

diet success

by Jane Bianchi

MOVE IT AND LOSE IT

The average American spends eight hours a day on her tush. How sedentary are you? To answer that question and learn what you can do to get active, take the following quiz from the book *Move Yourself*, by **Tim Church**, M.D., Tedd Mitchell, M.D., and Martin Zucker (Wiley).

- Y N ✓ Check it**
- Do you have a desk job?
 - Do you eat dinner in front of the TV?
 - Do you eat out, drink alcohol or go to the movies on the weekends?
 - Are you unlikely to get 20 to 30 minutes of physical activity a day?
 - Do you pay someone to clean your house or do yard work?
 - Do you take the elevator at work to go up just two or three floors?
 - Does someone else walk your dog?
 - Are you out of breath after walking a block or going upstairs?
 - Has your home exercise equipment turned into a laundry rack?

4 or more "yes" answers: Buy a pedometer and add 500 steps to your typical routine daily for a week. Then tack on 500 more steps each following week until you reach your goal weight. So if you take 6,000 steps a day, do 6,500 the first week, 7,000 the second.
3 or fewer "yes" answers: You're already on the right track, so focus on being "F.I.T." by increasing the frequency, intensity and time of your exercise sessions. Shoot for 30 minutes of cardio five days a week at a level that makes you breathe heavily.



Make a run for it: Sitting less and moving more is the key to shedding pounds.

sweet talk

Finally there's a sweetener that's natural (like sugar) but calorie free (like Splenda, Sweet'N Low and Equal). Truvia, which is made from the leaves of the stevia plant, a shrub native to Paraguay, can help perk up your coffee or tea without widening your waistline. Try a box of 40 packets, \$4, at truviastore.com.



"My son used to work at an ice cream store, so I would indulge in cones all the time."



Carla Edwards

HOMETOWN **Council Bluffs, IA** AGE **46** HEIGHT **5' 1"**
 PREVIOUS WEIGHT **192 pounds** CURRENT WEIGHT **130**

POUNDS LOST
62

HOW I LOST IT!

My new healthy habits...

- » **Eat right:** I bought NutriSystem premade meals at first, so I got used to eating small portions. Plus, I learned how to supplement my main course with fruits, vegetables and dairy—food groups I used to ignore. Now I cook similar things on my own, like muffin-size quiches made with spinach and low-fat cheese.
- » **Team up:** My company funds a wellness program called Simply Well (simplywell.com). Medical professionals help us determine our health risks and lose weight. I now trade healthy recipes with colleagues, and we compete together in cycling races.
- » **Get moving:** I started walking for 45 minutes a day five times a week to burn more calories. When I built up enough endurance, I began jogging. Now I run 45 minutes most days of the week, and I'm training for my second marathon!

Want to share your weight-loss story? Send an e-mail of 200 words or fewer describing how you did it to dietsuccess@familycircle.com. Please include photos.

Photo (top): John Kelly/Getty Images.

