

"I'm Sooo Close to My Goal!"

In month four, Danielle Donato, 30, tweaks her diet, gains a workout confidante and recovers from an injury. BY CHEE GATES

MAKING EATING OUT, EATING LIGHT

"Ever since I started eating more healthfully, I've been loving seafood. At the suggestion of my nutritionist, I should eat a variety of fish, such as wild salmon or chunk light tuna packed in water, twice a week, because they're good sources of omega-3 heart-healthy fats and lean protein. Every Friday night, my boyfriend and I go to this quaint joint in my neighborhood called Lobster House Joe's. The best part: They don't bring bread to the table. And if you ask, the chef will steam, broil or grill your dish—using no butter or oil."

STAYING INSPIRED

"I didn't realize how much my daily habits influence others. Take my roommate, for instance. We share a fridge, so we practically eat with the same spoon. Since I've been experimenting with lean recipes, she's been buying more fruits and vegetables. She joined the same gym I attend. She even races me now, on the stationary bike. My psychologist, Rene, thinks having an exercise buddy will help me reach my goals faster, since we keep each other motivated."

KEEPING MY FOCUS

"I recently sprained my knee as a result of using improper form while doing lunges and squats. My new trainer, Tiffany, has modified my routine, so I still feel challenged, but without stressing my bad kneecap. I can't whine my way out of this one!"

MY FAVORITE NEW ROUTINE

Warm-up Ride a stationary bike for 10 minutes at moderate intensity.

Wall squat Stand with a small stability ball between a wall and your lower back. Squat, keeping knees facing forward and directly over ankles. Hold for 2 seconds. Stand back up. Do 20 reps.

Step-up Using a box or stair, step up and down. Do 15 reps on each leg; repeat.

Bridge Lie faceup on the floor, knees bent, legs hip-width apart, hands at sides. Lift and lower hips 20 times.

Side step Hold a resistance band with both hands and step on its center with both feet. Cross handles in front of thighs, keeping hands by hips. Step to the left 10 times. Switch legs; repeat.

Lunge Wrap resistance band around a sturdy fixture, such as a railing, in front of you; hold with both hands. Lunge backward with right foot (keeping leg straight) and extend your arms behind you, squeezing shoulder blades together. Bring arms forward. Do 15 reps. Switch legs; repeat.

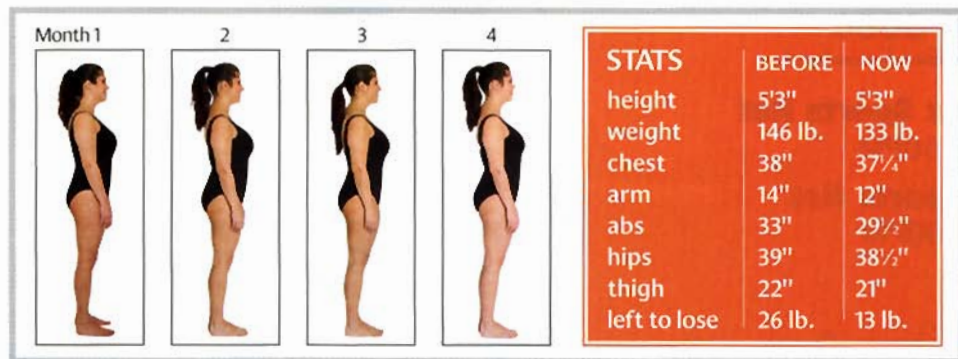
Push-up Lie on top of stability ball, legs together behind you, palms on floor under shoulders. Simultaneously lift legs as you lower upper body into a push-up. Lower legs as you push back up. Do 15 reps.

Stretch Sit on the floor and bring soles of feet together into butterfly position. Grab ankles and lower chest toward legs. Hold this position for 10 seconds.

“Having an exercise buddy will help me stick to my plan and reach my goals.”



"These Rock N' Republic jeans make my legs look long and lean!"



• Tiffany Somma, certified trainer for New York Sports Clubs, Staten Island, New York • Lisa Young, Ph.D., R.D., New York City-based author of *The Portion Teller Plan* • Rene Zweig, Ph.D., clinical psychologist, director of the eating disorders and weight management program at the American Institute of Cognitive Therapy, New York City