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# WEIGHT LOSS

Body & More

## PLANNER

Power to the

# Paleo People

How eating like a caveman became the hottest diet trend

## THIS IS YOUR BRAIN ON EXERCISE

Need motivation and clarity? Fitness could be the best tool for a sharper mind

### PLUS

Just Do This:  
Jackie Warner's  
6 Must-Do Exercises

A Guide to Seasonal Eating

6 Tech Tools To Help Shed  
Pounds Shed To Feel Sexier

## ON THE FUNNY ROAD TO HEALTH

'Glee' star JANE LYNCH proves that love and laughter are the best medicine



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On the Funny  
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# Jane Lynch

**proves that love and  
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**FULL PAGE AD**

# 'Tis the Season



## Dieters may know what to eat and how much, but they may not know what time of year is best

BY EPHRAIM TUCHO  
CTW FEATURES

**W**hen trying to lose weight, eating fruits and vegetables can go a long way toward reaching a goal. Eating fresh fruits and vegetables that are in-season not only taste good but can help dieters cut calories as well.

“When produce is ripe it enhanc-

es the nutritional quality,” says Vandana Sheth, a registered dietitian and spokeswoman for the Academy of Nutrition and Dietetics in Chicago. “Every day after the day of harvest we receive fewer nutrients.”

There also are nutritional benefits in eating food produced locally. When farmers ship produce longer distances they pick the fruit before it is ripe so that by the time it reach-

es the store it can be sold closest to its natural day of harvest. While this does prolong the shelf life of the produce, it loses nutritional value. Fruits and vegetables that are picked before they reach their peak do not receive all of the nutrients from the stem of the plant, Sheth says. While the fruits and vegetables picked early still are healthy, those looking to maximize the benefits they

receive from eating them should look for produce harvested locally.

If trying to lose weight, there are certain types of fruits and vegetables that can be especially helpful. Likewise, there are some you should be careful not to have too much of.

“Generally you want nutrient-dense foods with not a lot of calories,” says Rick Hall, a registered dietitian based in Phoenix. “Things with lots of nutri-

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ents like kale and blueberries as opposed to corn and potatoes, starchy vegetables.”

Hall suggests that you should reduce your intake of starchy foods but you don't have to cut them out completely.

While there are fruits in vegetables available in all seasons, Sheth marks the summer as a time known for a wide variety of produce. This time of year may serve as the best time to improve your diet.

“You want to aim for small- to medium-sized fruit,” Sheth says. “If the skin is edible that is even better because it is more fiber and will fill

you up better.”

There are methods for preserving foods that are out of season so that they retain much of their nutritional value. Sheth recommends frozen produce over canned goods as the preservatives make use of sugars, which can lower the nutritional value more than freezing.

Still, Sheth says that local and in-season is the way to go.

“The key is you get the freshest produce you are maximizing nutritional value, it is more flavorful and more cost-effective.”

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Here is a general list of some of the fruits and vegetables available throughout the U.S. at certain times of the year:



## DECEMBER

Brussels Sprouts	Dates	Mandarin	Red Banana
Buttercup	Grapefruit	Oranges	Red Currants
Squash	Kale	Oranges	Sweet Potatoes
Chestnuts	Kiwifruit	Passion Fruit	Tangerines
Collard Greens	Leeks	Pear	Turnips

## JANUARY

Belgian Endive	Chestnuts	Mandarin	Sharon Fruit
Brussels Sprouts	Collard Greens	Oranges	Sweet Dumpling
Buttercup	Dates	Oranges	Squash
Squash	Grapefruit	Passion Fruit	Sweet Potatoes
Cactus Pear	Kale	Pear	Tangerines
Cardoon	Kiwifruit	Red Banana	Turnips
Cherimoya	Leeks	Red Currants	

## FEBRUARY

Brussels Sprouts	Grapefruit	Pear	Sweet Potatoes
Buttercup	Kale	Red Banana	Tangerines
Squash	Kiwifruit	Red Currants	Turnips
Chestnuts	Leeks	Sharon Fruit	Peas
Collard Greens	Oranges	Sweet Dumpling	Pollock
Dates	Passion Fruit	Squash	Scallions

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## SPRING



### MARCH

Artichokes	Chayote Squash	Jackfruit	Pineapple
Asparagus	Chives	Limes	Rhubarb
Bitter Melon	Collard Greens	Mango	Spinach
Broccoli	Corn	Mustard Greens	Strawberries
Butter Lettuce	Green Beans	Pea Pods	Swiss Chard
Cactus	Honeydew	Peas	Cantaloupe

### APRIL

Artichokes	Green Beans	Pineapple	Swiss Chard
Asparagus	Honeydew	Purple	Blackberries
Bitter Melon	Jackfruit	Asparagus	Blueberries
Broccoli	Limes	Red Leaf Lettuce	Cherries
Butter Lettuce	Mango	Rhubarb	Nectarines
Collard Greens	Mustard Greens	Spinach	Watermelon
Corn	Peas/Pea Pods	Strawberries	Zucchini

### MAY

Apricots	Butter Lettuce	Jackfruit	Red Leaf Lettuce
Asian Pears	Collard Greens	Limes	Rhubarb
Artichokes	Corn	Mango	Spinach
Asparagus	Fiddlehead Ferns	Mustard Greens	Strawberries
Bitter Melon	Green Beans	Peas/Pea Pods	Swiss Chard
Broccoli	Honeydew	Pineapple	Lima beans

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## SUMMER

### JUNE

Apricots	Corn	Melons	Peas
Asian Pear	Cucumbers	Jackfruit	Persian Melon
Beets	Eggplant	Jalapeno	Plums
Bell Peppers	Elderberries	Peppers	Radishes
Black	Endive	Key Limes	Raspberries
Crowberries	Figs	Lima Beans	Strawberries
Blackberries	Garlic	Limes	Sugar Snap Peas
Blueberries	Grapefruit	Loganberries	Summer Squash
Boysenberries	Grapes	Mulberries	Tomatillo
Butter Lettuce	Green Beans	Nectarines	Tomatoes
Cantaloupe	Green Soybeans	Okra	Watermelon
Cherries	Honeydew	Passion Fruit	Zucchini

### JULY

Apricots	Corn	Jackfruit	Plums
Asian Pear	Cucumbers	Jalapeno	Radishes
Beets	Eggplant	Peppers	Raspberries
Bell Peppers	Elderberries	Key Limes	Strawberries
Black	Endive	Lima Beans	Sugar Snap Peas
Crowberries	Figs	Limes	Summer Squash
Blackberries	Garlic	Loganberries	Tomatillo
Blueberries	Grapefruit	Mulberries	Tomatoes
Boysenberries	Grapes	Nectarines	Watermelon
Butter Lettuce	Green Beans	Okra	Zucchini
Cantaloupe	Green Soybeans	Passion Fruit	Currants
Cherries	Honeydew	Peas	Peaches
Cherries, Sour	Melons	Persian Melon	

### AUGUST

Apricots	Cherries, Sour	Honeydew	Peas
Asian Pear	Corn	Melons	Persian Melon
Beets	Cucumbers	Jackfruit	Plums
Bell Peppers	Eggplant	Jalapeno	Radishes
Black	Elderberries	Peppers	Raspberries
Crowberries	Endive	Key Limes	Strawberries
Blackberries	Figs	Lima Beans	Sugar Snap Peas
Blueberries	Garlic	Limes	Summer Squash
Boysenberries	Grapefruit	Mulberries	Tomatillo
Butter Lettuce	Grapes	Nectarines	Tomatoes
Cantaloupe	Green Beans	Okra	Watermelon
Cherries	Green Soybeans	Passion Fruit	Zucchini

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## AUTUMN

### SEPTEMBER

Acorn Squash	Ginger	Passion Fruit
Asian Pear	Grapes	Pear
Broccoli	Guava	Persimmons
Brussels Sprouts	Huckleberries	Pineapple
Butter Lettuce	Jalapeno Peppers	Pomegranate
Buttercup/nut Squash	Key Limes	Pumpkin
Cauliflower	Kohlrabi	Quince
Cranberries	Kumquats	Sweet Potatoes
Garlic	Mushrooms	Turnips

### OCTOBER

Acorn Squash	Butter Lettuce	Guava	Pineapple
Asian Pear	Buttercup	Huckleberries	Pomegranate
Barbados	Squash	Jalapeno	Pumpkin
Cherries	Butternut	Peppers	Quince
Black	Squash	Key Limes	Sweet Potatoes
Crowberries	Cauliflower	Kumquats	Swiss Chard
Black Salsify	Cranberries	Mushrooms	Turnips
Belgian Endive	Garlic	Passion Fruit	
Broccoli	Ginger	Pear	
Brussels Sprouts	Grapes	Persimmons	

### NOVEMBER

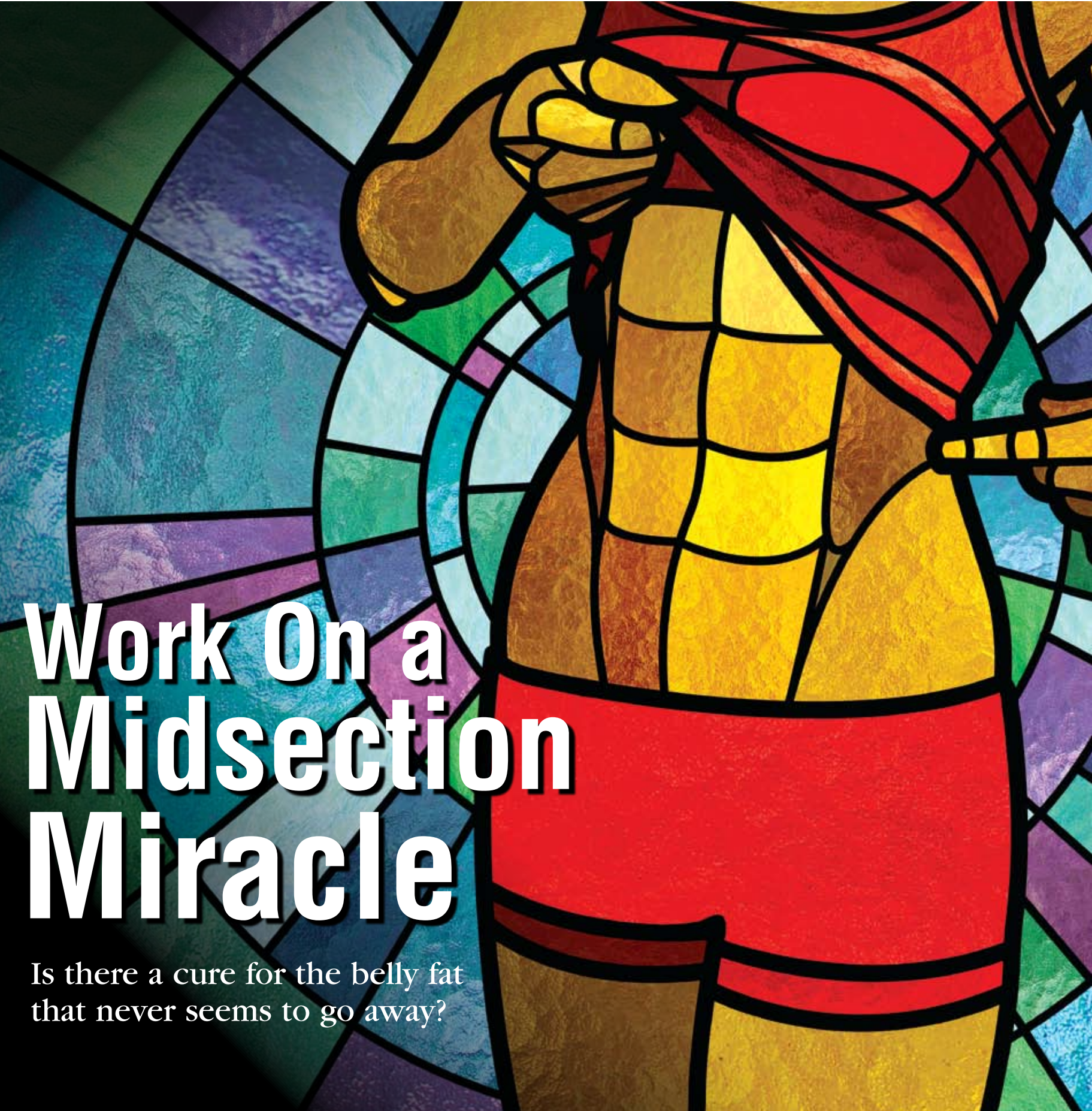
Acorn Squash	Butternut	Jalapeno	Pomegranate
Asian Pear	Squash	Peppers	Pumpkin
Barbados	Cauliflower	Key Limes	Quince
Cherries	Cranberries	Kumquats	Sweet Potatoes
Broccoli	Garlic	Mushrooms	Swiss Chard
Brussels Sprouts	Ginger	Passion Fruit	Turnips
Butter Lettuce	Grapes	Pear	
Buttercup	Guava	Persimmons	
Squash	Huckleberries	Pineapple	

Source: fruitsandveg-  
giesmorematters.org  
and Natural Resources  
Defense Council

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# Work On a Midsection Miracle

Is there a cure for the belly fat  
that never seems to go away?

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BY JEFF SCHNAUFER  
CTW FEATURES

**R**ic Moxley is in pretty damn good shape. At 52, he recently completed his first marathon and regularly runs between 25-40 miles a week.

“But I can't get rid of this,” says the Beverly Hills resident, pointing to a little pouch around his belly. “What the heck do I need to do?”

Most experts agree that his sex is working against him.

“When men gain weight, as compared to premenopausal women, they tend to gain it above the waist. Women tend to gain weight below the waist,” says Dr. Carla Wolper, research faculty, New York Obesity Nutrition Research Center, St. Luke's-Roosevelt Hospital Center in NYC.

“After menopause, women gain weight similarly to men, above the waist. It seems to be an effect of lack of estrogen, which protects women from gaining weight above the waist. There are also genetic influences on body shape and body fat distribution.”

“My father had the exact same problem and so did my grandfather, so I am fighting genetics to a degree,” Moxley says.

Interestingly enough, though, another type of sex could be working for Moxley.

“Sex it up,” says Dr. C.W. Randolph of Jacksonville Beach, Florida, co-author with Genie James of “From Belly Fat To Belly Flat” (HCI, 2007).

“Multi-task in the sack by engaging your core muscles, burning calories and feeling motivated to look better naked.”

That's just one of the types of exercise health and fitness experts suggest for helping to get rid of or keep off belly fat. Keep in mind, however, that exercise alone will not help you lose belly fat.

“Genes determine where you lose fat when you exercise,” Wolper says. “People think when they do sit ups they're using the fat in that area. That's not necessarily true.”

If they want their stomach to look

flatter, people can do the exercises that make their abdominal muscles stronger, but they will still have fat on top of the muscle, Wolper says. More fat is actually burned through aerobic exercises.

“The ideal thing is to do both and cut some calories,” Wolper says.

“There is no exercise that causes the belly to burn more fat than any part of the body. The idea is to tweak your diet. Cut down on your fat. Try to wean yourself down from soda to diet soda or club soda with a piece of lemon in it. Some people just need to cut their portions. That's the easiest way to lose weight and most people don't do it. Losing belly fat is the same as losing fat. It means burning calories. You have to make new habits and keep them.”

Women with rising estrogen levels who are in their mid 30's or older may also be faced with an additional challenge, says Randolph. “Too much estrogen in a woman's system sets the stage for weight gain, particularly around the belly, butt and thighs. Worse, body fat actually produces more estrogen so women get caught in a double whammy,” Randolph says.

Randolph takes a three-pronged approach to combating belly fat.

## 1. BALANCE YOUR HORMONES

Partner with a knowledgeable medical professional trained to analyze blood or saliva tests of your hormone levels, diagnose deficiencies and replace what your body is missing with safe, natural bioidentical hormone replacement therapies.

## 2. EAT A DIET FULL OF BELLY-BLASTER FOODS

Cruciferous veggies (broccoli cauliflower, greens), citrus fruits, whole grains and flax seed, flaxseed oil and sesame seeds.

## 3. DE-STRESS AND EXERCISE

Try to commit 10-15 min a day to meditate, pray, visualize ...and always picture your svelte self-doing the activities, living the life you want.

Exercise 30-45 min at minimum of 5 days week.

For aerobic exercise, Randolph suggests “anything cardio, but be sure to shake it up.”

“Doing the same exercises all the time allows your muscles to adapt so they burn fewer and fewer calories. Get yourself a 'toy box' of different activities that you enjoy and stretch you to the next level of fitness: running, tennis, Zumba, rock climbing, swim, etc.,” Randolph says.

And keep this in mind. “Women who do active cardio activities five or more times per week have been found to have significantly less issues with prolonged estrogen dominance,” Randolph says.

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## WORK IT OUT

To strengthen abdominal muscles, Tanya Becker of Hoboken, N.J., and co-author of “The Physique 57 Solution” (Grand Central Life & Style, 2012) suggests the following two abdominal exercises:

### ROCKETTE

**WORKS:** Abs with emphasis on obliques

**REPS:** 20 to 30

**SET-UP AND EXECUTION:** Lie on your back and bring your legs straight up to the ceiling over your hips. Lace your hands behind your head and curl your head, neck and shoulders off the floor. Lower your right leg halfway down towards the floor and draw your right shoulder towards your left knee, twisting the upper body. Continue to alternate your legs and shoulders (opposite shoulder to incoming knee) while keeping your elbows wide, neck relaxed and twisting from your ribs.

**BENEFITS:** Cinches waistline; strengthens the core; increases flexibility

### SUPERWOMAN

**PROP:** Playground Ball

**WORKS:** Abs

**REPS:** 30 to 60

**SET-UP AND EXECUTION:** Set-up: From a seated position, place a cushion behind your lower back and lower your torso down, keeping your head, neck and shoulders off the cushion. Place your feet on the ball in front of you. Start with your arms by your sides and your legs pulled in. Extend your arms and legs as you push the ball away from your body. Bring everything back to the starting position. Repeat. Remember to keep your navel pulled down while doing this exercise.

**BENEFITS:** Strengthens the core

After hearing of the solutions and exercises above, Moxley said he is hopeful he will be able to better combat his little pouch of belly fat.

“I think I need to add a more well-rounded element to my exercise,” Moxley says. “Or more of that other exercise and I should actually get a girlfriend.”



# Ready, Set... PALEO!

Why eating the ‘caveman diet’ can maximize health and boost weight loss

BY LINDSEY ROMAIN  
CTW FEATURES

**T**he Paleo diet isn't as highfalutin as it sounds. Just ask Fred Flintstone. Paleo is short for “Paleolithic,” like the Paleolithic era, a prehistoric period of human history better known as the Stone Age. The Paleo diet, or the “caveman diet,” is based on the foods that primitive hunter-gatherer societies feasted on, like lean meat, nuts and berries. The idea is to eat like the human

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body was engineered to eat, without the influence of modern food principles.

“It’s not really a diet per se, but rather a lifetime program of eating to maximize health and well-being,” says Loren Cordain, one of the creators of the Paleo diet and author of “The Paleo Diet: Lose Weight and Get Healthy Eating the Foods You Were Designed to Eat” (Wiley, 2010).

The Paleo diet nixes dairy, grains and legumes in favor of fresh fruit, vegetables and lean, grass-fed meat. Cordain – along with other scientists, anthropologists and physicians – studied the diets of 229 hunter-gatherer societies from around the world and mimicked the food categories those groups consumed with foods available in the supermarket. The vitamin- and mineral-rich diet is said to help maintain diabetes and lower high blood pressure.

It’s also an effective method for sustainable weight loss.

The absence of dairy and whole grains has put the Paleo diet on the naughty list of some dieticians and medical associations, but according to Robb Wolf, author of “The Paleo Solution – The Original Human Diet” (Victory Belt Publishing, 2010) and host of the hit podcast of the same name, whole grains can actually create significant health and digestive issues. The Paleo diet, he says, is a low-inflammatory solution to overall health improvement, from weight loss to disease.

“People say ‘well, we’ve eaten grains for thousands of years,’ and I’ll say ‘yeah, we have, but we also haven’t eaten them for millions of years,’” Wolf says.

Cordain also notes the negative side effects of a grain-heavy diet, referencing celiac disease and gluten intolerance as an indication that our bodies have difficulty processing high-fiber breads and pastas.

“Whole grains are implicated in a variety of autoimmune diseases other than celiac, and when consumed excessively, promote vitamin deficiency diseases, such as pellagra, beri beri, iron and zinc deficiencies,”

Cordain says.

There’s also the fact that, according to a 2009 Gallup Poll, a quarter of Americans don’t believe in evolution. For a diet based on evolutionary principles, it may sound like a hard sell, but according to Wolf, the Paleo diet is more popular than ever. His podcast is in the top four in the health category on iTunes, and he says he’s noticed social trends that indicate a growing interest in the Paleo lifestyle.

“The information that we’re giving to people is very effective and very easy to implement,” says Wolf.

For people used to ice cream and pizza, a diet like the Paleo could seem too difficult to maintain. But for those interested in making the transition, Wolf suggests starting with a 30-day restrictive phase of eating on strict Paleo guidelines: no dairy, no grains, but plenty of high-protein, lean meats and leafy greens. After the 30 days are up, go back to “normal” eating. He’s sure you’ll notice a difference.

“A lot of people are shocked and surprised by how much better they feel when they get into it,” says Wolf. “And this way, they can really figure out what is the appropriate amount for them to do or not do.”

Some who participate in the 30-day intervention decide to continue with a strict Paleo diet, while others borrow the idea but adapt it to their regular eating habits, so they eat about 80 percent Paleo and 20 percent non-Paleo.

Sarah Fragoso began with the 30-day approach, which she says changed her life. After the birth of her third child, she admits that she was at a personal low in regards to health and fitness. Through Wolf, a friend of hers who she met at a Relay for Life event, she decided to try out the month-long method as a means to lose the baby weight and start feeling good again.

“I was not just losing weight, but my entire perspective on life was changing,” Fragoso says. “I felt so much better mentally and physically.”

Fragoso is now the author of

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“Everyday Paleo” (Victory Belt Publishing, 2011), a national bestseller about the diet – complete with recipes and lifestyle advice. She works as a trainer in the gym Wolf co-owns, and has successfully transitioned her family to the Paleo lifestyle in the process. Her approach is to see Paleo as a positive adventure rather than a cruel restriction. She says the results have been remarkable. “One of my sons had eczema, and it was gone within months. And the baby, who was pretty much raised on Paleo since birth, never had an ear infection and was never sick.”

While some may worry that a diet rich in grass-fed meat and fresh produce is too pricey, especially for large families, Wolf says it’s really as easy as eating eggs for breakfast, fruit and nuts for snacks, chicken salads for lunch and other veggies and lean

produce for dinner. No need to get fancy, although Paleo-specific items like almond flour, raw crackers and snack bars are also available.

The best part about Paleo: it’s a lifestyle anyone can adapt to. Cordain advises that pregnant women and children should slightly lower their protein intake, but apart from that, there are no limitations to the shift from everyday eating to a caveman-friendly menu.

“People assume that people who eat Paleo are hunting squirrels in the backyard,” Frago says. “But that’s not true. I’m more aware of where my food comes from, and I’m more conscious of eating food that is locally sourced. In the end, this is just a more sustainable way of living.”

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**“People say ‘we’ve eaten grains for thousands of years,’ and I’ll say ‘yeah, we have, but we also haven’t eaten them for millions of years.’”**

— Robb Wolf, author of “The Paleo Solution - The Original Human Diet”



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## GETTING STARTED

You're ready to go Paleo... but what comes next? Those unfamiliar might not know how to maneuver a shopping cart to the Paleo-friendly aisles in the grocery store. In Wolf's book, he offers this Paleo food matrix. When these items are combined to make different recipes, they total 81,000 different meals. That's enough to eat brand new meals every day for 221 years!

### PROTEINS

Chicken breast  
Chicken thigh  
Flounder  
Snapper  
Trout  
Halibut  
Mackerel  
Bass  
Salmon steak  
Salmon fillet  
Shrimp  
New York steak  
Rib eye steak  
Round steak

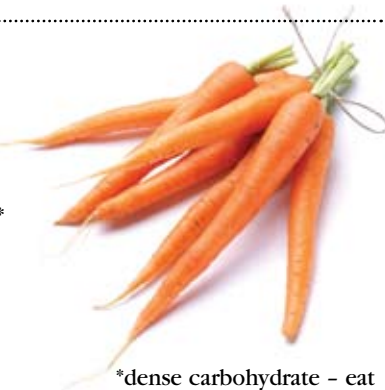


Ground beef  
Beef ribs  
Rump roast  
Beef stew meat  
Pork loin  
Pork chop  
Pork ribs  
Baby back ribs  
Bacon  
Pork roast  
Lamb chops  
Lamb rack  
Venison steaks

### VEGETABLES

Asparagus  
Avocado  
Artichoke hearts  
Brussels sprouts  
Beets\*  
Carrots  
Celery  
Daikon  
Zucchini  
Fennel Root  
Kale  
Chard

Dandelion greens  
Spinach  
Acorn Squash\*  
Butternut Squash\*  
Yam\*  
Sweet Potato\*  
Red pepper  
Yellow pepper  
Green pepper  
Red cabbage  
Green cabbage  
Napa cabbage



\*dense carbohydrate - eat in moderation until leanness goals are reached

### FATS

Coconut oil

Olive oil  
Macadamia oil

Avocado oil  
Lard

### HERBS & SPICES

Allspice  
Basil  
Cardamom  
Cinnamon  
Celery seed  
Dill  
Fenugreek

Garlic  
Ginger  
Curry-Red  
Curry-Green  
Curry-Yellow  
Oregano  
Cilantro

Nutmeg  
Rosemary  
Thyme  
Garam Masala  
Bay Leaf  
Salt  
Chili powder

Paprika  
Cumin  
Black pepper  
Herbes de  
Provence

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celebrity health:

# Jane Lynch

TV's most loveable  
villain took the long  
road to success  
and health,  
and found  
the secret  
to happiness  
along the way



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BY LISA IANNUCCI  
CTW FEATURES

**T**hese days Jane Lynch is the picture of mental and physical health – she’s poised, confident and self-assured and she has every reason to be. The comedic actress has come a long way, from her minor parts on such hit shows as “The West Wing”, “King of Queens”, “Frasier” and “3rd Rock from the Sun” to her breakout role in the movie hits “The 40 Year Old Virgin,” “Talladega Nights” and Christopher Guest’s improv mockumentary, “Best in Show.”

Today, she’s best known as the abrasive cheerleading coach Sue Sylvester in the hit television show “Glee,” which garnered her numerous awards and nominations. Lynch has since successfully hosted “Saturday Night Live” and the Emmys. In her personal life, she married her partner Dr. Lara Embry in May 2010.

But it’s taken Lynch a long time to get to this perfect place, a place she never thought she would see when she was a teenager. “When I was a kid, I was happy, but very anxious and afraid that things weren’t going to work out for me as an actress,” says Lynch, who was born and raised in Dolton, Ill. “I had a wacky dream and no one took you seriously. I had internal angst, not feeling like I belonged.”

Add in the fact that Jane was tall for her age and didn’t even feel right in her own body. “I didn’t want boobs,” she says. It was her mom, Eileen, who told her “stand up straight and don’t worry about it,” she says.

Lynch stood tall, worked hard and is now living that teenage dream. In her biography, “Happy Accidents”



(Voice, 2011), which was published in the fall, she says she was inspired to write the book after reflecting upon her success. She wished that she could have told this more anxious younger self not to worry so much and that it would all work out.

She’s handling the stresses that come with such a successful career in stride. “You have to make time for yourself and take one moment at a time,” she says. “I’m an organized person, so I make sure all my ducks are in a row.”

She also makes sure to take care of herself physically, something that her wife, Lara, a clinical psychologist, has encouraged. “Lara is an athlete and has to work out to be happy and I’m piggybacking off that,” says Lynch. “I have such resistance but she drags me along and I do 45 minutes of spinning. It’s high octane and tough, but you’re done in 45 minutes.”

At 50, Lynch makes no bones of the fact that she’s menopausal. “I’ve been reading Dr. Christine Northrup’s book, The Wisdom of Menopause, and it shifts the perception of what menopause is and how it’s a new phase of your life, not a curse or about drying up,” says Lynch. “If you set your body up it can keep you active and keep you active sexually.”

Lynch makes sure to write down what she eats and admits that she gains weight easily. “I stay away from the service table at the show,” she says.

She says that being in a family where there are children forces you to think about someone other than yourself, so she tries to lead by example. Lynch and Embry and the



## SEE JANE

AN INSIDE LOOK AT JANE LYNCH’S FAVORITE THINGS.

**What would your fans be surprised to learn about you?**

I love pedicures.

**What’s on your iPod?**

I choose chicks with guitars, including Carol King, Norah Jones and other women whose voices are strong. I also really like Anita Kerr.

**What’s your favorite book?**

I really enjoyed Tina Fey’s autobiography “Bossy Pants.” I also liked “The Seat of the Soul” by Gary Zukav. It shows you that the power of your own perception can change your life. You have the power to change.

children take long walks and hikes as a family.

Lynch also had to fight some personal demons on the path to her success, especially her alcoholism, but she’s enjoying her sobriety and her success. Lynch not only makes her audiences laugh with her shocking brashness and impeccable timing, but she’s made for some classic TV memories of late, including her singing rendition of Madonna’s ‘Vogue’ on “Glee.” Her talents have her in great demand, with roles in the upcoming Three Stooges movie, hosting duties for

the VH1 Do Something awards, and lending her voice to such animated series as “The Simpsons” and “Phineas and Ferb.”

While Lynch is best known for portraying Sue Sylvester, someone she says is “hurting inside and who is projecting her own pain on to the weakest person,” she exudes confidence and happiness about where her life and career are. You could say her success wasn’t an accident, but it most definitely is happy. Teenage Jane would be proud.

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# HOT AND HEAVY

Weight plays a major role in a healthy sex life. Here's how to turn desire into motivation

BY BEV BENNETT  
CTW FEATURES

**B**eing overweight can have a devastating impact on a person's self-image, especially someone who has a yearning ache to feel and look desirable. And it follows that looking sexier can be a stronger motivator than health when someone goes on a diet. Dietitians often get that from their

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patients.

“They say, ‘if only I get to a certain number I can do online dating,’ ” says Dawn Jackson Blatner, registered dietitian, Chicago.

But starving yourself to a hot-on-a-Saturday night size 2 shouldn’t be your aspiration, say nutrition experts.

## **Sex appeal isn’t conditional on a dress size.**

It’s about having confidence, gusto, passion, says Elizabeth Somer, M.A., registered dietitian, Salem, Ore.

“If you walk with your shoulders back, you’re healthy, your skin radiates a glow and you have a big smile on your face, you can be 20 or 90 and you can be sexy,” says Somer, author of “Eat Your Way to Sexy: Reignite Your Passion, Look Ten Years Younger and Feel Happier Than Ever” (Harlequin, 2011).

By switching off some negative eating habits, clearing junk foods

from your environment and creating realistic goals, you’re more likely to stick to a weight loss plan, have more energy and feel better about yourself, say nutrition experts.

When you give in to food that doesn’t enhance your well-being, you feel guilty and beat yourself up. You’re probably going to wallow in potato chips, not carrot sticks.

## **Break the cycle.**

Take a walk or go to the gym instead of self-medicating with high-fat, high-calorie foods when you’re stressed.

## **Change behaviors that trigger over-eating.**

For example, if you eat while watching television, you may lose track of how much you’re consuming. Turn off the television during mealtime.

“Do different things to get different results,” Blatner says.

“It could be something as simple

as drinking a healthy breakfast smoothie. It sets you up; you feel like you’re going to have a healthy day.

“If you have control, you can work on positive energy. The momentum is almost like a snowball. You feel better; you treat yourself better,” she says.

It’s hard to exert your willpower when you’re hungry.

## **Arrange your food day as you do the rest of your routine.**

“Eat breakfast. Don’t shortchange yourself at lunch,” says Joan Salge Blake, M.S., registered dietitian.

## **Concentrate on foods you should add to your diet.**

“It’s easier to add things than take away. I know that by adding protein at breakfast, people will be less hungry midday,” says Blake, clinical associate professor, Boston University.

“Plan something in the afternoon

– another piece of fruit, a few nuts, a chunk of reduced-fat cheese. By eating more and being in more control of what you eat, you’ll eat fewer calories,” Blake says.

You’re more likely to succumb to temptation when you’re surrounded by high-fat, high-calorie foods.

## **The simple solution?**

“Don’t bring the junk into the house. Don’t buy chips and soda and ice cream. They shouldn’t be in your cupboards anymore,” Somer says.

“When you come home from work, what you see is what you’re going to eat,” says Blatner, author of “The Flexitarian Diet” (McGraw-Hill, 2008).

Put healthy, low-calorie foods in your sightlines. Fill the refrigerator with cut-up vegetables, fresh fruit, salad greens and lean fish, seafood and poultry. Add canned beans and quick-cooking whole grains, such as

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## WEIGHT LOSS PLANNER 2012

cracked wheat or quinoa to the cupboard. Keep grapes and popcorn on hand for snacking, say nutrition experts.

As you continue your healthful habits you'll notice the positive changes, say the dietitians.

"You'll feel better about yourself and have more energy. You may have more energy to work out, and that makes you feel better as well," Blake says.

The benefits are compounding, as Blatner explains.

"You may also pay attention to your makeup, your clothes; you feel whole."

But don't think you have to reach a certain size to feel sexy.

When your step is confident, you've got a playful look in your eye and a secret smile lingers on your lips, well, you're ready to answer that old question: "Do You Think I'm Sexy?"

And it's yes, yes, yes.

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### OUTSMARTING SABOTEURS

Just when you're building diet momentum, your spouse comes home with a cake from your favorite bakery or maybe your best friend says you're too skinny, which is far from the truth.

That's sabotage, and it can be the number one obstacle to staying on a diet, according to dietitian and author Elizabeth Somer.

Recognize and deal with it so your diet efforts won't be undone.

"You have to talk clearly and non-judgmentally to the person sabotaging you," Somer says.

Explain that your weight loss is important to your well-being and ask for encouragement. If that doesn't work, find people who support your efforts.

You don't have to cave to temptations.

"Maybe you put the chocolate down the garbage disposal," says Somer, who used to compost chocolate her husband brought home.

### IT'S THE CLOTHES, NOT THE SCALE

Patients don't like how they look when they come to her, says Joan Salge Blake, a registered dietitian who counsels patients on healthier eating, and a clinical associate professor at Boston University.

Clothes are a big issue for her patients, who are unhappy that their favorite jeans are too tight or their closets are packed with garments they can't wear.

Blake recommends they to go for the fit, not a number on the scale.

"Maybe you lose a couple of pounds, then the jeans zip up. That's priceless. You're not necessarily hitting a size; it's the pants fitting better. That's very empowering," she says.

"When you go through the closet and your clothes fit well, woo hoo, the sun came out."

Her advice is to find a pair of pants or skirt that's a smidge too small. Try on the item once a week, the same day each time, while following a sensible diet.

When you can zip up the pants and the look is flattering, you feel better, Blake says.

# 6 MOVES TO LOSE WEIGHT FAST

Jackie Warner, author of '10 Pounds in 10 Days: The Secret Celebrity Program for Losing Weight Fast' reveals the exercises everyone should do to tone and trim in a flash.



## ELBOW TO KNEE TOUCH

Works the abdominals. Warner is known for crunch-free ab work.



BY ANNA SACHSE  
CTW FEATURES

Whether it's trying to slim down for an important event, to lose the last of the baby weight, or to finally just get in shape, it sure seems like most folks would like to lose 10 pounds - and fast.

Enter Jackie Warner, the no-nonsense fitness trainer from Bravo's "Workout" and "Thintervention," who has helped numerous celebrities get red carpet-ready in no time. In her latest book, "10 Pounds in 10 Days: The Secret Celebrity Program for Losing Weight Fast" (Grand

Central Publishing, 2012), Warner shares three of her tried-and-true "10 x 10" workouts - follow one to get gorgeous before that wedding or high school reunion, or, if you've got more weight to waste, do all three for 30 days of fat burning and toning. Each routine comes with an eating plan starring nutrient-dense foods (think grapefruit's naringin, plain oatmeal's slow-digesting carbs and whole eggs' powerhouse protein and lecithin) that Warner says are fantastic for weight-loss and bal-

ancing the important fitness hormones HGH, testosterone and progesterone, but won't leave you feeling deprived.

Changing a person's relationship with food is one of the key components of the program, says Warner. "The reality is, anyone can lose 10 pounds, but this plan is meant to help you keep it off."

Want a taste of the accelerated action? Here, Warner shares six moves from her new book that require nothing more than your

bodyweight or simple dumbbells. "They're all basic movements that speed up your metabolism and have the most total impact on muscle tone," Warner says. "Together they provide the perfect whole-body workout."

Excerpted from 10 POUNDS IN 10 DAYS by Jackie Warner. Copyright © 2012 by Jackie Warner. Used by arrangement with Grand Central Publishing. All rights reserved.

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## DEEP SQUAT

It works the gluteal muscles and legs. "It's the most perfect leg exercise," Warner says.



## PUSH UP

Works the chest.



## BENT OVER WIDE ROW

Works the back.



## HAMMER CURL

Works the arms - forearms and biceps.



## SINGLE HEADBANGER

Works the arms - triceps.





## Losing weight takes focus and determination—even when the sofa and deep-fat-fried foods beckon

BY DARCI SWISHER

CTW FEATURES

**A**fter a stressful day at work, Molly Cue often finds she lacks the willpower she needs to hit the gym.

This is a real issue for Cue, of Indianapolis, Ind., who is training for her first Ironman competition in fall 2012. But she has worked out a way to get her mind and body on the same page.

“I try use my willpower to focus on how I know I will feel after, which is tired, but generally in bet-

ter spirits overall,” she says. “It takes all my willpower to get me started. I do almost always feel better after though.”

Without realizing it, Cue may have hit on something. Recent research, and even a New York Times bestseller, points to the fact that willpower – also known as self-control or self-

regulation – is not available in endless supply.

The general idea is that “willpower is limited, and can be relatively easily depleted,” says Brandon Schmeichel, an associate professor in the department of psychology at Texas A&M University, who has researched willpower extensively

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and published multiple papers on the topic.

In other words, he explains, if a person practices self control in one instance, they may be less successful in subsequent instances.

“Self-control can be thought of as a competition between two forces: impulses and the capacity to exercise control over impulses,” Schmeichel says.

But that is no reason to give up on trying to exercise willpower, he notes, as experiments have pointed to ways that people can replenish willpower when it wanes.

For instance, in one study, subjects who thought about their core values in life were able to resist temptations that would have led to a loss of willpower.

“If you can, step back from a tempting situation and reflect on what’s more important to you,” he explains.

Other research has revealed that people who believe that they possess an unlimited amount of willpower are far more successful at exercising self-control. Another study, probably the one that is most well known, showed that a loss of willpower is related to low glucose levels, Schmeichel says.

“Research on self-control can help people to find strategies for beating bad habits and increasing their willpower,” he adds. “It may also help people to recognize situations in which willpower is likely to succeed and when it is likely to fail.”

“Willpower: Rediscovering the Greatest Human Strength” (Penguin Press, 2011), a book detailing one researcher’s extensive work on willpower, even landed at the top of the New York Times Bestseller List. In it, co-authors Roy F. Baumeister, a Florida State University professor, and John Tierney, a New York Times science writer, explore willpower in depth, especially that fact that it is a mental energy that glucose in the bloodstream can fuel.

Baumeister’s research equates willpower to a muscle that can be worn down. His subjects experi-

enced “ego depletion” after completing a task that involved resisting something. But a sugary drink helped them restock and reload.

Tracy Sheehy found some sweets recharged her willpower – even though they were also what were testing it during a 10-day holiday visit to her mom’s. Sheehy, of Kingman, Az., had lost a significant amount of weight during 2011 through diet and exercise, and did not want her accomplishment derailed by the overload of Christmas cookies, desserts and candy she would encounter as soon as she walked in the door.

“I told myself, ‘you are not going to eat any Christmas junk and you are not going to gain any holiday weight,’” she says. “I can happily say that I made it to New Year’s Eve (6 days) without one chocolate truffle, cookie or doughnut crossing my lips.”

But that night, Sheehy indulged. “It gave me the willpower to get right back to it the next day,” she says. “I was able to maintain my willpower until returning home.”

The result: Not a pound gained in the 10 days Sheehy visited her family.

Those whose willpower has failed them in the past should not give up hope. Research is pointing to practice making perfect where willpower is concerned, which is good news for something that is actually very vital, Schmeichel notes.

“Willpower is an important key to success in life,” Schmeichel notes.

“People who succeed at self-control enjoy more satisfying relationships, earn better grades in school, more money, report less anxiety and live longer.

They are also less likely to be incarcerated than people who tend to fail at self-control. A good case can be made that if we were all that much better at self-control, we would all be that much better off in life.”

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# TOP TECH TOOLS TO GET GOING

Achieve weight loss goals by putting modern technology to work



BY ANNA SACHSE  
CTW FEATURES

**N**eed a nudge to get you moving on the path toward your weight loss goals? These 6 high-tech health tools are here to help.

## NIKE+ FUELBAND

Unveiled in February 2012, this sleek water-resistant device tracks the movement in dozens of daily activities, from walking and running to dancing and basketball, and translates it into time, calories burned and distance traveled, says Jim White, a registered dietitian and owner of Jim White Fitness & Nutrition Studios in Virginia Beach, Va. You just set your daily goal, put on the bracelet and move. LED lights update you on your progress through a color spectrum that ranges from red (you've got a ways to go) to the coveted green when you've attained your goal. See the results on your computer or mobile device.

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## HEART RATE MONITORS

Whether you'd prefer a chest strap or a finger sensor, these motivational tools will allow you to target a specific heart rate range so that you can achieve the maximum benefit from your workout, says Erik Hroncich, NSCA-CPT, owner of Seattle-based EDGE Personal Training. "According to the National Strength and Conditioning Association, the most effective general calorie-burning range is 55- to 85-percent of an individual's perceived maximum heart rate," Hroncich says. Prices vary, ranging from around \$60 to \$400 or more, depending on the bells and whistles, but Garmin, Polar and Timex are popular brands with multiple versions.

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## BEATBURN TREADMILL/OUTDOOR TRAINER APP

White is right: "Without music, workouts would be even more daunting than they already are." But since few people feel like sprinting to a slow song, this innovative app for the iPhone or iPod Touch analyzes your music and alters it to match your gait. It also includes 36 progressive routines designed for beginner, intermediate and advanced users. "No more Adele's 'Someone Like You' as you're busting up the hill toward the finish line."

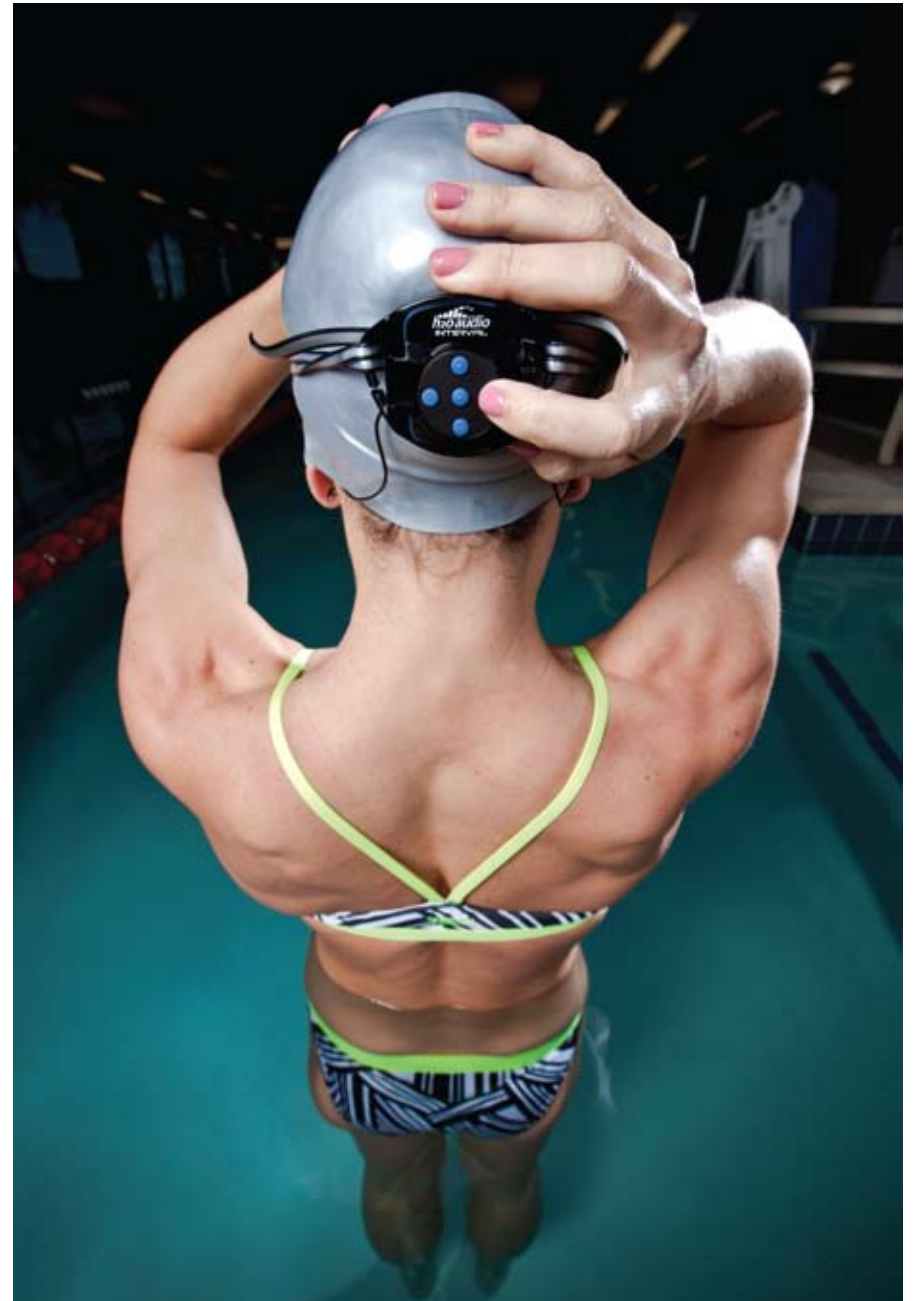


Budget	Food	Exercise	Net	Under
2,094	265	-242	503	1,471
Breakfast: 425				
	Cereal, hot 1/2 Cup		205	>
	Milk, 1% 1 Cup		110	>
	Juice, orange 8 Fluid ounces		110	>
Lunch: 440				
	Apples, fresh 1 Each		95	>
	Sandwich, turkey 1 Each		346	>
Exercise: 242				
	Basketball General - 45 Min		242	>

## LOSEIT!

Extremely user-friendly, this free weight-loss app and website program starts by asking a few general questions (age, weight, goal, etc.) to determine your caloric budget, says Hroncich, and then you're off and jogging. Track what you eat and how much you exercise, scan barcodes to input nutritional information, see your progress and share your status with friends. You can even sync it to a FitBit Ultra activity monitor to get truly accurate info about the calories you've burned.

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## INTERVAL 4G

This nifty waterproof headphone system for the iPod Shuffle (4th Gen) can really spice up those endless laps in the pool by allowing you to listen to music while you swim, says White. The tiny case easily attaches to almost any swim goggle, and the device comes with integrated bass-amplified Surge 2G headphones that are designed to minimize drag in the water. Push buttons on the case align with the iPod controls for playback and volume, even when you're in the water.



### KORR'S REEVUE INDIRECT CALORIMETER

"This gadget (actually a medical tool) is as cool as its name leads you to believe," says Hroncich. "It's a metabolic 'Breathalyzer' that measures the amount of oxygen the body consumes." The machine uses the data collected to determine an individual's resting metabolic rate. Medical professionals can then use this information to compute the exact caloric intake you would need for weight loss, watch for abnormally slow metabolism and screen for warning signs of obesity-related diseases, such as diabetes and sleep apnea.



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# ASK THE EXPERT: DR. JOHN RATEY

Author of 'Spark: The Revolutionary New Science of Exercise and the Brain' talks about the cognitive benefits of vigorous physical activity

By EPHRAIM TUCHO  
CTW FEATURES

For those that think the healthy benefits of physical activity are limited to physical conditioning, they may be surprised to learn that the true benefits of exercise are for the brain. This is the position of Dr. John Ratey, author of "Spark: The Revolutionary New Science of Exercise and the Brain" (Little, Brown & Co., 2008) who says, "Building muscles and conditioning the heart and lungs are essentially side effects. I often tell my patients that the point of exercise is to build and condition the brain."

Here, Dr. Ratey shares some of his thoughts on the impact of exercise on the brain and how we can wire our brain to overcome the resistance.

## What improvements will someone see in their mental capacities once they start exercising?

What the exercise does is that it makes learners better at learning. It improves the attention system, it improves the motivation to stick with it. It lowers impulsivity. You're less jumpy in a cognitive situation. It reduces anxiety, and all those things make for a better learner. For the brain, for 100 billion nerve cells, [exercise] optimizes it to grow, and that's the only way to learn things. That's the way we encode information. The brain becomes better conditioned. Synapses get pushier, make more neurotransmitters and



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# WEIGHT LOSS PLANNER 2012

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make more receptors. We get our brain cells ready to learn. If our brain cells don't grow, we don't learn.

## **The body craves activity when the brain resists. Is there a way to wire our brain into craving and enjoying this exercise as well?**

The resistance is there. Other than once you get to a point of being so keyed into it, you get on a regular schedule. The ultimate best way is to do it with someone and to have fun with it. That is the best way to get you going and keep you going. After a while, the best way to get wired is to have something that's fulfilling and drawing enough and motivating enough on its own. There comes a time for those who make it to about 3 months, it's very hard for them to stop a regular routine.

## **Is wiring the brain an additional challenge for people who recently started losing weight or does the same challenges present to those who have exercised regularly in the past?**

It's very hard to start. One of the things we know now is that for very obese people the way to get them to start is probably by lifting weights; small curls or lifting things above their heads. They will be able to see a change in their strength and they will be able to see it immediately. They can see themselves getting stronger and they can get closer to walking and aerobics. Walking is nice, but exercise really means pushing beyond your limits. Walk more than you usually do. You have to see a change.

That's why going to a gym is good because you can see a change easier. Then you really want to push yourself. until you're out of breath and you are willing to push yourself. But people tend not to push themselves.

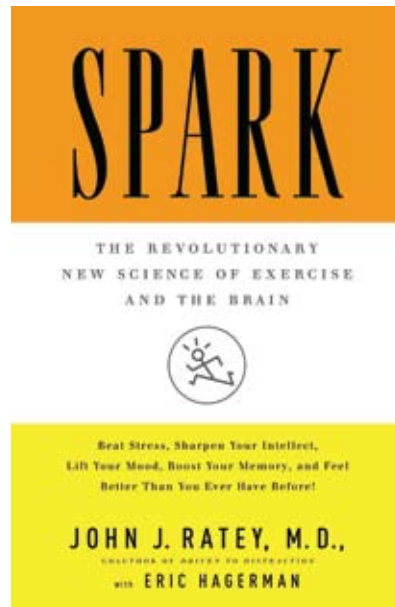
## **In your book you recommend aerobics and tennis for conditioning both the body and the brain. Are there any other activities you would suggest? How intense should the activity be?**

Overall, I'd say best exercise is dance. Vigorous kinds of dance involve so much, so many muscles, as well as the brain, and that's the trick. What we know is the best results come from exercises that involve coordination and learning challenges. In dance you have to concentrate on the steps and you have a partner and it adds an overall degree of complexity. The more vigorous dance the better.

I think the ideal [for an activity] is probably something that gets your heart rate up to 90 percent of maximum for a short period of time

## **We know what can happen when we don't exercise our physical muscles but what effects would a lack of exercise have on our brain?**

I think if you exercise, your level of fitness is going to change your level of cognition. You're not going to have that acute burst like you've had in the past. Getting to a point where you don't need exercise is not real. People need to continue to exercise throughout their lives. Your cognition goes down as you get older and it goes down pretty quickly.



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# 11 Steps to Looking Better Without Breaking a Sweat

**Quick fixes for skin, hair, makeup and style give an extra ego boost to encourage dieters**



BY DAWN KLINGENSMITH  
CTW FEATURES

It takes time to see results from exercise programs, skincare regimens and other lifestyle changes intended to make us look and feel our best. And while lifestyle changes are the best way to get and stay slim and preserve a youthful appearance, there are fast and effortless ways to look thinner, younger and healthier. Tasting success right from the start makes it easier to stick with resolutions that will bring about lasting improvements down the line.

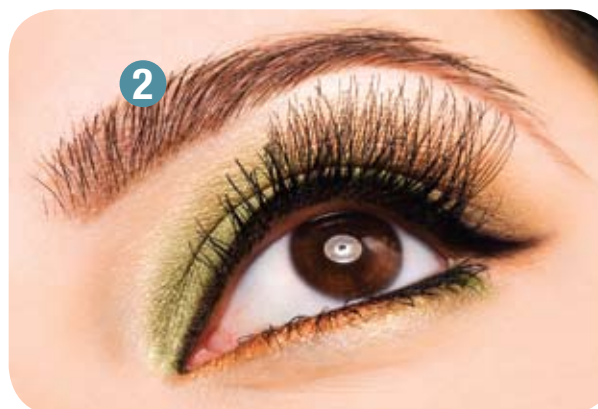
Here's a head-to-toe blueprint for instant gratification to complement your long-term nutrition plan.



## 1. LIGHTEN YOUR LOCKS

Expensive, high-maintenance hair color looks good only as long as you

keep it up, but adding subtle highlights or lowlights to the strands that frame your face doesn't cost much and gives you an overall glow. "To create a natural look, you want to go only one level lighter or darker than your overall hair color. This will brighten your skin tone," says image consultant Kelly Zinke, Stoltz Image Consulting, Fort Worth, Texas.



## 2. FILL IN VANISHING EYEBROWS

Sparse, over-tweezed or graying eyebrows age your face, but penciled-in eyebrows can look even worse. "Thicker, fuller brows are in,"

Zinke says. "To achieve this look try a brow tint which uses a mascara-like wand to gently apply color to the brow. Color is deposited on the hair rather than on the skin, creating a more natural look."

## 3. START YOUR DAY WITH EYES TEA

Perk up tired, puffy eyes by gently applying cool, used (or pre-steeped) teabags to closed eyelids for about 15 minutes. Put them in a plastic bag in the fridge and squeeze out the excess moisture

## WEIGHT LOSS PLANNER 2012



before applying. (In a pinch, soak the tea bags in hot water for a minute and then plunge them in ice water before using.) Green or chamomile tea bags are both “extremely soothing, and green tea has antioxidants that can help reduce swelling and puffiness,” says dermatologist Dr. Brooke Jackson, medical director and founder, Skin Wellness Center of Chicago.

### 4. FRAME YOURSELF

If you wear eyeglasses, they are as much a part of your face as your nose and lips. They're also fashion accessories, with new lines introduced seasonally, so just like clothing, they can start to look dated. “Pick a frame color that goes well with your hair color, and don't be afraid to go for a bit of pizzazz. Add a bit of glam with rhinestones or other accent pieces,” says Zinke, adding that each yearly eye exam offers a relatively inexpensive way to “hip up” your appearance. Antireflective lens coating eliminates glare so people (and cameras) can focus on your sparkly eyes.

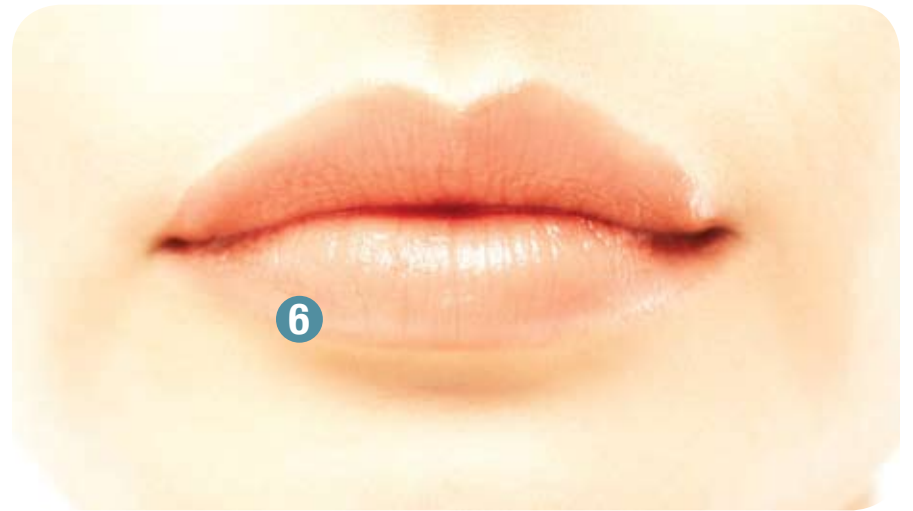
### 5. GET CHEEKY

Don't try to re-sculpt your face using blush, bronzers or contouring powder. Apply blush so it looks like you're blushing (but not dying of embarrassment). “You should see your blush, but not where it starts and ends,” says San Diego makeup artist Mary Erickson. Invest in a pro-grade blush brush (the little squared-off ones sold with the compacts tend to produce clownish results) or opt for a cream blush you can apply and blend with your fingers.



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### 6. PLUMP UP YOUR POUT

You know how black pants make your rear look smaller? What's true for your hips is true for your lips. Darker colors like reds, purples and browns have a thinning effect while lighter shades of pink, peach and coral will make your lips look pleasantly plump.

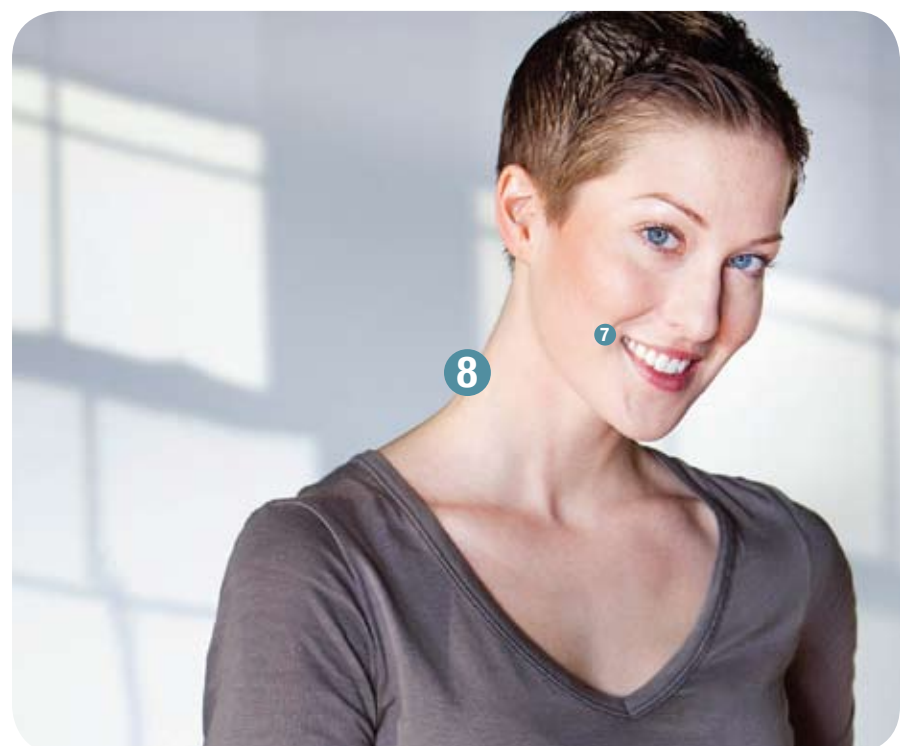
### 7. BRIGHTEN YOUR SMILE

"I think people underestimate the impact of teeth on their overall appearance," says Dr. Jennifer Ashton, co-host of ABC's The

Revolution and author of "Your Body Beautiful: Clockstopping Secrets to Staying Healthy, Strong, and Sexy in Your 30s, 40s, and Beyond" (Avery, 2012). "Drugstore whitening strips work. It's an easy, quick, cheap thing to do."

### 8. ELONGATE YOUR NECK

Rid your wardrobe of turtlenecks and high collars because the longer your neck, the thinner you look. "V-necks flatter almost everyone," Zinke says, "and they create a beautiful canvas to show off chunky necklaces."



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## 9. GIVE YOUR BUST A BOOST

Look as though you dropped weight without dieting simply by getting professionally fitted for a supportive bra that lifts your breasts up and off your rib cage. "It will improve your posture and make a dramatic impact on the way you look," Ashton says.

Farther south, a pair of shaping briefs (Gwyneth Paltrow and Oprah Winfrey swear by Spanx) will complete the gravity-defying effect by reining in your rear and trimming your tummy.

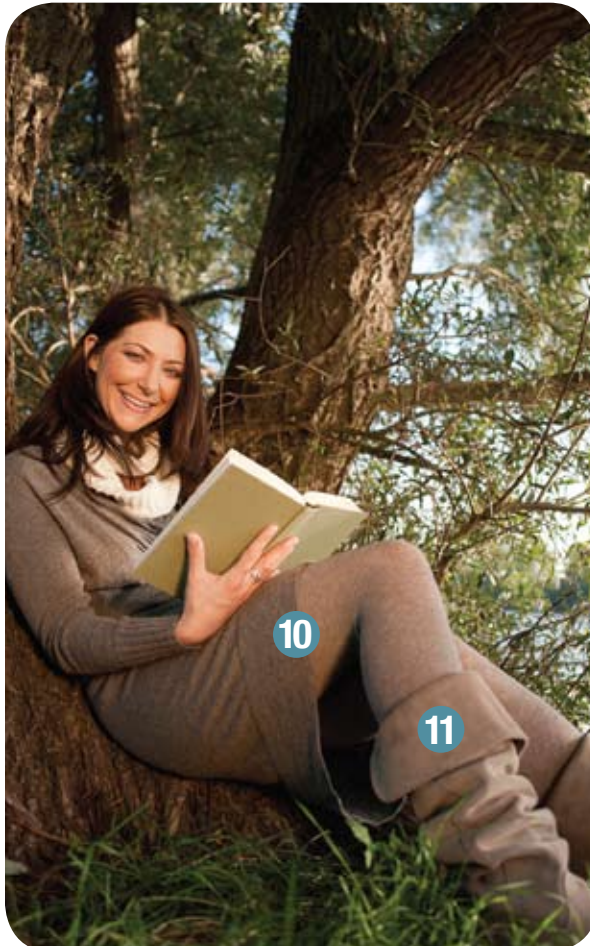
## 10. SHOW SOME LEG

Three-quarter-length skirts and dresses are all the rage in Hollywood, but they only flatter the "super thin" because they accentuate the widest part of the calf, Zinke says. However, "Almost anyone can wear a knee-length pencil skirt regardless of body shape."

## 11. WEAR THE RIGHT BOOT.

Furry après ski boots are neither sophisticated nor flattering to most figures. And unless you're tiny, tucking skinny jeans into tall boots will make your rear end loom large. "To create the proper proportions, be sure to wear a longer shirt with skinny pants tucked into boots," Zinke says. "A wider pant works better with a shorter top and a higher heel."

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TV's most loveable villain finds took the long road to success and health, and found the secret to happiness along the way

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Jackie Warner, author of "10 Pounds in 10 Days: The Secret Celebrity Program for Losing Weight Fast," reveals the exercises everyone should do to tone and trim in a flash.

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Is there a cure for the belly fat that never seems to go away?

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Why eating the 'Caveman Diet' can maximize health and boost weight loss

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Dieters may know what to eat and how much, but they may not know what time of year is best

### **9 STEPS TO LOOKING BETTER WITHOUT BREAKING A SWEAT**

Quick fixes for skin, hair, makeup and style to start a new year looking like a whole new you

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Weight plays a major role in a healthy sex life. Here's how to turn desire into motivation

### **ASK THE EXPERT: DR. JOHN RATEY**

Author of "Spark: The Revolutionary New Science of Exercise and the Brain" talks about the cognitive benefits of vigorous physical activity

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