

God Bless America

Woman's World

A great week made easy!

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● Your Perfectly Organized Life

6 ways to Fat-proof your house!

Believe it or not, your home affects your weight: Studies show it plays a role, positive or negative, in everything from mood to metabolism! How can you easily ensure it'll reinforce your healthy intentions? Just by ...

1 Keeping these appliances in view!

The blender, slow-cooker and steamer! That way, you'll remember to use them, which makes eating healthy foods a snap, says Lisa R. Young, Ph.D., author of *The Portion Teller*.

2 Hanging a mirror by the table

In one study, diners who sat facing a mirror ate an impressive 22% to 32% less. Why? Seeing your image is a constant reminder of how you look ... or how you'd rather look!

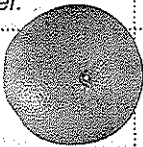
3 Storing workout gear in one spot

You won't have to search for it, and you'll have one less excuse to skip a day, notes Young. Best place to keep it? Near the TV—you'll be inspired to get fit while watching!

4 Making a fruit centerpiece

It will dress up the table and encourage you to fill up on nutritious stuff, says Young.

TIP Keep junk snacks in opaque containers on your highest shelf! When it comes to food, out of sight is out of mind—and tummy.



5 Putting TV in its place!

If you're like most of us, your furniture is arranged around the television set. But studies show the more TV you watch, the less you move and the more you weigh! "Tweak your furniture layout to emphasize conversation instead," suggests Young.

6 Not seeing red—or orange!

Fast food chains favor these "warm" colors, says Dewey Sadka, author of *The Dewey Color System*, because "they're proven appetite-boosters!"

TIP Go for bright lighting. Scientists say it makes us more aware of what we're putting in our mouths!



Keep fruit handy—and a small cutting board nearby—so it takes less work to eat healthy foods!

Slim down your closet!

Been hanging onto old clothes that are too big for you "just in case"? Don't! You're far more likely to keep lost weight off when you act as if you believe you will!

—Barbara Hustedt Crook