

December '06

OUT ON THE TOWN

The women and REDBOOK staffers meet face-to-face for the first time over dinner and drinks in New York City's West Village. **On the menu:** wild-mushroom ravioli, lobster-and-goat-cheese quesadillas, and brick-roasted baby chicken.



Jennifer Strange, 28
Housing specialist for parolees and part-time graduate student; single mom of a 2-year-old son, Traverse City, MI



“I never accentuate my legs like this because I’m always trying to hide my hips, but these

LASTING LESSONS FROM OUR

RLHL EXPERTS

DAN BAKER, PH.D.:

“Every morning, you wake up with the choice of how you’re going to live that day, whether it’s proactive, angry, whatever. You’ll have a much healthier life if you choose the positive perspective.”

JILLIAN MICHAELS:

“Periodically, your body will plateau, so keep ‘shocking’ your system with challenging new fitness goals, such as walking a 5K, or doing 10 push-ups.”

LISA R. YOUNG, R.D.:

“When you feel yourself slipping away from healthy eating, go back to writing down everything you eat for a week. Keeping a food journal will help you recognize trigger foods and vulnerable parts of your day.”

MICHAEL F. ROIZEN, M.D.:

“Walk 30 minutes every day. It’s one of the easiest ways to burn calories, and making it a daily habit establishes a commitment to healthier living.”

REDBOOK

KNOW...



- “If junk food isn’t in the house, I won’t eat it.”
- “A gym setting motivates me the most.”
- “Small changes, like eating dinner at the dining-room table rather than in front of the TV, help me stop mindless eating.”

DEC 06

behind the scenes



JULIE REFLECTS— AND LOOKS FORWARD

The best part of my trip to New York City was...meeting Adrienne and Jennifer. I realized that even though we're so different, we're all in the same struggle.

While there, I put RLHL into practice by...eating a light snack before going out at night to avoid bingeing.

I plan on sticking to the RLHL plan by...staying on the lookout for new healthy cookbooks and recipes to avoid falling into a food rut.

The most important lesson that I'm taking away is...that it takes time to incorporate change into your life if you want it to be permanent, so you have to be patient.

then & now

height: 5'4"
starting weight: 178 lbs
lost pounds: 0 (but none gained in a terribly difficult year)

end weight: 178 lbs



“I would have easily gained 20 pounds this year if I hadn't been doing RLHL—it held me accountable.”

Fashion notes:

Julie's sexy, hourglass figure screams for form-fitting dresses, says Audrey. And her fun, flamboyant personality can easily carry off a dramatic print. The shape of this dress accentuates the positive, showing off her pretty lower legs. Plus, it's one step, leaving no room for complications—perfect for working moms.



Julie's makeover highlights

- **Color:** Julie's hair didn't need a style change, but she did want to go lighter. Ammon applied reddish highlights to brighten her up, then a toner in order to cancel out any orangeness. The result: a subtle cinnamon brown.
- **Makeup:** Instead of applying powder eyeshadows, Jim used three shades of concealer to highlight and add depth, brushing a light shade on the brow bone, and a dark shade on the crease.



Dress, Jones Wear at JCPenney. Convertible cami, Spanx. Heels, Nine West.

REDBOOK would like to extend our sincerest thanks to all those who helped make Real-Life Healthy Life a reality:

Michael F. Roizen, M.D., RLHL general-medicine guru and coauthor of *You: The Owner's Manual*; Jillian Michaels, RLHL fitness guru and author of *Winning By Losing*; Lisa R. Young, R.D., RLHL nutrition guru and author of *The Portion Teller*; Dan Baker, Ph.D., psychology guru and director of the Life Enhancement Program at Canyon Ranch Spa in Tucson, AZ; Ronnie Eisenberg, RLHL "organizange-list"; World Gym Fitness and Nutrition Center, Powell, OH; Central Ohio Nutrition Center, Columbus, OH; Westview Healthplex Sports Club, Indianapolis; Fit for You, Traverse City, MI; Everlast; Victory Fitness Center North, Columbus, OH; Bally Total Fitness, Columbus, OH; Trigger Boxing, Traverse City, MI; Invoke Studio, Indianapolis; Kinsale Golf and Fitness Club, Powell, OH; Polar; JCPenney.

CHECK US OUT ONLINE

Go to lifestyle.msn.com/redbook, where you can:

- Find tips for enjoying holiday gatherings and festivities without blowing off your weight-loss goals—no turning-down-invites required.
- Discover seasonal, gym-free ways to fit fitness into even the most jam-packed schedules.
- Read Adrienne's, Julie's, and Jennifer's blogs to learn more about their successes and their struggles.

