporated skim milk, chilled  | 2 tbsps.                             | 57 calories/11 grams fat   |
| Low-fat cream soups, evaporated skim milk, mashed potato flakes or pureed vegetables as thickening agents  | 1 cup                                | Low-fat soup: 100 calories/<br>7 grams fat   |
| Canadian or turkey bacon   | 2 slices                             | Savings vary. Canadian bacon has<br>0 calories and 4 grams fat<br>Turkey bacon: 51 calories/4.5 grams fat  |
| Extra-lean ground beef (90 percent lean), ground turkey (99 percent lean)<br>Rinse ground meat after browning to reduce fat even further.  | 4 oz.                                | Beef: 176 calories/23 grams fat<br>Turkey: 255 calories/33 grams fat   |
| Fat-free mayonnaise  | 2 tbsps.                             | 78 calories; 10 grams fat  |
| Fat-free marinades, salad dressings, flavored vinegars   | 2 tbsps.                             | 145-220 calories; 14-24 grams fat  |
| Fruit canned in its own juices or in water, fresh fruit  | 1 cup                                | 135 calories/0 grams fat   |
| Fat-free plain yogurt mixed with fresh or frozen fruit   | 6 oz.                                | 55 calories/6 grams fat  |
| Sugar-free syrup, pureed fruit, or sugar-free preserves heated   | 2 tbsps.                             | 54 calories/0 grams fat  |
| Canned tuna packed in water  | 3 oz.                                | 70 calories/9 grams fat  |
| Vegetarian pizza with fat-free cheese  | $\frac{1}{8}$ pizza (2 oz.)          | 411 calories/24 grams fat  |



# Miracle Makeovers

for your favorite meals!

## STOCK YOUR KITCHEN for meal makeovers

Stock your pantry, refrigerator and freezer with the following ingredients and you'll be prepared to make over any meal into a healthier version in just minutes.

### Your Fridge

- Fat-free or low-fat dairy products: milk, yogurt, cheese, sour cream, cottage cheese
- Fresh fruits and vegetables (go for color variety!): tomatoes, carrots, bell peppers, broccoli, spinach, cauliflower, mushrooms, pea pods, green beans, eggplant, apples, oranges, peaches, plums, pineapple, kiwi fruit, grapes, berries
- Reduced-fat Parmesan cheese
- Condiments: mustard, ketchup, barbecue sauce, low-sodium teriyaki sauce, salsa

### Your Freezer

- Boneless, skinless chicken breasts or tenders
- Extra-lean ground beef
- Fish and seafood (halibut, tilapia, sea bass, mahi-mahi, salmon, shrimp, scallops — avoid breaded or "sauced" varieties)
- Frozen vegetables and fruit
- Fat-free frozen yogurt or sorbet
- Fat-free whipped topping

### Your Pantry

- Low-sodium broth (chicken, beef, and/or vegetable)
- Tuna packed in water
- Tomato products (chopped and/or stewed tomatoes; tomato puree; low-fat pasta sauce)
- Low-fat cream of chicken/celery/mushroom soup
- Canned fruit (packed in natural juices), dried fruits
- Beans, lentils, brown rice, barley, whole wheat pasta and/or other whole grains
- Oatmeal and/or high-fiber cereal
- Flavored vinegar and/or fat-free salad dressing
- Salsa, mustard, fat-free mayonnaise
- Evaporated skim milk
- Whole wheat flour, Splenda sugar for baking
- Whole grain pita pockets/lahvosh crackers/whole wheat bread
- Fat-free chocolate syrup
- Fat-free hot cocoa mix

### Your Counter

- Bananas, potatoes (white and sweet), garlic (should be kept at room temperature)





**SAMPLE  
RECIPES  
for meal  
makeovers**

## Macaroni & Cheese Makeover

### Old Recipe:

Calories 570, Fat 30 g,  
Cholesterol 85 mg

6 oz. (1½ cups) elbow  
macaroni, cooked  
and drained  
1 cup whole milk  
¾ lb. American cheese  
¼ cup seasoned bread  
crumbs  
1 tablespoon butter

### Makeover Recipe:

Calories 387, Fat <1 g,  
Cholesterol 28 mg

6 oz. whole wheat  
macaroni, cooked  
and drained  
1 cup skim milk  
¾ lb. fat-free American  
cheese  
2 tbsp. seasoned bread  
crumbs  
Nonfat cooking spray

### Directions

Combine milk and cheese in 2-quart saucepan and cook over medium heat, stirring occasionally until cheese is melted (about 5-6 minutes). Add cooked macaroni and toss until mixed. Spoon mixture into baking dish sprayed with cooking spray. Top with bread crumbs and spray lightly with cooking spray. Bake in 350 degree oven 15-20 minutes until lightly browned on top. Serves: 4

## Buffalo Wings Makeover

### Old Recipe:

Calories 858, Fat 110 g,  
Cholesterol 29 mg

4-5 lbs. chicken wings  
Ground black pepper  
4 cups vegetable oil  
4 tbsps. butter  
5 tbsps. Tabasco sauce  
1 tbsp. white wine vinegar  
1½ cups blue cheese salad  
dressing

### Makeover Recipe:

Calories 267, Fat 1 g,  
Cholesterol 46 mg

4-5 lbs. chicken tenders  
1 tbsp. garlic powder  
1 tbsp. onion powder  
¼ cup honey  
¼ cup ketchup  
2 tbsps. Tabasco sauce  
2 tbsps. Worcestershire sauce  
1½ cups fat-free ranch salad  
dressing

### Directions

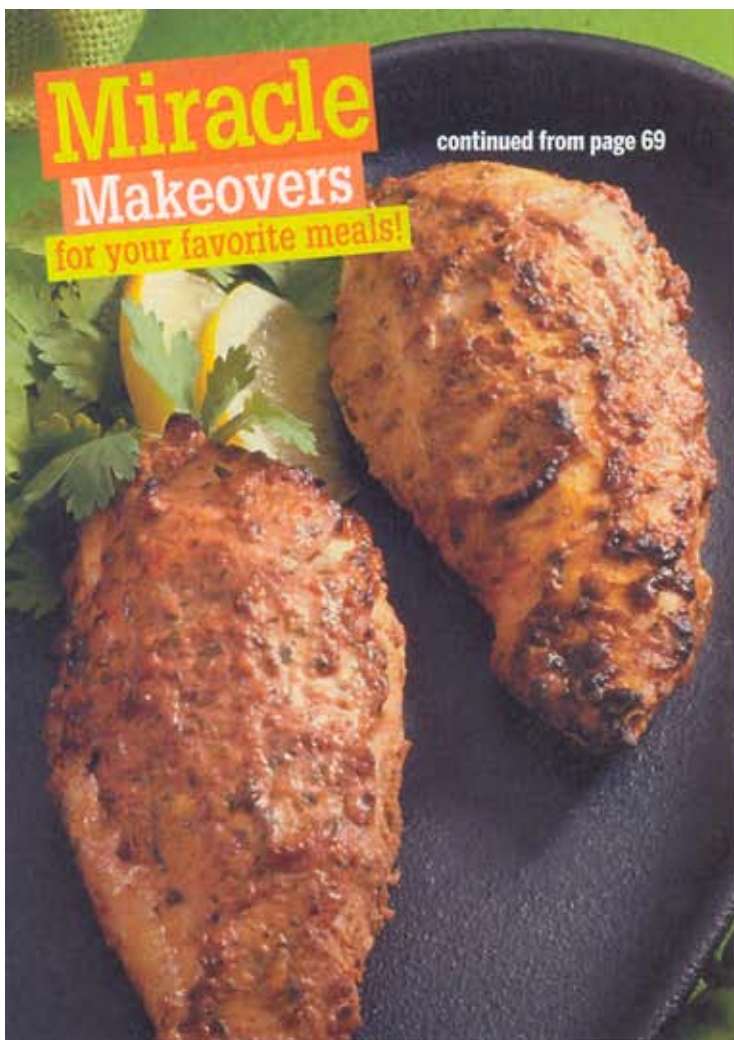
Line baking sheet with foil and spray with cooking spray. Arrange chicken tenders on baking sheet and sprinkle with garlic and onion powder. Combine honey, ketchup, Tabasco and Worcestershire sauce in bowl and mix well. Spread mixture on chicken and bake 15 minutes; turn chicken over, spread with more sauce and bake an additional 10-15 minutes until no longer pink and cooked through. Serve with fat-free ranch salad dressing. Serves: 10





# Miracle Makeovers for your favorite meals!

continued from page 69



## Fried Chicken Makeover

### Old Recipe:

Calories 210,  
Fat 106 g,  
Cholesterol 163 mg

4 lbs. chicken  
pieces with skin  
1½ cups whole  
milk  
2 large eggs  
2½ cups flour  
2 tbsps. salt  
2 tsps. pepper  
3 cups vegetable  
oil

### Makeover Recipe:

Calories 182, Fat 3 g,  
Cholesterol 27 mg

4 lbs. boneless, skinless chicken  
breasts  
½ cup skim milk  
½ cup fat-free sour cream  
½ cup fat-free ranch salad dressing  
1½ cups dry bread crumbs  
½ cup fat-free Parmesan cheese  
1 tsp. rosemary  
1 tsp. thyme  
1 tsp. garlic powder  
1 tsp. onion powder  
½ tsp. black pepper

### Directions

Line baking sheet with foil and spray with cooking spray. Combine skim milk, sour cream, and ranch salad dressing in bowl and mix well. Combine remaining ingredients in separate bowl and mix until blended. Dip chicken breasts in milk mixture; roll in bread crumb mixture until coated and arrange in single layer on baking sheet. Bake in 400 degree oven for 35-40 minutes until golden brown and crisp. Serves: 10

## Mashed Potato Makeover

### Old Recipe:

Calories 345, Fat 14 g,  
Cholesterol 37 mg

2½ lbs. baking pota-  
toes, cut into  
chunks (about 8  
cups)  
½ cup whole milk  
½ cup butter  
½ tsp. salt  
¼ tsp. pepper

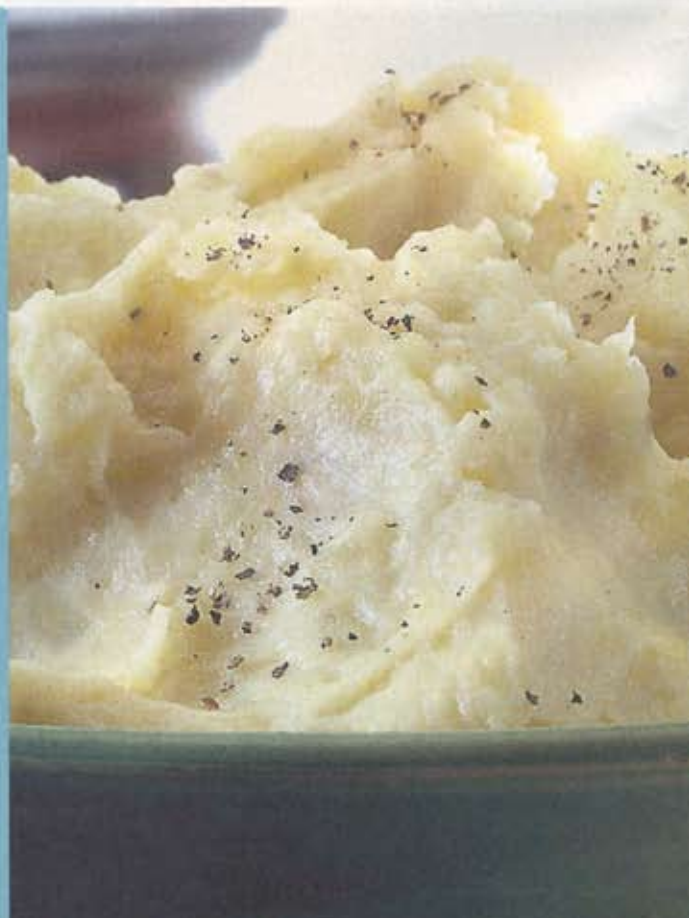
### Makeover Recipe:

Calories 274, Fat 3 g,  
Cholesterol 2 mg

2½ lb. baking potatoes,  
cut into chunks  
¼ cup skim milk or fat-  
free half- and-half,  
slightly heated  
2 tbsps. fat-free sour  
cream  
2 tbsps. reduced calorie  
tub margarine  
¼ tsp. pepper

### Directions

Place potatoes in a Dutch oven, cover with water and bring to a boil over medium heat. Reduce heat to low, cover and simmer 20-30 minutes until tender. Drain potatoes and mash until smooth. Add remaining ingredients and mash until smooth and creamy. For a touch of variety, season with garlic or horseradish! Serves: 4





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Page 38

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EASY  
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INSIDE





# STOP the clock!

Creating and maintaining a successful weight-loss plan can have even more benefits than just shedding pounds and looking better. While these are great achievements, you can accomplish more with the right plan — in particular, you can slow the aging process and increase your longevity.

Your body is designed to heal and repair itself; dying cells are replaced with better and stronger ones if you incorporate antiaging ingredients into your weight-loss plan. One of the easiest ways to accomplish this goal is to make certain foods a regular part of your diet, foods that are more than low-calorie or low-fat, foods that help fight and prevent disease. These superfoods can help add years to your life when part of an overall strategy of healthy diet, exercise and stress reduction, because 70 percent of longevity is related to lifestyle.

Whether you are just beginning a weight-loss plan or maintaining your weight, *Looking Good Now!* brings you a list of superfoods that should be a regular part of your diet, plus several original recipes that incorporate these foods and are a perfect fit for your diet.

Our plan will help you eat the right foods to compensate for many factors, including the fact that as you age your body becomes less adept at absorbing and processing nutrients. To compensate for this you should increase your intake of such nutrients as vitamin D, folic acid, vitamin B6 and vitamin B12 and our food plan will help you do this.

Other important elements that you must incorporate into your lifestyle for antiaging benefits include the following:

The  
weight-loss  
plan that  
helps you  
shed pounds  
and live  
longer

By Jyl Steinback

“America’s  
healthiest  
mom”



**\* Pack your plate with age-defying antioxidants, found in abundance in fresh fruits and vegetables.** This will help reduce the risk of disease, increase energy, and maintain healthy body weight. Fresh fruits and vegetables (with the exception of avocados, olives and coconuts) are virtually free of fat, cholesterol and sodium but are packed with valuable nutrients such as calcium, iron, magnesium, vitamin C, vitamin E, beta-carotene and folic acid. These low-calorie, yet filling, fiber-rich foods contribute to reduced risk of diseases such as heart disease, colon cancer, diabetes and hypertension.

**\* Include adequate portions of lean protein for a healthy immune system.**

**\* Break down breakfast, lunch and dinner into minimeals to maintain steady blood sugar levels.** High blood sugar may be responsible for accelerating signs of aging (wrinkles, age spots and cataracts) and increasing the risk of heart disease.

**\* Go fishing for fat.** Increase intake of fish rich in omega-3 fatty acids (tuna, salmon, mackerel) that contribute to maintenance of skin, hair, nail and joint health. Eating this healthy fat will help reduce the risk of heart disease, stimulate the immune system and reduce the incidence of depression while increasing the health of skin, hair, nails and joints.

**\* Exercise body and mind for strength and vitality.** Exercise not only increases the release of growth hormones but also enhances cardiovascular health, prevents osteoporosis, and delays the onset of menopause, wrinkles and Alzheimer's disease.

**\* Eliminate or severely limit trans fatty foods from your diet.** Trans fat is commonly found in processed foods, fast foods and fried foods. Read labels and choose products with monounsaturated fat such as olive oil.

## Sample recipes for your antiaging plan

Incorporating healthy foods into your menu plan that help fight and prevent disease is simple. The following recipes work for anyone trying to shed pounds, maintain weight loss, or just live a healthy lifestyle. Here are a few ideas to get you started:

### BREAKFAST

- **Yogurt Parfait:** Layer 1 cup low-fat or fat-free yogurt with  $\frac{1}{4}$  cup each blueberries, raspberries and strawberries. Sprinkle each layer with 1 tsp. walnuts and top with another layer of yogurt. (372 calories, 6 grams of fat)
- **Mix oatmeal with 2 tbsps. raisins or dried apricots; sprinkle with cinnamon** (194 calories; 2 grams of fat)
- **Use skim milk on cold cereal.** Choose high-fiber cereal for best antiaging benefits. (307 calories, 2 grams of fat)
- **Spinach omelet:** 4 egg whites, 1 cup fresh spinach, 2 tbsps. low-fat Cheddar cheese. (126 calories, 0 grams of fat)
- **1 cup fat-free cottage cheese with 1 cup strawberries and 2 tbsps. almonds** (246 calories, 4 grams of fat)



### LUNCH

- **Bean and Rice Tortilla Wrap:** Wrap  $\frac{1}{4}$  cup fat-free beans and  $\frac{1}{2}$  cup cooked brown rice in a whole wheat tortilla; sprinkle with 2 tbsps. fat-free Cheddar cheese and top with 2-3 tbsps. salsa for the perfect antiaging lunch. (255 calories, 1 gram of fat)
- **Quesadilla:** Top whole wheat tortilla with  $\frac{1}{4}$  cup fat-free Cheddar cheese. Sprinkle 2 tbsps. chopped tomato over top; fold tortilla in half. Cook quesadilla in skillet sprayed with cooking spray until cheese is melted and quesadilla is browned on both sides. Serve with additional salsa. (120 calories, <1 gram of fat)
- **Veggie Burger in a Pita Pocket:** Cook low-fat veggie burger in nonstick skillet, broil, or grill; place burger in pita pocket and garnish with lettuce, tomato, onion and sprouts. Add mustard, ketchup or barbecue sauce; avoid mayonnaise or other high-fat condiments. (275 calories, 2 grams of fat)



### DINNER

- **Grilled Salmon:** Grill or broil 3 oz. salmon (10 minutes per inch of thickness) drizzled with teriyaki sauce. Serve with baked sweet potato and 1 cup steamed broccoli. Sprinkle broccoli with 1 tbsp. Parmesan cheese. (343 calories, 7 grams of fat)
- **Salsa Chicken:** Top 3 oz. chicken breast with 2 tbsps. salsa; broil 10 minutes. Turn chicken over and top with additional 2 tbsps. salsa; broil 10-15 minutes longer until chicken is no longer pink and cooked through. Serve with  $\frac{1}{2}$  cup brown rice or lentils. (297 calories, 7 grams of fat)
- **Stir-fry:** Stir-fry boneless, skinless chicken breast, bok choy, broccoli, spinach and cabbage in nonstick skillet or wok; serve over cooked brown rice. Drizzle with low sodium soy sauce to taste. (205 calories, 4 grams of fat)



More **STOP THE CLOCK** continued on page 64 >>>













**STOP**  
the  
**clock!**

continued from page 63

## Stack the deck in your favor

To stack the deck in your favor for living longer, increase your intake of the foods on the following chart. This will help reduce your risk of disease, boost your immune system, improve skin tone, and ultimately add years to your life.



| FOOD  | INGREDIENTS                      | HEALTH & ANTIAGING BENEFITS   |
|---|----------------------------------|---|
| Soybeans<br>Soy foods   | Isoflavones                      | <ul style="list-style-type: none"> <li>● Protect against cancer, especially, breast and prostate cancer</li> <li>● Function as antioxidant to prevent heart disease</li> </ul>   |
| Raspberries &<br>Strawberries   | Ellagic acid                     | <ul style="list-style-type: none"> <li>● Inactivate carcinogens and inhibit the formation of free radicals, protecting the body against damage caused by tobacco smoke and air pollution</li> </ul>    |
| Lean chicken,<br>fish, legumes  | Protein                          | <ul style="list-style-type: none"> <li>● Help maintain healthy immune system</li> </ul>    |
| Salmon,<br>Walnuts &<br>Flaxseed  | Omega-3<br>fatty acids           | <ul style="list-style-type: none"> <li>● Reduce the risk of heart disease</li> <li>● Stimulate the immune system</li> <li>● Reduce the incidence of depression</li> </ul>    |
| Garlic  | Vitamins C<br>Allicin            | <ul style="list-style-type: none"> <li>● Lower blood cholesterol levels</li> <li>● Work as anticoagulant to prevent blood clots and strokes</li> <li>● Reduce the risk of heart disease and other cardiovascular diseases</li> <li>● May prevent colon, stomach, and prostate cancer</li> <li>● Improve the function of memory and immune systems</li> </ul>  |
| Tomatoes<br>Tomato products<br>Pink grapefruit<br>Watermelon<br>Fresh papaya<br>Raw guava<br>Dried apricots | Lycopene                         | <ul style="list-style-type: none"> <li>● Reduces the incidence of cancer, heart disease, and macular degeneration</li> </ul>   |
| Blueberries   | Anthocyanins<br>Resveratrol      | <ul style="list-style-type: none"> <li>● Reverses some of the effects of aging especially in relation to memory, balance, and coordination</li> <li>● Reduces cell damage that can lead to cancer</li> <li>● Strengthens the circulatory system</li> </ul>   |
| Cherries  | Perillyl alcohol<br>Anthocyanins | <ul style="list-style-type: none"> <li>● May prevent cancer of the pancreas, breast, lung, liver and skin</li> </ul>   |
| Leafy greens<br>(spinach, kale,<br>collard greens,<br>broccoli, bok choy,<br>cabbage)                       | Lutein and<br>zeaxanthine        | <ul style="list-style-type: none"> <li>● Protects eyes from harmful ultraviolet rays and macular degeneration (the leading cause of blindness)</li> </ul>    |
| Low-fat milk,<br>cheese, yogurt   | Calcium                          | <ul style="list-style-type: none"> <li>● Prevent osteoporosis</li> </ul>   |

Other top antiaging foods recommended by the USDA include: prunes, raisins, blackberries, Brussels sprouts, plums, alfalfa sprouts, broccoli, beets, oranges, red bell peppers and red grapes.

*Jyl Steinback is a senior editor for Looking Good Now! and a lifestyle coach, personal fitness trainer, and author of Fill Up to Slim Down.*



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**RESTAURANT SURVIVAL GUIDE** Page 34

Menu cheat sheet inside

## 8 DIET MISTAKES

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**EASY RECIPES INSIDE**



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**L**ove handles may be the most misleading term anyone has ever thought of—we all know there's nothing to love about the unwanted extra skin that hangs over the waistband of our favorite jeans!

Getting rid of love handles takes a commitment to improving your overall fitness. There is no miracle cure to make them magically disappear, but with the right approach to diet and exercise you *can* get rid of them eventually.

*Looking Good Now!* has four exercises on the following pages that are specifically designed to help you shrink and eliminate your love handles when used in conjunction with a healthy diet. Incorporate these easy exercises into your regular workout and you will see results.

If you are just starting a weight-loss program, keep your expectations realistic: Weight loss of 1-2 pounds per week and improvement in strength and muscle tone within 8-12 weeks is good progress.

Working out is even more important as we age because after the age of 25 the average non-exerciser loses  $\frac{1}{2}$  pound of muscle and gains  $1\frac{1}{2}$  pounds of fat each year. Metabolic rates then drop, resulting in a 5 percent falloff every decade after age 30.

All of this, of course, makes you more susceptible to weight gain and love handles, which is the fat that covers your oblique muscles. But as you lose weight you can improve your overall appearance by toning the muscles underneath the fat deposits. There are several exercises that train the muscles around the abdomen so they become

# There's nothing to love about 'love handles'

By Jyl Steinback  
'America's healthiest mom'

visible as you lose body fat. The exercises that follow are specifically designed to improve this area so that as you melt fat, your love handles disappear and you will look more toned.

As you design your overall workout, make sure to work your upper body because this will create the illusion of a smaller midsection. Developing your shoulders, chest, back and arms with resistance training helps you whittle the appearance of your midsection and love handles. Add the following four exercises into your routine regularly for best results.

4

exercises that will help you whittle your middle

More EASY EXERCISES continued on page 30 >>>



Start Position



## Side Slide & Cross

Lie on your back with your feet about one foot from your buttocks. Feet are placed comfortably apart with your heels dug into the floor and toes are facing up. Hands go behind your head (fingers spread) and elbows flat. You can take pressure off your neck by using a rolled up towel and placing it behind your head for support.



1

**Step 1** Slowly slide your body and head (head and shoulders are about a foot off the ground) to the right keeping elbows flat and the buttocks on the floor. Then move back to center. Repeat: 8-12 times

Start Position

## Hand to Toe Roll

Lie on your back with your arms straight out and palms facing upward. Keep your arms slightly below the shoulders. Your elbows should be slightly bent. Bend your knees and keep your feet close to your buttocks then drop both knees to the right.



1

**Step 1**

Lift the left foot to touch the right hand. Return to center with knees bent and feet back together on the floor with a pelvic tilt.

**Step 2**

Repeat the same action on the left side.

**Repeat** for one minute, about 25 repetitions.

**trainer's tip**

Don't lift your hands off the floor. If your foot won't touch your hand, don't be discouraged, it may take you some time to achieve this.

2



Start Position



## Sit Tall Crossovers

Sit tall with your legs spread wide, heels dug into the floor and toes facing up and knees bent. Keep your arms out to the sides of your body at shoulder level, palms facing up, shoulders relaxed and back. Breathe in through the nose.

Start Position



## Love Handle Roll

Lie on your back, arms straight out, palms facing up. Keep your arms slightly below the shoulder with your elbows bent slightly. Your knees should be together and over your hips.



# Roll yourself thin



**Step 2** Cross your left elbow toward the right knee, rolling into a pelvic tilt while lifting the left shoulder off the ground (as high and comfortably as you can). Breathe out as you lift the elbow up.  
Repeat: 8-12 times.

**Repeat:** Steps 1 and 2 on the other side

**trainer's tip**

Start with one set and build up to 3 to 4 sets.



**Step 1** Cross your left arm to the right toe (your goal is to touch your left hand to the right toe) and twist while taking the right arm back behind you as you blow out your breath through the motion.

**Step 2** Come back to center with your arms out to the sides of your body at shoulder level, palms facing up, shoulders relaxed and back.

**Step 3** Cross your right arm to the left toe (your goal is to touch your right hand to the left toe) and twist while tak-

ing the left arm back behind you as you blow out your breath through the motion.

**Repeat:** 8-12 times

Start with one set and build up to 3 to 4 sets.

**trainer's tip**



**Step 1** (A) Bring both knees together up to the right elbow. (B) Return back to center with the small of the back on the floor.

**Step 2** Bring both knees together up to the left elbow. Return back to center.

**Repeat:** 8-12 times

**trainer's tip**

Each time you return to center, make sure you keep the small of your back pressed against the floor. Start with one set and build up to 3 to 4 sets.



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condiments that will allow you to vary your recipes and meal plans, virtually guaranteeing you will eliminate boredom with your food choices. And, of course, the convenience can't be beat: The food is delivered right to your door!

Enjoying great tasting foods in a healthy way is easier than ever. For example, imagine a day that begins with a breakfast quesadilla topped with black bean and corn salsa, followed with a turkey Reuben sandwich for lunch, and finishes with Honey Chipotle salmon for dinner. Add a snack of fat-free frozen yogurt drizzled with Cinnamon Pear Syrup and you can hardly call that a boring day!

These dishes are not only tasty but also healthy; when you build that turkey Reuben sandwich for lunch, use on-line finds of fat-free mayo, turkey pastrami and low-fat cheese and you will save 129 calories and 61 grams of fat!

Many of the food products you can buy on-line for the best tasting diet ever can be used interchangeably; for example, Honey Chipotle Barbecue Sauce

can be used one night with boneless, skinless chicken breasts and another night with salmon fillets. You can also use it as a marinade or dipping sauce. Virtually any dish — from soups and salads to chicken, seafood, beef, stir-fry, and more — can be transformed into something new by using the unusual condiments, sauces, dressings, spice blends or rubs we found.

To show you how easy it is to add some excitement to your meals and customize your own great tasting diet, we've created a few recipes made with key gourmet ingredients bought on-line. (See story on next page, "Sick of the same old thing? Try these tasty recipes.")

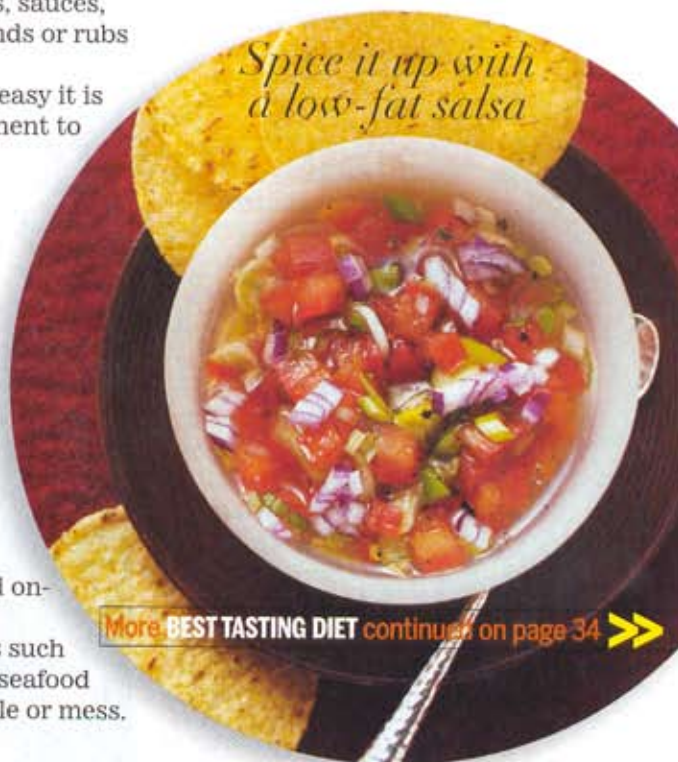
Try using some of the gourmet salsas and sauces we found on-line to provide extra flavor to basic meals such as chicken, fish and seafood without a lot of hassle or mess.

Or serve them as dips with cut up veggies, whole grain crackers, or baked tortilla chips for a healthy snack.

Need a new mustard to liven up sandwiches? Try Horseradish Mustard, Mustard with Herbs, Mustard with Fresh Tarragon or Mustard with Whole Grain.

Using a new seasoning or rub will also transform your meals and our favorite sites have lots of enticing choices including Ginger Wasabi Meat, Fish & Poultry Rub from [www.gourmetfoodrecipes.com](http://www.gourmetfoodrecipes.com). You might also like Mansmiths Gourmet Salt Free Garlic Stuff from [www.casadefruta.com](http://www.casadefruta.com). Check [www.igourmet.com](http://www.igourmet.com) for some excellent organic pasta sauces including Organic Tomato and Basil, Organic Arrabbiata, Organic Sweet Pepper and Tomato.

SAN-J Teriyaki Sauce is a versatile sauce exceptional for marinating and seasoning meats, poultry, fish and vegetables. It's available at [www.wellnessgrocer.com](http://www.wellnessgrocer.com). For a new flavor twist on beef, chicken or pork, try the



More **BEST TASTING DIET** continues on page 34 >>>





continued from page 33

variety of Virginia Gentleman Sauces, including Bourbon Steak, Bourbon Teriyaki, Bourbon Maple Glaze and Bourbon Berry. They're all available at [www.igourmet.com](http://www.igourmet.com).

Fat-free salad dressings are available in many different flavors. Check out [www.wellnessgrocer.com](http://www.wellnessgrocer.com) and sample their fat-free Spectrum Naturals line, including Creamy Dill, Creamy Garlic, Garlic & Onion and Toasted Sesame.

Gourmet coffees and spices are also found in abundance at the sites we've listed. Once you start supplementing your meal plan with the products found online you'll never feel like you're in a boring food rut again and you'll be taking a giant step toward successful weight loss without ever leaving your home.

One of the main reasons most diets fail is because people become bored with their food choices

## Sick of the same old thing? *Try these tasty recipes*

### Breakfast

#### Breakfast Quesadilla 281 calories

Combine  $\frac{1}{2}$  cup Southwestern Egg Beaters with  $\frac{1}{2}$  tablespoon diced green chiles and mix well. Pour mixture into nonstick skillet and cook over medium-high heat until cooked through. Arrange eggs on one side of low-fat tortilla; top with  $\frac{1}{2}$  cup fat-free shredded Cheddar cheese. Spray skillet with cooking spray. Cook tortilla until lightly browned; turn over and cook until both sides are browned and cheese is melted. Serve Breakfast Quesadilla with Roasted Corn and Black Bean Salsa ([www.igourmet.com](http://www.igourmet.com)), Black Bean & Corn Salsa ([www.pancakeshop.com](http://www.pancakeshop.com)) or Santa Barbara Black Bean and Corn Salsa ([www.ethnicgrocer.com](http://www.ethnicgrocer.com)).

### Lunch

#### Turkey Reuben Sandwich 357 calories

Combine 2 tablespoons fat-free

mayonnaise,  $2\frac{1}{2}$  tablespoons Robert Rothschild Horseradish Mustard ([www.gourmetfoodrecipes.com](http://www.gourmetfoodrecipes.com)), 1 tablespoon ketchup, and  $\frac{1}{8}$  teaspoon pepper in small bowl and mix well. Spread 1 tablespoon mixture on 1 slice rye bread; top with 3 ounces turkey pastrami, 2 tablespoons sauerkraut, and 1 ounce low-fat Swiss cheese. Place open-faced sandwich on foil sprayed with cooking spray and place under broiler on high heat. Broil until cheese is melted and lightly browned. Serve with  $\frac{1}{2}$  cup melon balls.

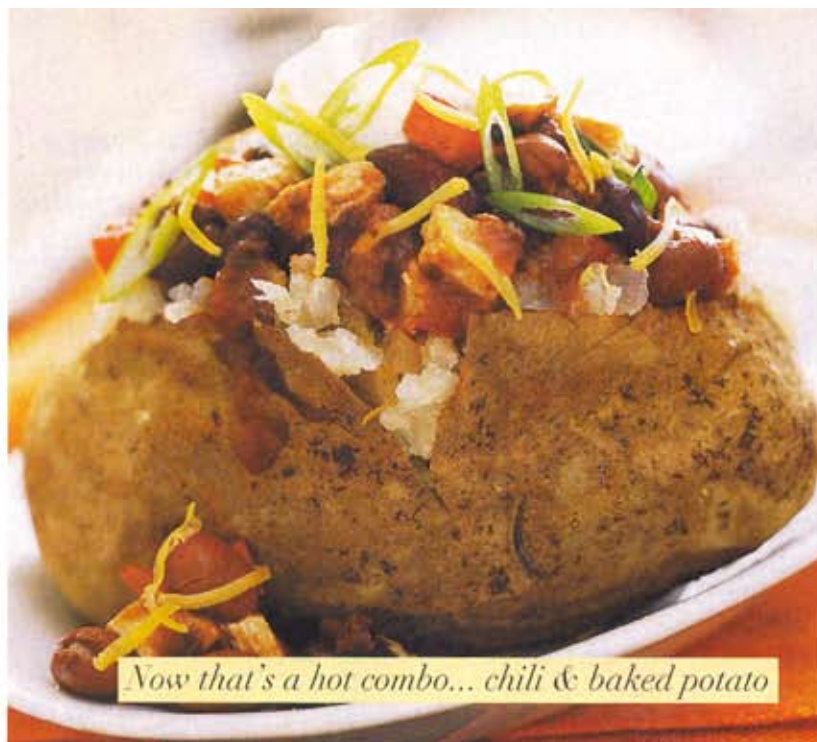
#### Cheese & Chili Baked Potato 357 calories

Baked potato topped with  $\frac{3}{4}$  cup Amy's Kitchen Black Bean Chili ([www.wellnessgrocer.com](http://www.wellnessgrocer.com)) and 2 tablespoons shredded fat-free Cheddar cheese. Serve with tossed salad and 2 tablespoons fat-free salad dressing of choice (Spectrum Naturals from [www.wellnessgrocer.com](http://www.wellnessgrocer.com) or Maple Grove from [www.maplegrove.com](http://www.maplegrove.com)).



*This delicious Reuben has the taste you crave without the calories*





*Now that's a hot combo... chili & baked potato*

**Veggie Pizza**  
297 calories

Ciappine Italian Flatbread ([www.igourmet.com](http://www.igourmet.com)) topped with ¼ to 1 cup Mother Teresa's Italian Marinara Sauce ([www.italian-food.us](http://www.italian-food.us)), 1 cup fat-free shredded mozzarella cheese, ½ cup Just Bell Peppers, and ½ cup Just Mushrooms ([www.justtomatoes.com](http://www.justtomatoes.com)). Bake at 350 degrees for 10-15 minutes until cheese is melted. (Serves 2-3)

**Soup & Sandwich**  
287 calories

1 cup Healthy Valley fat-free Split Pea Carrot Soup ([www.wellnessgrocer.com](http://www.wellnessgrocer.com)). 1 slice whole wheat bread spread with 2 teaspoons Roasted Garlic Mustard ([www.pancakeshop.com](http://www.pancakeshop.com)); top with 1 slice tomato and 1 oz. fat-free Cheddar cheese slice. Place under toaster or broiler and cook just until cheese is melted and lightly browned.

**Southwest Wrap**  
338 calories

Spread a low-fat tortilla with 1½

teaspoons fat-free mayonnaise and 2 tablespoons Green Olive Salsa ([www.pancakeshop.com](http://www.pancakeshop.com)). Top with 3 oz. sliced low-fat turkey, ¼ cup shredded fat-free Cheddar cheese, and 1 tablespoon



*Pizza is a great way to eat your veggies*

chopped green onions. Roll tortilla and serve or microwave on high heat for 45 seconds until cheese is melted. Serve with additional salsa if desired. Add jicama, celery and carrot sticks; serve with 2-3 tablespoons Raspberry Honey Mustard Pretzel Dip

([www.pancakeshop.com](http://www.pancakeshop.com)) or fat-free ranch salad dressing, if desired.

**Rice and Beans**  
317 calories

Combine ½ cup black beans, 2 tablespoons canned diced green chiles, and 2 tablespoons Handmade Fire Roasted Garlic Salsa ([www.casadefruta.com](http://www.casadefruta.com)) in microwave-safe bowl. Cover and heat on high heat 2-3 minutes until heated through. Serve over ½ cup steamed white or brown rice, with a tossed Salad with 2 tablespoons fat-free salad dressing (Spectrum Naturals from [www.wellnessgrocer.com](http://www.wellnessgrocer.com) or Maple Grove from [www.maplegrove.com](http://www.maplegrove.com)).

*Dinner*

**Chicken with Honey Chipotle Barbecue Sauce**  
209 calories

Spread 3 oz. boneless, skinless chicken breast with 2 tablespoons Honey Chipotle Barbecue Sauce ([www.igourmet.com](http://www.igourmet.com)) and broil on high heat 10-12 minutes per side until cooked through.

**Chicken with Ginger Wasabi Meat, Fish & Poultry Rub**  
Calories 355

Spray 3 oz. chicken breast with cooking spray. Sprinkle with Robert Rothschild Ginger Wasabi Meat, Fish & Poultry Rub ([www.gourmetfoodrecipes.com](http://www.gourmetfoodrecipes.com)), or Green Chile-Lime Spice Rub ([www.pancakeshop.com](http://www.pancakeshop.com)), or Tomato-Cilantro Spice Rub ([www.pancakeshop.com](http://www.pancakeshop.com)) or Herb Rub ([www.pancakeshop.com](http://www.pancakeshop.com)). Broil or grill 10 minutes per side until browned and cooked through.

More BEST TASTING DIET continued on page 36 >>>



# The best tasting diet ever!



continued from page 35

## Chicken with Korean Soy Ginger or Pineapple Sake Teriyaki Marinade 350 calories

Marinate 3 oz. chicken breast in Korean Soy Ginger Marinade or Roasted Chipotle Pineapple Grilling Sauce ([www.pancakeshop.com](http://www.pancakeshop.com)) for at least 30 minutes. Broil or grill 10 minutes per side. Serve chicken with steamed brown rice, Fantastic Foods Couscous ([www.wellnessgrocer.com](http://www.wellnessgrocer.com)) or Near East Long Grain & Wild Rice ([www.wellnessgrocer.com](http://www.wellnessgrocer.com)).

## Shrimp Kabobs 269 calories

Alternate shrimp and bell pepper strips on skewers; arrange on broiler pan and broil 5 minutes until shrimp are no longer pink. Serve with Vidalia Onion & Peach Salsa ([www.igourmet.com](http://www.igourmet.com)) or Pineapple Chipotle Salsa

([www.pancakeshop.com](http://www.pancakeshop.com)). Serve with steamed brown rice.

## Baked Fish Fillets 242 Calories

Preheat oven to 350 degrees. Place 4 oz. fish fillet (perch, flounder, orange roughy) in oven-safe dish sprayed with cooking spray. Top with ¼ cup Muir Glen Tomato Sauce ([www.wellnessgrocer.com](http://www.wellnessgrocer.com)), 2 tablespoons sliced onions, ¼ teaspoon chili powder, ¼ teaspoon dried oregano, and ¼ teaspoon Mansmiths Gourmet Salt Free Garlic Stuff ([www.casadefruta.com](http://www.casadefruta.com)). Bake 15-20 minutes until fish flakes easily with a fork. Serve with tossed salad (lettuce, tomatoes, cucumbers, onions) topped with 2 tablespoons fat-free salad dressing. (Select from varieties offered at [www.maplegrove.com](http://www.maplegrove.com)).

## Pasta & Romaine Salad 400 Calories

1 cup cooked Durum Wheat Semolina Pasta ([www.igourmet.com](http://www.igourmet.com)) topped with ¼ cup Arrabbiata Pasta Sauce by Menu ([www.igourmet.com](http://www.igourmet.com)) or Mother Teresa's Extra Spicy Sauce

([www.italian-food.us](http://www.italian-food.us)). Sprinkle with Parmesan cheese. Serve with 2 cups romaine lettuce salad tossed with sliced tomatoes, chopped onions and sliced mushrooms; drizzle with 2 tablespoons fat-free Caesar salad dressing ([www.maplegrove.com](http://www.maplegrove.com)).

## Honey Chipotle Salmon 254 Calories

Sprinkle 4 oz. salmon fillet with ½ teaspoon Frontier Garlic Granules ([www.wellnessgrocer.com](http://www.wellnessgrocer.com)). Spread fillet with 1 tablespoon Honey Chipotle Pretzel Dip ([www.gourmetfoodrecipes.com](http://www.gourmetfoodrecipes.com)) and broil on high heat for 8-10 minutes; turn salmon over, brush with another tablespoon of dip and broil 8-10 minutes until fish flakes easily with a fork.

## Snacks

### Gourmet Dipping Sticks

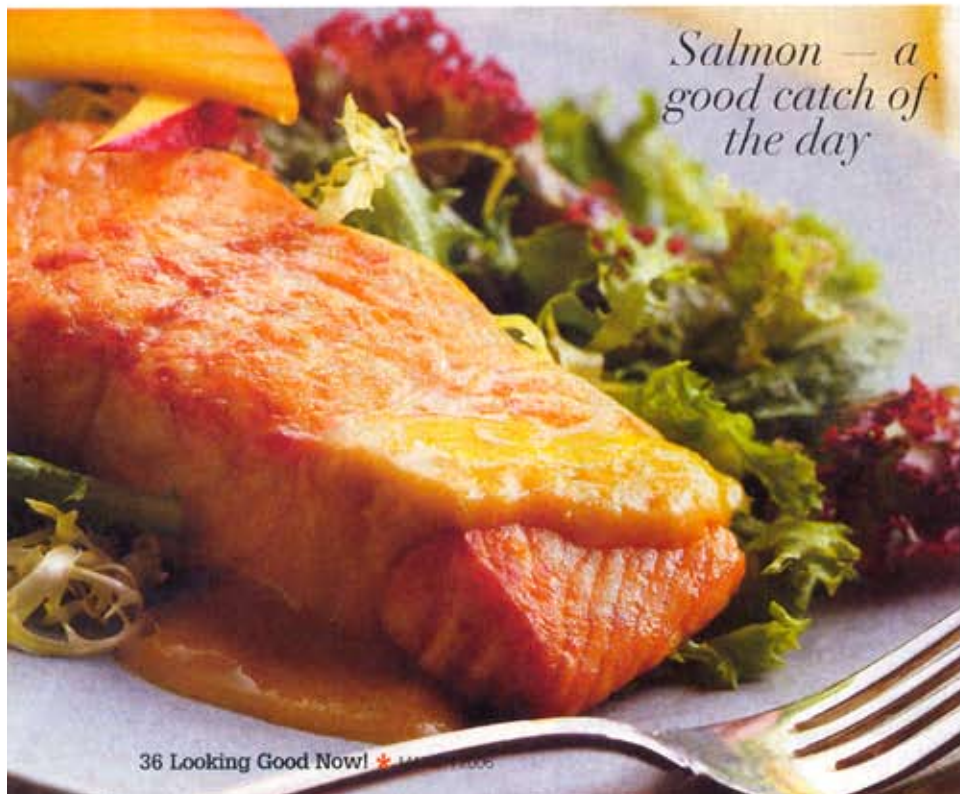
dipped in salsa, Honey Chipotle Pretzel Dip or Raspberry Honey Mustard Pretzel Dip (all at [www.gourmetfoodrecipes.com](http://www.gourmetfoodrecipes.com)). 250 calories

3 oz. Cooked Shrimp dipped in Lemon Dill or Tequila Lime Cocktail Sauce ([www.pancakeshop.com](http://www.pancakeshop.com)) 136 calories

1 oz. low-fat corn tortilla chips dipped in Roasted Tomato Salsa, Tomatillo Salsa or Chipotle Salsa ([www.pancakeshop.com](http://www.pancakeshop.com)) 197 calories

1 cup Dale & Thomas Hall of Fame Kettle Corn 68 calories or 1 cup Rajin' Cajun Popcorn 84 calories (both at [www.daleandthomaspopcorn.com](http://www.daleandthomaspopcorn.com))

8 Edward & Sons Fat-free Onion & Garlic Snaps ([www.wellnessgrocer.com](http://www.wellnessgrocer.com)) plus 1 oz. fat-free sliced Cheddar cheese. 107 calories



*Salmon — a good catch of the day*



**1 ounce low-fat corn tortilla chips or 8 Edward & Sons crackers served with Hot 'n Spicy Corn Relish Dip**

([www.pancakeshop.com](http://www.pancakeshop.com))

To prepare dip: Combine ¼ cup Hot 'n Spicy Corn Relish with 3 teaspoons fat-free sour cream and mix well. Refrigerate until ready to serve. **107 Calories**

## Side Dishes

### Mexican Rice 112 Calories

Boil 1 cup chicken broth and 1 cup water in medium saucepan over high heat. Add 1 cup long grain white rice; reduce heat to low, cover and simmer 20 minutes or until rice is tender and liquid is absorbed. Remove from heat, keep covered, and let stand 5 minutes. Add ¼ cup Casa de Fruta Special Blend Salsa: Handmade Fire Roasted Garlic ([www.casadefruta.com](http://www.casadefruta.com)); toss and fluff with a fork before serving.

### Cajun Sweet Potato Fries 197 Calories

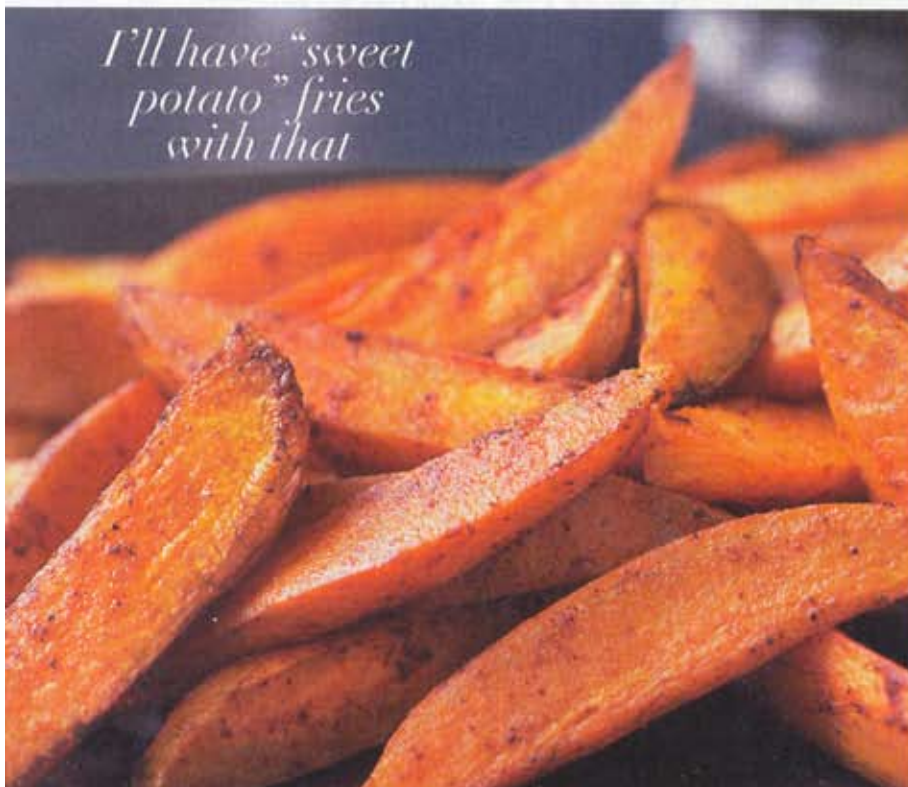
Preheat oven to 450 degrees.

Line baking sheet with foil and spray with cooking spray. Cut sweet potato into wedges. Sprinkle with Alchemy Bayou Ya-Ya ([www.wellnessgrocer.com](http://www.wellnessgrocer.com)) or Cajun Dust ([www.pancakeshop.com](http://www.pancakeshop.com)); spray lightly with cooking spray. Bake potato wedges 30-45 minutes until lightly browned and crisp. Serve with Honey Chipotle Barbecue Sauce ([www.igourmet.com](http://www.igourmet.com)).

*It's always cocktail hour with shrimp*



More BEST TASTING DIET continued on page 38 >>>



## Check out these gourmet Web sites

- [www.igourmet.com](http://www.igourmet.com)
- [www.gourmetgroceryonline.com](http://www.gourmetgroceryonline.com)
- [www.gourmetfoodrecipes.com](http://www.gourmetfoodrecipes.com)
- [www.casadefruta.com](http://www.casadefruta.com)
- [www.pancakeshop.com](http://www.pancakeshop.com)
- [www.chefsresource.com](http://www.chefsresource.com)
- [www.wellnessgrocer.com](http://www.wellnessgrocer.com)
- [www.italian-food.us](http://www.italian-food.us)
- [www.choochoorsnacks.com](http://www.choochoorsnacks.com)
- [www.ethnicgrocer.com](http://www.ethnicgrocer.com)
- [www.daleandthomaspopcorn.com](http://www.daleandthomaspopcorn.com)
- [www.justtomatoes.com](http://www.justtomatoes.com)
- [www.kangaroobrands.com](http://www.kangaroobrands.com)
- [www.maplegrove.com](http://www.maplegrove.com)
- [www.healthytrader.com](http://www.healthytrader.com)

For more gourmet product reviews visit our Web site, [www.lgnmagazine.com](http://www.lgnmagazine.com).



The **best** tasting **diet** ever!



# Spice up your dinners

Try these **affordable** and **tasty seasonings** to keep healthy and **slimming meals** from getting **dull**. These are just a few of the products that will help you create the **best tasting diet** ever.

continued from page 37

|  MEAT  |  POULTRY  |  FISH  |  PORK  |
|--|---|--|--|
| "Awake-A-Steak" Instant Gourmet Spice<br>( <a href="http://www.igourmet.com">www.igourmet.com</a> , \$5.99)  | "Grande Southwest" Instant Gourmet Spice<br>( <a href="http://www.igourmet.com">www.igourmet.com</a> , \$5.99)  | Alchemy Bayou Ya-Ya Spice<br>( <a href="http://www.wellnessgrocer.com">www.wellnessgrocer.com</a> , \$6.00)  | Alchemy Fusion Provence Spice<br>( <a href="http://www.wellnessgrocer.com">www.wellnessgrocer.com</a> , \$6.00)  |
| Chile-Chive Spice Rub<br>( <a href="http://www.pancakeshop.com">www.pancakeshop.com</a> , \$4.95)  | "Rustic Italiano" Instant Gourmet Spice<br>( <a href="http://www.igourmet.com">www.igourmet.com</a> , \$5.99)   | Cajun Dust<br>( <a href="http://www.pancakeshop.com">www.pancakeshop.com</a> , \$4.95)   | Herbed Pork and Lamb Rub<br>( <a href="http://www.pancakeshop.com">www.pancakeshop.com</a> , \$5.95)   |
| Chipotle Garlic Rub for Steaks and Ribs<br>( <a href="http://www.pancakeshop.com">www.pancakeshop.com</a> , \$4.95)  | Tomato-Cilantro Spice Rub for Chicken<br>( <a href="http://www.pancakeshop.com">www.pancakeshop.com</a> , \$4.95)   | Ginger Wasabi Meat, Fish & Poultry Rub<br>( <a href="http://www.gourmetfoodrecipes.com">www.gourmetfoodrecipes.com</a> , \$6.99)   | Ligurian Herb Blend<br>( <a href="http://www.pancakeshop.com">www.pancakeshop.com</a> , \$6.95)  |
| Authentic Jerk Seasoning<br>( <a href="http://www.pancakeshop.com">www.pancakeshop.com</a> , \$4.95)   | Herbed Rub for Chicken and Poultry<br>( <a href="http://www.pancakeshop.com">www.pancakeshop.com</a> , \$5.95)  | Herbed Fish and Shellfish Rub<br>( <a href="http://www.pancakeshop.com">www.pancakeshop.com</a> , \$5.95)  | "The Original" Instant Gourmet Spice<br>( <a href="http://www.igourmet.com">www.igourmet.com</a> , \$5.99)   |

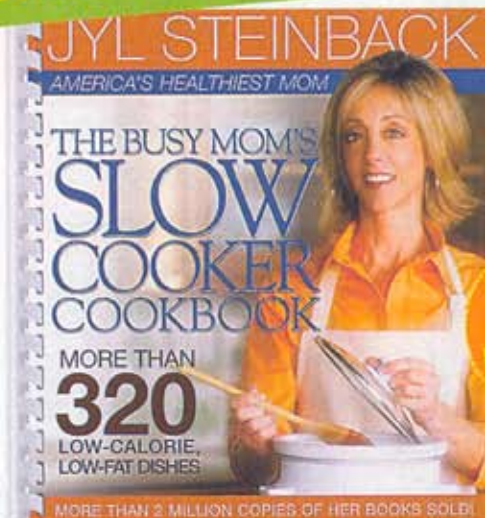
Jyl Steinback is a senior editor for Looking Good Now! and a lifestyle coach, personal fitness trainer, and author of Fill Up to Slim Down.

## LOOKING GOOD NOW!

# Fabulous Giveaways!

## The Busy Mom's Slow Cooker Cookbook

By Jyl Steinback



**H**ere's the book that helps you accomplish what seems impossible: Make a delicious low-calorie, low-fat dinner without spending hours in the kitchen. Your entire family will love the dishes you create from the new cookbook from "America's Healthiest Mom" Jyl Steinback, senior editor for *Looking Good Now!* and a personal trainer, lifestyle consultant, nutrition expert and author of 14 cookbooks.

**25 WINNERS**

Twenty-five readers will win a copy of the book, which features more than 320 dishes. Published by Meredith Books, *The Busy Mom's Slow Cooker Cookbook* will not only help you save time, but also money all while enabling you to cook healthfully without butter or oil. To enter visit our Web site, [www.lgnmagazine.com](http://www.lgnmagazine.com). Contest begins March 6, 2006.

For more **FABULOUS GIVEAWAYS** turn to page 91 ➔



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# LOOKING GOOD

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## Our readers write...

*My husband and I are both addicted to this magazine. I am so impressed by the real stories of weight loss. These are people like us that have struggled with weight gain and dieting and they have been successful in shedding those unwanted pounds. They have been an inspiration to my husband and me. Thanks!*

— Jennifer Haile

*I have thoroughly enjoyed reading this magazine. The stories are so inspirational they move me to try harder. I am looking forward to being one of your success stories! Great job!*

— Traci Jo Stotts

*What an unbelievable magazine you have created! (THANK YOU.) Real people, doing what they need to do for themselves in order to succeed. It's so inspiring!*

— Karen Tyrrell

*I just wanted to tell you how much I enjoy every issue of your magazine! I was so thrilled to find such a wonderful magazine filled with so much information. It seems like you have read my mind and know exactly what I am interested in. Thanks again for such a great magazine!*

— Dawn Merrison

*Write to us!*

We want to hear what you have to say, so let us know what's on your mind. E-mail your letters to [letters@lgnmagazine.com](mailto:letters@lgnmagazine.com) or mail them to Letters to the Editor, *Looking Good Now!* 1000 American Media Way, Boca Raton, FL 33464-1000. Please include your full name, address and a phone number. Letters may be edited for publication.

### ● Editor's letter

## LGN hires "America's Healthiest Mom"

**T**he new year represents a fresh start for many of us, a chance to strengthen our resolve to live a healthier lifestyle and shed unwanted pounds. Sometimes it takes a New Year's resolution to make the changes we need.

To help you in your quest to eat healthier and get enough exercise, we've hired Jyl Steinback, "America's Healthiest Mom," as a senior editor of *Looking Good Now!* Jyl's spectacular credentials include writing 15 healthy lifestyle/cookbooks and developing complete lifestyle training programs for individuals, schools and corporations. She has written for every major magazine and is recognized as a leader in the field of fitness and nutrition.

In this issue, you will find a Fitness in Four Weeks plan, created by Jyl exclusively for our readers. This plan will work for you no matter what level of fitness you are starting from — beginner, intermediate or advanced. It's all part of our New Year, New You campaign, designed to make 2006 your healthiest year ever.

Of course, in every issue you will still find our real-life success stories, including three spectacular weight-loss triumphs starting on page 68. And we will continue to bring you tasty and healthy recipes, great finds of delicious foods with good nutritional value, and all the information you need to eat healthy and exercise safely. You've made *Looking Good Now!* the hottest new health and fitness publication in America and we're committed to helping you improve your life and make the changes that will enable you to reach your goals.

Here's to a great year,  
**D.J. Perel**  
Editor in Chief

## Why TRACFONE Is America's Leading Prepaid Wireless Service.

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▶ Get **STARTED!**

# get fit in 4 weeks

**F**itness in four weeks. It's the kind of goal that may sound impossible to you, a target so far away that you can't even see it. But the road to success is in front of you right now and as part of *Looking Good Now!*'s "New Year, New You" campaign, I've created a workout plan that can take you from zero to fitness in four weeks and improve your health and appearance in a way you never thought possible.

In addition to writing 15 cookbooks, I've trained hundreds of people over the years and heard every excuse ever invented for not wanting to work out. But fitness success begins with that first step, and you can take it right in your own home or outside your front door. Once you do, this plan will help you build little activities into bigger activities and you'll suddenly find yourself scheduling more time for exercise because it makes you feel good.

This fitness plan has been customized to fit beginning, intermediate and advanced levels. It features cardiovascular exercises plus a total body workout. As you become more fit, this plan will expand to meet your needs.

Our plan calls for cardio activity. For beginners, I recommend you choose walking as your cardio aerobic activity. Also, make sure you discuss your options with your doctor.

Whatever you choose, do it consistently. It takes 21 days to make a habit and 30 days to make a LIFESTYLE CHANGE.

The chart on the next page gives you your daily exercise guide.

Exclusive  
for *LGN*  
readers:  
Our "New  
Year,  
New You"  
plan  
will  
change  
your life

By Jyl Steinback

"America's  
**healthiest**  
mom"

Photo: folio-id.com



# daily exercise guide

**TIP:** Start an exercise journal to keep you on track.

Full body workout exercises on next page

| WEEK | S    | M                 | T                  | W                 | Th                 | F                 | Sa                |
|------|------|-------------------|--------------------|-------------------|--------------------|-------------------|-------------------|
| 1    | Rest | 15 minutes cardio | Full body workout* | 15 minutes cardio | Full body workout* | 15 minutes cardio | 15 minutes cardio |

\* Do not use weights.

| WEEK | S    | M                 | T                  | W                 | Th                 | F                 | Sa                |
|------|------|-------------------|--------------------|-------------------|--------------------|-------------------|-------------------|
| 2    | Rest | 20 minutes cardio | Full body workout* | 20 minutes cardio | Full body workout* | 20 minutes cardio | 20 minutes cardio |

\* Use 1-3 pound weights and do one to three sets of each exercise, depending on your level of fitness. Beginners should do one set, intermediate two sets, advanced three sets.

| WEEK | S    | M                 | T                  | W                 | Th                 | F                 | Sa                |
|------|------|-------------------|--------------------|-------------------|--------------------|-------------------|-------------------|
| 3    | Rest | 25 minutes cardio | Full body workout* | 25 minutes cardio | Full body workout* | 25 minutes cardio | 25 minutes cardio |

\* Full body workout using 5 pound weights. Beginners do one set, intermediate two sets, advanced three sets.

| WEEK | S    | M                 | T                  | W                 | Th                 | F                 | Sa                |
|------|------|-------------------|--------------------|-------------------|--------------------|-------------------|-------------------|
| 4    | Rest | 30 minutes cardio | Full body workout* | 30 minutes cardio | Full body workout* | 30 minutes cardio | 30 minutes cardio |

\* Full body workout using 8 pound weights. Beginners do one set, intermediate two sets, advanced three sets.

## Advanced workout *Don't stop after four weeks, here's how to keep going:*

| WEEK | S    | M                 | T                                       | W                 | Th                 | F                 | Sa                |
|------|------|-------------------|---|-------------------|--------------------|-------------------|-------------------|
| 5    | Rest | 35 minutes cardio | 35 minutes cardio<br>Full body workout* | 35 minutes cardio | Full body workout* | 35 minutes cardio | 35 minutes cardio |

\* Full body workout using 10 pound weights. Beginners do one set, intermediate two sets, advanced three sets.

| WEEK | S    | M                    | T  | W                    | Th                 | F                    | Sa                   |
|------|------|----------------------|--|----------------------|--------------------|----------------------|----------------------|
| 6    | Rest | 30-45 minutes cardio | 30-45 minutes cardio<br>Full body workout* | 30-45 minutes cardio | Full body workout* | 30-45 minutes cardio | 30-45 minutes cardio |

\* Full body workout using 12 pound weights. Beginners do one set, intermediate two sets, advanced three sets.

BONUS!

MORE GET STARTED CONTINUED ON PAGE 22 >>>



## About the plan

**E**ven if you can manage only five minutes of cardio activity this plan will still work for you. Add one minute each time you do cardio to build up your endurance.

The first four to six weeks of your exercise program are designed to get your body used to frequent moderate levels of activity.

Before beginning your workout make sure to warm up for five minutes, using a light aerobic activity. This will raise your core body temperature and get your blood flow-

ing to improve muscle performance. (You can even use walking as your warm-up even if your cardio workout is walking. Simply walk slower for your warm-up period.) This will help reduce your chances of injury.

After warming up properly, do your cardio workout and then move on to your full body workout.

When you are done with your workout, you must finish with a cool down, five to 10 minutes of light aerobic activity. This allows your heart rate to slow to a normal rate and

reduces risk of injury.

Follow your cool down with stretching exercises, which are designed to lengthen, strengthen and lubricate muscles and to increase the range of motion within a joint. You want to hold each stretch for 20-30 seconds and then move on to the next one. Again, less is more and take it slow. For more information on stretching and a list of stretching exercises, you can use the Internet and go to [www.home.earthlink.net/~fitness\\_habit/3\\_Stretching.htm](http://www.home.earthlink.net/~fitness_habit/3_Stretching.htm)

## Full body workout exercises

**T**he following nine exercises are perfect for beginning, intermediate and advanced levels. Do them together and you have the full body workout called for in the plan. Some exercises target the upper body and others the lower body.

Using weights with these exercises is what is known as resistance training or strength training. Regular resistance training not only increases muscle strength and endurance, but also increases bone density and muscle-to-fat ratio, boosts metabolism, reduces body fat, lowers heart rate and blood pressure after exercise, improves balance and stability, and reduces the risk of diabetes and arthritis. This can be done with weights, bands, balls or even your own body weight.

**Beginner:** Start with one set of 8-12 repetitions of each exercise and add a set (of 8-12 repetitions) each week while at the same time adding more weight for resistance. If it is too hard and you cannot get through 8-12 repetitions, go back to one set and stay there for an extra week and stay at the same weight until your body is ready to move forward at a comfortable level.

**Intermediate:** Start with two sets of 8-12 repetitions, adding a set each week with more weights.

**Advanced:** Start with

three sets of 8-12 repetitions, adding more weights each week to work your body to its maximum potential.

Make sure you listen to your body — more is not always better. Do each exercise slowly, breathing and watching your form to get the best possible results you can.

### ● CHAIR SQUATS (for legs and butt)

**Week 1:** Place a chair directly behind you. Stand with feet hip distance apart, weight slightly back on your heels, hands on hips. Lower as far as you can without leaning forward; stop when your thighs are parallel with the floor. Return to standing position without locking knees and repeat 8-12 times.

**Week 2:** Repeat exercise above and add 1- to 3-pound weights.

**Week 3:** Repeat exer-



cise above and add 5-pound weights.

**Week 4:** Repeat exercise above and add 8-pound weights.

**Advanced** may start with heavier weights and add 2 pounds a week for more resistance.

● **WALL PUSH-UPS (for chest)**

**Week 1:** Stand a few feet away from a wall and place hands on the wall at shoulder level, a few inches wider than shoulders. Pull your abs in tight and, keeping back straight, bend elbows and lower body toward the wall until elbows are at 90 degree angles. Return to starting position without locking elbows and repeat 8-12 times.

**Advanced:** Add a resistance band (available at most sporting goods stores and [www.spriproducts.com](http://www.spriproducts.com)) across your shoulders and hold the band in each hand. Take up the slack in the band so it rests snugly against your back.

Do all your push-ups against the band — with resistance.

**Week 2:** Two sets — Repeat 8-12 times.

**Week 3:** Three sets — Repeat 8-12 times.

**Week 4:** Use a stronger band (may also be purchased at sporting goods stores).

● **WALL SQUATS (for quadriceps)**

**Week 1:** Place back and head against a wall with your feet about 1½ feet away from the wall. Lean back against the wall and slide down so that you are in a seated position with thighs parallel to the floor. Keep arms at sides or folded in front of the chest. Hold position 3-5 counts, return to starting position and repeat 8-12 times. For increased intensity, hold the seated position for longer counts (gradually increasing to 30-60 seconds).

**Week 2:** Repeat exercise above and add 1- to 3-pound weights.

**Week 3:** Repeat exercise above and add 5-pound weights.

**Week 4:** Repeat exercise above and add 8-pound weights.

**Advanced** may start with heavier weights and add 2 pounds a week for more resistance. Also start with holding the seated position for 15-20 counts. Return to starting position and repeat 8-12 times. For increased intensity, hold the seated position for longer counts (gradually increasing to 30-60 seconds).

**TIP:** The goal for everyone is to be able to sit at the wall for 60 seconds at a time.

● **TRICEP DIPS**

**Week 1:** Get on the floor on all fours with head facing up, palms facing down, legs extended with knees slightly bent. Slowly lower your body several inches using your upper body ONLY! Do not drop your butt and think you are working your arms! You can do this exercise by placing your hands with palms facing down on a table, chair or step. The key is to use your arms for lowering and lifting, not your lower body.

**Week 2:** Repeat exercise above and add 1 set of 8-12 repetitions.

**Week 3:** Repeat exercise above and add 2 sets of 8-12 repetitions.

**Week 4:** Repeat exercise above and add 3 sets of 8-12 repetitions.

**Advanced:** Add a resistance band across your rib cage and hold the band in each hand. Take up the slack in the band so it rests snugly against your rib cage. Do your Tricep Dips against the band — with resistance. Repeat 8-12 times, building up to 3 sets.

**TIP:** Use a stronger band when the exercise gets too easy.

● **HAMSTRING CURLS**

**Week 1:** Lie on the floor with arms extended in front of you, legs extended straight behind you, knees together. Keeping knees together, right foot flexed, bend at the knee and pull the heel to your right buttock without pulling your knees apart. You should feel the pull in your

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## ▶ Get STARTED!

**It takes 21 days to make a habit and 30 days to make a lifestyle change**

*Continued from page 23*  
hamstring — pull only as far as you can without tension. Repeat 8-12 times; change to left leg.

**Week 2:** Repeat exercise above and add 1 set of 8-12 repetitions.

**Week 3:** Repeat exercise above and add 2 sets of 8-12 repetitions.

**Week 4:** Repeat exercise above and add 3 sets of 8-12 repetitions.

**Advanced:** Tie your resistance band to make a circle. Put the band around your ankles. Now, curl one leg 90 degrees up toward the buttock; then repeat with the other leg. Resist with the band to make this exercise harder. You may also hook the band around one foot while bending the other one into the buttock. Repeat 8-12 times and build up to 3 sets.

**TIP:** I like to place my hands under my chin or under my hips for better balance and support.

### ● BICEP CURLS

**Week 1:** Standing, holding arms straight down at sides, palms facing up, curl up 3 counts, down 3 counts. Start by using your own body resistance and build slowly with weights as directed. Repeat 8-12 times.

**Week 2:** Repeat exercise above and add 1- to 3-pound weights.

**Week 3:** Repeat exercise above and add 5-pound weights.

**Week 4:** Repeat exercise above and add 8-pound weights.

**Advanced** may start with heavier weights and add 2 pounds a week for more resistance, adding more sets as needed.

### ● OVERHEAD PRESSES (for shoulders)

**Week 1:** Bend elbows at 90 degrees and hold at shoulder height; hands should be flisted and facing skyward. Extend arms straight up overhead and return to starting position. Perform exercise slowly; resist as you are pulling down. Repeat 8-12 times.

**Week 2:** Repeat exercise above and add 1- to 3-pound weights.

**Week 3:** Repeat exercise above and add 5-pound weights.

**Week 4:** Repeat exercise above and add 8-pound weights.

**Advanced** may start with heavier weights and add 2 pounds a week for more resistance, adding more sets as needed.

### ● BACK EXTENSIONS

**Week 1:** Lie flat on your stomach, forehead on the floor, arms straight in front of you, palms facing down, and legs straight behind you. Slowly lift your arms and legs off the floor and hold for 3 seconds. Lower to floor, hold, and repeat 8-12 times.

**Week 2:** Repeat exercise above and hold for 5 seconds, repeating 8-12 times.

**Week 3:** Repeat exercise above and hold for 10 seconds, repeating 8-12 times.

**Week 4:** Repeat exercises above and hold for 15 seconds, repeating 8-12 times.

**TIP:** If you have a bad lower back or neck start slowly. Less is more!

### ● ABDOMINALS

**Week 1:** Lie on your back with knees bent at a 45 degree angle. Place hands

lightly behind head (do not pull on your head or neck) and pull your lower back into the floor (a pelvic tilt). (Imagine a string pulling your abdominal muscles into the floor.) Slowly lift and lower 8-12 times. Lower your right arm; rotate to the right side. Lower your left arm and rotate to the left side. (This works the obliques.) Place both hands behind your head and repeat the beginning routine.

**Week 2:** Repeat exercise above and add a set of 8-12.

**Week 3:** Repeat exercise above and add a third set of 8-12.

**Week 4:** Repeat exercise above and add a resistance band by looping the band around the leg of a stationary object (try a sofa, heavy table, or use a partner). Grab both ends of the band behind the head (or on top of the head — whichever is more comfortable for you). Create your pelvic tilt (pulling the lower back to the floor) and with the elbows open wide, slowly raise shoulders off the floor. Hold for 5 seconds and repeat exercise 8-12 times.

**Advanced** may start with the resistance band and build up to 3 sets of 8-12 repetitions and then increase the resistance of the band.

**TIP:** To take the stress off your neck you can roll up a towel (the short way) and hold it taut behind your head (not your neck) for extra support.

