

reshape your body!

BY SELENE YEAGER

No gimmicks. Just the best workout advice to tackle your toughest body-type problem, from belly flab to heavy hips. These 5 women succeeded—see how you can, too

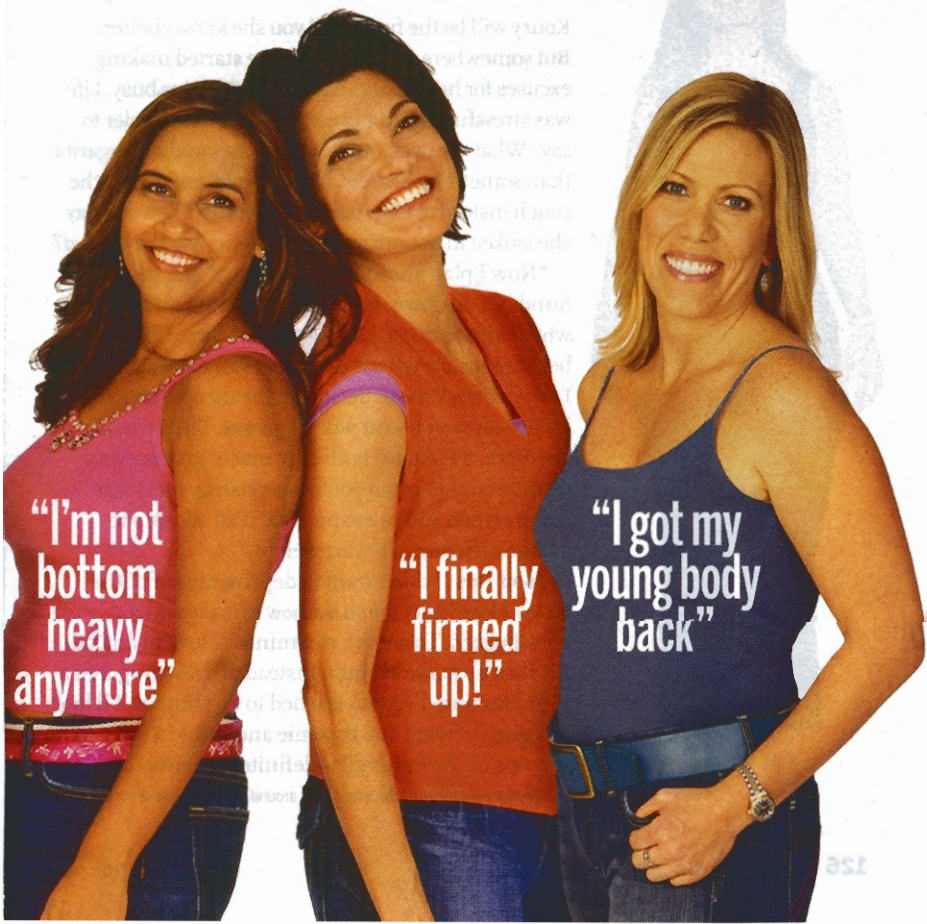


"I lost ALL
the weight"

"I'm happy
in my jeans
again"

Each month our in-boxes are filled with cries of frustration: "I'm working out, yet my belly won't budge... My hips are still heavy... I'm flabby..." We hear you! It's time to stop wasting energy on workouts that don't work and start one designed just for you.

To provide the ultimate shape-up plans for women's toughest toning challenges, we went to Chris Freytag, one of the nation's top fitness trainers. "By building a body-sculpting plan targeted to *your* figure, you can exercise smarter—not harder—and get results fast." To make sure these routines delivered, we put five readers to the test. They e-mailed Freytag their weekly exercise logs and followed the advice of nutritionist Lisa Young, PhD, RD, for 10 weeks (see "Eat to Lose," p. 143). The result: All slimmed down and toned up. Now you can, too. Find out how they did it in the following pages, then flip to p. 136 for workout details and "Shape Up Faster—with Food" (p. 144) for diet advice.



Eat to lose

Our Reshape Your Body plan incorporates easy food strategies you can follow for life. "Women succeed at weight loss when they get a handle on their portions and eat in a balanced way," says nutritionist Lisa Young, PhD, RD, who dished out the dietary advice for our program. (For specifics, see "Shape Up Faster—with Food," p. 144.) Her three key tips:

■ **Pick up protein** Research shows that protein-rich foods such as fish, chicken, low-fat dairy, and lean meats can increase satiety, meaning they help you feel full longer. "Eat them with every meal, especially breakfast, to curb the urge to snack all day long," says Young.

■ **Eat early** Have breakfast, even if it's simply oatmeal or a hard-boiled egg. It jump-starts your metabolism and prevents late-day bingeing. Studies have found that dieters are most successful when they start their day with a meal.

■ **Get a "hand" on portions** "Most of us eat too much—period. To lose weight, you have to eat proper portions," says Young. Use your hand to measure.

food	how to measure
Meat, fish, poultry	3 ounces = palm of hand
Mixed nuts	¼ cup = 1 layer on palm
Cereal/popcorn	1 cup = 2 cupped hands
Cooked pasta	½ cup = 1 rounded handful
Cheese	1 ounce = 1 thumb
Butter/oil	½ teaspoon = 1 fingertip

more reshaping online

Go to www.prevention.com/reshapeyourbody to view our women in action, read about other women who did the plan, and exchange tips with readers who are trying it now.



the trainer

Chris Freytag is ShopNBC's fitness expert, a *Prevention* contributing editor, and designer of two bestselling *Prevention* Fitness System videos. She's worked with women of all shapes and sizes for nearly 20 years and believes that while a few women are genetically lucky, "the rest of us can improve a lot through exercise to look and feel better."



the nutritionist

Lisa Young, PhD, RD, is a nutrition consultant and faculty member at New York University and author of *The Portion Teller*. As an expert who has been counseling adults and children on nutrition for years, her motto for success is simple: "Forget overhauling your diet. Pick small things you can actually change and stick with them."

Selene Yeager is a certified personal trainer and *Prevention* contributing editor. Additional reporting by Amanda MacMillan.