

"Buh-Bye, 10 Pounds!"

In month three, FITNESS makeover girl Danielle Donato, 29, pares off another five big ones. Talk about a high-speed transformation! **By Chee Gates**

"FAT-FREE AND LONELY"

"Am I the only person dieting in New York City? Everywhere I turn, someone's eating something fried and dipped in sauce. And there I am with my ho-hum salad. It makes me feel ostracized and a little resentful of my greens. I don't want to be stuck eating boring food all the time. So I asked my nutritionist for a flavor intervention, and she suggested these

"My body and mind crave exercise now; it's my new dessert. Afterward, I'm so tranquil and centered."

tasty and satisfying additions: a handful of dried cranberries or nuts, a half cup each of chickpeas, corn, artichoke hearts and cooked, cubed sweet potatoes, plus a quarter cup of orange slices.

"SUNDAY: MY CHEAT DAY"

"I need a diet day off. I make sure not to overindulge, but if I decide that I want a small movie popcorn with butter (689 calories, 45 fat grams) or some nachos with cheese (346 calories, 19 fat grams), it's mine. And I enjoy it, guilt-free. This way I don't feel so restricted by the low-fat, low-cal, low-everything meals every other day of the week. I had to find a way to feel satisfied and make this diet work for me—or else I won't be able to stick to it longer than a month, let alone the rest of my life. Does my R.D. agree? As long as the day off doesn't end up being a binge, she says, it's a good thing; it gives me something to look forward to and keeps me from feeling deprived. However, she says I should legalize only one food or snack, so the 'off day' becomes an 'off meal.'"

"SHRINKAGE: IT'S A GOOD THING!"

"My body and mind crave exercise now; it's my new dessert. Afterward, I'm so tranquil and centered. I can see the shrinkage in my thighs, stomach and face, and everyone has noticed my slimmer dimensions."

"I LOVE THIS WORKOUT"

"Right now I'm crazy about this 30-minute cardio/strength routine. I try to

fit it in at least a few days a week. Give it a shot; I know you'll love it too."

5 Minutes: 90/90 Stretch and Calf Stretch. Get into a hurdler's position—front leg forward, back leg at 90 degrees to your torso. Pull the heel of your front leg toward your back knee, so both legs are at a 90-degree angle. Hold the stretch. Then stand in front of a staircase; push right toes against the first step. Place your left foot flat on the second step. Stretch right calf. Switch legs.

5–7 Minutes: Box Step-Up. Stand with a two-foot-tall box or platform on your left. Step laterally with left foot onto box; stand up. Shift weight to right foot and squat, keeping left leg on box. Shift back and forth 20 times. Switch legs. Do 1 to 2 sets.

5 Minutes: Assisted Triceps Dip. Use a machine or bench. Go at your own pace. Do 2 to 3 sets of 8 to 12 reps.

5 Minutes: Seated Overhead Dumbbell Press. Using 8-pound weights, do 2 to 3 sets of 12 reps.

2 Minutes: Nonstop jumping jacks

5 Minutes: 90/90 stretch



This empire-waist dress hits at the right spots for 200 percent confidence.

STATS	BEFORE	NOW
height	5'3"	5'3"
weight	146 lb.	136 lb.
chest	38"	37.5"
arm	14"	11"
abs	33"	29"
hips	39"	37"
thigh	22"	19"
left to lose	26 lb.	16 lb.

MONTH



● Nutritionist: **Lisa Young, Ph.D., R.D.**, New York City-based author of *The Portion Teller Plan*.