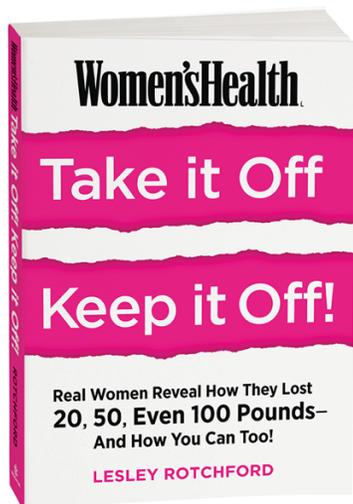




Losing Weight and Keeping it Off

By Judy Koutsky



Losing weight permanently is the focus of Lesley Rotchford's new book. This former executive editor at *Women's Health* magazine and author shares about exactly how to get started.

Only splurge on foods that you truly love. At a cocktail party, she says, "Why waste calories on things you don't care that much about?"

But drink cocktails that you don't love that much. "I will guzzle beer or vodka. So I opt for one of those beverages when I'm trying to lose weight."

Hide the goodies. Research from the Cornell University Food and Nutrition Institute shows that people who eat foods (read: cookies) out on the counter weighed an average of 13 pounds less than those who kept a snack on the counter. If you want to keep a snack on the counter, women who left out a bowl of fruit weighed 13 pounds less than those who didn't.

Keep a food diary. "If someone asked you to recount everything you've eaten today, could you do it? Are you sure you ate your kids' leftover mac 'n' cheese, every lick of icing from a cupcake, and every broken-off piece of sugar cookie?" The *American Journal of Preventative Medicine* shows that food diaries can double a person's weight loss. Note it in your phone, jot it down in a notebook or record it in an app like MyFitnessPal.

Dodge cravings. The first option: distract yourself. "Instead of reaching for the food you want, call a friend and go for a walk around the block," says Rotchford, adding that the urge will likely pass by the time you're done. If it's something special or something you rarely have. It's OK to give in once in a while.

Move more. "Exercising increases lean muscle, which can boost your metabolism; it crushes calories, and even though muscle weighs more than fat, it takes up less room, so you appear slimmer and can slim down." A review of research published in the *Journal of Obesity* shows that high intensity interval training (HIIT) is a more effective type of workout. In one of the studies, subjects did eight-second cycle sprints followed by 12 seconds of rest three times a week. Another group of subjects did steady cycling for 40 minutes three times a week. After 12 weeks, the HIIT group had less body fat and abdominal fat than the steady cyclers.

Police your portions. The obvious way to do this is to simply eat half of what is on your plate, or serve yourself smaller portions, says Rotchford. You can also use small bowls and spoons, and dessert-size plates—all of which trick you into eating less than you really are.

Pad your diet with protein. Protein contains amino acids that aid in muscle production and repair, and it's a pain in the butt to digest, which means your body actually has to burn calories to move it through your system. "In a slow process, you stay full for hours," says Rotchford. So it's not surprising that research published in the *American Journal of Clinical Nutrition* shows that people on a high protein diet lost nearly double the amount of weight in six months than those on a high carbohydrate diet. Snacks include Greek yogurt, low-fat cheese, nuts, hard-boiled eggs, and smoothies spiked with protein.

Weigh in. Most experts tout the benefits of weighing yourself once a week, but a recent study from the *American Journal of Clinical Nutrition* shows that people who weighed themselves once a week lost more weight than those who didn't.

who weighed themselves at least six days a week for 12 months felt more confident about their ability to step on the scale less frequently. Says Rotchford: "I know people who dread stepping on the scale more than most, and that's essential for keeping your weight in check."



The exercises in Rotchford's book focus on burning calories, building muscle and revving your metabolism. They require minimal time and no equipment.

TRY THIS MOVE

Spiderman lunge with arm reach:

From Downward Dog, step your right foot forward and place it as close to your right hand as possible. Lift your left hand and arm toward the ceiling while you reach your right hand and arm toward the floor. Return to Downward Dog. That's one rep.

8 SUPER FOODS



Rotchford always has these healthy foods in her fridge or pantry.

1. Hard-boiled eggs

They are quick, satiating, and protein-packed.

2. Cheese sticks

These are great on-the-go healthy snacks.

3. Shirataki noodles

These gluten-free Asian noodles are made from konjac yams and contain only 10 calories per serving ar

4. Ezekiel 4:9 sprouted grain bread

It counts as a “complete” protein, meaning it contains all nine essential amino acids.

5. 0% Greek yogurt

Low in sugar and fat and high in protein, this yogurt is also very filling.

6. VitaTops Muffin Tops

I am obsessed with the Deep Chocolate flavor, which tastes like cake and is dotted with rich chocolate cl

7. Halo Top ice cream

There are only 280 calories per pint.

8. GG Bran crackers

Each giant cracker is only 10 calories and has 4 grams of fiber.



MEET THE EXPERT

Lesley Rotchford is the former executive editor of *Women's Health* magazine, where she focused on weight loss for the last 18 years.