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60 Ways

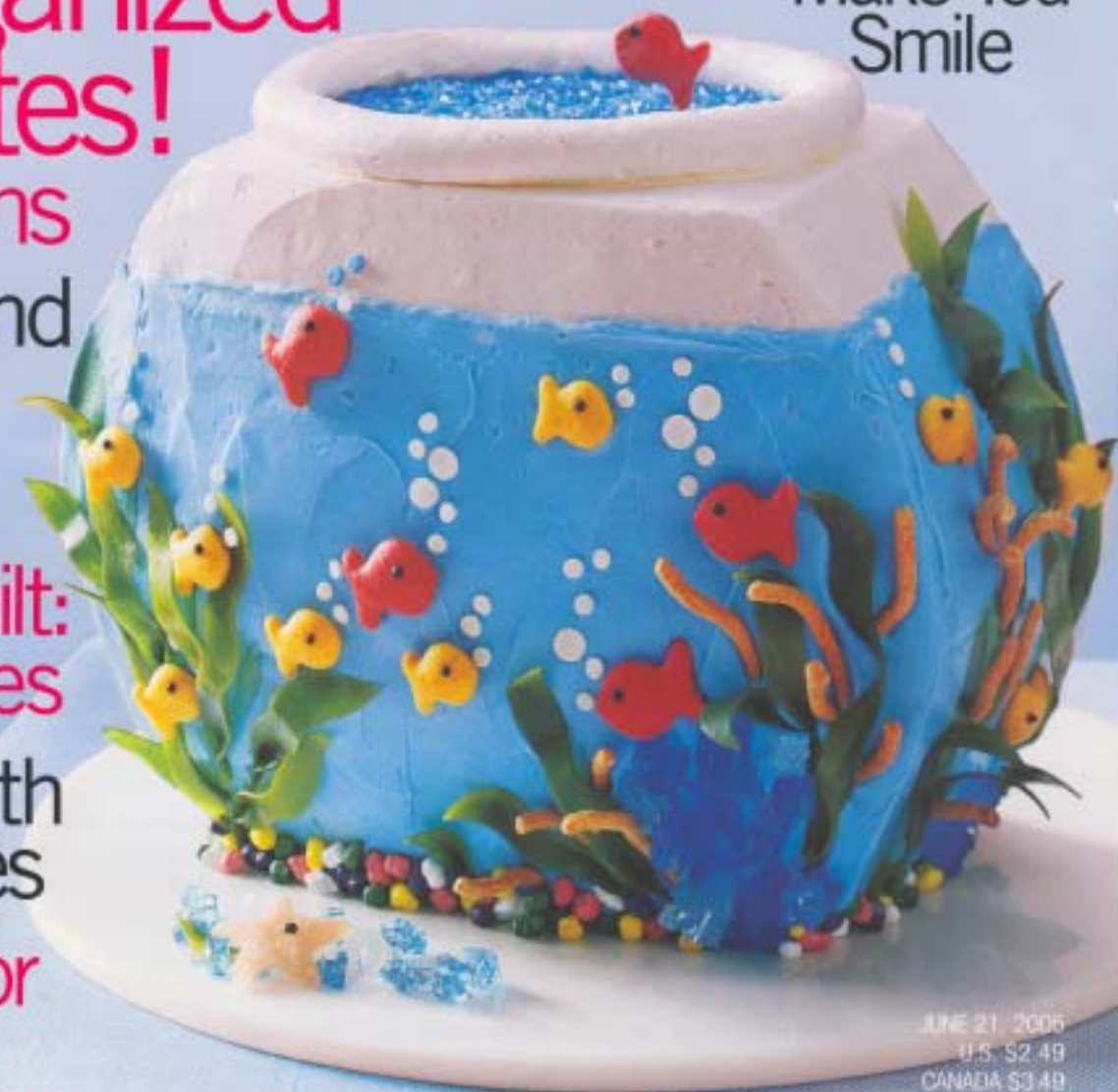
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Pound Wise

Little ways to lose a lot

by Lisa Arcella

Who doesn't want to slim down and shape up in time for beach weather? Imagine losing a pound a week without even trying! By making slight changes to your eating and exercise habits, you can cut your weight quickly and painlessly.

"To lose a pound of body weight in a week, you have to cut out about 3,500 calories over a seven-day period, or about 500 calories a day," explains Chris Carmichael, Lance Armstrong's personal trainer and the author of *Food for Fitness*. "This means consuming 500 fewer calories than you burn each day."

You don't have to diet. We'll give you sneaky ways to reduce the number of calories you take in. Adding some exercise to increase your caloric expenditure will also help. "There are countless ways you can accomplish this," says Carmichael. These suggestions will help you get started.

Wake Up to the Possibilities

Swap OJs. In the morning, swap your 12-ounce glass of orange juice (140 calories) for a whole orange (only 45 calories) and save 95

calories. Oranges provide a boost of fiber, making you feel full longer. Then head out on a bike ride around the neighborhood for an hour and burn an additional 436 calories.

Downsize that omelet. Instead of making your omelet with 3 whole eggs (258 calories), substitute 4 egg whites (64 calories) plus $\frac{1}{4}$ cup egg substitute (30 calories) and save 164 calories. Replace your 3 slices of bacon (378 calories) with 3 slices of lean Canadian bacon (105 calories).

Eat a better bagel. There's no need to give up your bagel and cream cheese in the morning—just make better choices. A plain bagel is 195 calories (flavored bagels such as sesame or egg are much higher in calories), so try eating half. Instead of adding 2 tablespoons of regular cream cheese (102 calories), swap it for 2 tablespoons of fat-free cream cheese (32 calories) and save 70 calories.

Burn your calories first thing in the morning. Then have a worry-free day. Go for 30 minutes on the elliptical trainer and 30 minutes on a stationary bike, and voilà! You've burned 500 calories before breakfast and are on your way to dropping a dress size.

Take a sensible coffee break. Make the switch from whole milk to non-fat. A tall café mocha with skim saves 70 calories. Trade sugar substitute for regular sugar in your morning coffee and save 16 calories. Then take a brisk walk during your lunch hour and burn 272 calories.

Slash and Burn for Lunch

Pack your sandwich. Substitute mustard for mayo on your sandwich and save 100 calories per tablespoon. Eliminate the 2 ounces of cheese and you'll avoid 200 calories. Remove 1 slice of bread and save another 100 calories.

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POUND WISE

Continued

Keep It Moving

Leave your car keys at home. If possible, do an errand that doesn't require driving. Take a brisk walk to the bank (1 hour is 272 calories). Walking is not only good for burning calories and fat, it gives you more energy and builds stronger bones.

Exercise as you go. Think of exercise as cumulative. You can burn up to 500 calories a day by making a few simple changes. Wear a pedometer and aim to get at least 10,000 steps a day. Replace coffee breaks with exercise breaks. Walk to a restroom on another floor.

Go for a hike. In only an hour and a half you can burn almost 570 calories. Then celebrate your victory by having dinner with a friend.

Get organized. By sweeping out and straightening the garage for 45 minutes on Saturday morning, you'll burn 204 calories.

Join a pool. You will burn up 500 calories in just an hour of swimming. You will also tone and firm your muscles.

Lose Even More

Plan to eat every two to three hours and pack healthy snacks to go. People who skip meals, especially breakfast, are more likely to be obese. Eating small, frequent meals helps keep blood glucose levels consistent and minimizes the impulse to overeat. "To-go snack options include a mix of dried fruits

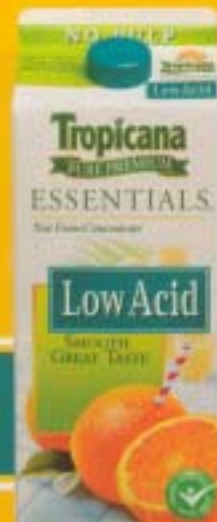
and nuts, fresh fruits, cut-up veggies or yogurt," says Jyl Steinback, author of *Supermarket Gourmet*.

Add flax seed. "Most supermarkets sell milled flax seed," says Kantha Shelke, Ph.D. "I put two tablespoons of milled flax seed in a glass of orange juice and it makes me feel full all day. It has fat, but it's a good fat."

Substitute with whole-grain foods. Foods that are rich in whole grains, such as oatmeal, brown rice and whole-grain cereals, are better alternatives than their starchy counterparts, including white



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HAVE A TROPICANA MORNING.

WD Shape-Up CHALLENGE



WORKOUT ON WHEELS



Can't bring yourself to walk today? Try hopping on a bike instead. "Biking is a fantastic form of cardio exercise and works most major muscle groups," says Stephanie Oakes, certified fitness trainer

(www.stephanieoakes.com). To maximize your cycling workout: 1. Make sure you have the proper equipment and a bike that's the right fit for you, advises Oakes. Visit your local bicycle shop and try out a few until you find one you're comfortable with. Always wear a helmet—no matter how much it may ruin your good hair day. And never wear earphones when you ride.

2. Find the perfect place to ride. Look for a stable, well-lit and well-maintained area with very little traffic, says Oakes. If your neighborhood lacks an area like this, ask your nearest bike dealer if he can suggest a good place for you to ride.

3. Include resistance training. "The best routine is one that contains strengthening and stretching exercises for your lower and upper body and core muscles," says Oakes. Doing additional strength training can also help make pedaling easier, especially on inclines. Try biking every other day and doing Pilates, yoga or push-ups and lunges in between.

Special Offer

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rice, white bread and sugared cereals. Not only will you cut fat and calories, but whole grains have been proven to help reduce the risk of heart disease and cancer. **WD**