

Look Great, Feel Great!

Women's Health

DROP TWO SIZES!

Boost Your Metabolism
& See Real Results—Fast!

Have Electric Sex Tonight

Eat More, Weigh Less!

Take Back Your Weekends!
Score Time
Just for You

FALL 2010 STYLE GUIDE

Flip This Issue!



SLIM CALM SEXY YOGA

SCULPT
YOUR BODY
AND BEAT
STRESS!

*Brooklyn
Decker*

REVEALS HER
SHAPE-UP
SECRETS

FLAT ABS! FIRM BUTT! LEAN LEGS!

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WomensHealthMag.com

"I'm so confident now!"

Once a slim high school tennis player, Jennifer Gilman packed 30 pounds onto her 5'4" frame during college. There, she stopped exercising and started hitting the dining hall—hard. "I'd eat what I now know is three portions of pasta at one time," says the 32-year-old university administrator from Washington, D.C., whose weight peaked at 180 pounds. After graduation, she shrunk from a size 14 to a 10 by counting calories, but within six months her new clothes were too tight again. Her weight hovered in the 170s for the next eight years.



BEFORE
180 lbs
AFTER
135 lbs

THE CHANGE

On her doctor's advice, Jennifer joined a gym in January 2009 and hired a trainer. For her first session, she recalls, "I couldn't even find a T-shirt that fit!" When the trainer took her measurements and told her that her body-fat percentage was 35, Jennifer felt embarrassed—and then determined. "I wanted to prove I could do this," she says.

THE LIFESTYLE

Jennifer fit in a.m. treadmill and elliptical workouts five days a week, and did free weights under her trainer's supervision. She kept a food journal and began eating six mini meals a day

instead of two huge ones. It paid off: She lost 33 pounds by June. But then she hit a wall. "I just could not move the scale!" she says. To kick up her calorie burn, she added cardio intervals to her workouts, and healthy foods like spinach and tuna to her diet. By November 2009, she was at 135 pounds. "I felt empowered," she says. "I truly never thought I could lose the weight."

THE REWARD

The girl who couldn't do a single pushup can now crank out 30 of them in a minute. "I have much more energy these days," says Jennifer. "I feel like a completely different person."

JENNIFER'S TIPS:

Stay local. "My membership at a fancy gym was gathering dust, so I joined a gym closer to home. Now I have no excuse not to go."
Be creative. "Cheerios with raisins and nuts satisfies my nighttime craving for sweets."
Gain a following. "I started a Twitter feed to stay motivated. It connects me with other people who are living healthy lifestyles."

Share your story

> If you've fought flab and won, you could be featured in the magazine. Go to WomensHealthMag.com/YouLose.

↙ Eat This, Not That ↘

...for energy

Lärabar Peanut Butter Cookie	Chocolate Chip Peanut Butter Clif Bar
220 calories	260 calories
12 g fat	6 g fat
23 g carbs	42 g carbs
45 mg sodium	200 mg sodium
4 g fiber	5 g fiber
7 g protein	11 g protein



Q & A

TAKE A LOAD OFF

• KERI GLASSMAN, R.D.
NutritiousLife.com

If saturated fat is so bad for you, why is it in some of my favorite healthy foods?

Like sun, cocktails, and hair gel, the danger is in overdoing it. Saturated fat occurs naturally, mostly in animal products (meat and dairy). But as you've noticed, it's also in good-for-you foods like nuts, avocados, and canola and olive oils. Too much saturated fat can contribute to heart disease, but in reasonable amounts, it can actually increase "good" HDL cholesterol levels. What's reasonable? Of the roughly 30 percent of your daily calories that should come from fat, no more than 10 percent should come from saturated fat. That's about 16 grams.

Can I trust the calorie counts at restaurants?

As much as you can trust that reality TV isn't scripted. In a study published in the *Journal of the American Dietetic Association*, menu items researchers tested exceeded stated calorie counts by an average of 18 percent. And although the health-care bill will soon mandate calorie info at many chains, enforcing accuracy hasn't been addressed. If you're going to entrust the fate of your thighs to anything, make it words, not numbers. Dishes that are baked, boiled, steamed, or grilled tend to be prepared with minimal added fat. Beware the words *breaded*, *crispy*, *creamed*, *batter dipped*, and *buttered*; they indicate that a dish is probably loaded with fat and calories.

Ask the Expert

SEND KERI YOUR WEIGHT-LOSS QUESTIONS AT

WomensHealthMag.com

Experts

