

# HOW TO LOSE 4, 8, 12 LBS—

# FAST!

*Eat this, think that and follow these moves to drop major pounds in a month.*

By Jennifer Abbasi

**BURN IT** Shed 4 pounds in four weeks by exercising away 500 extra calories a day. That may sound like a lot, but 30 minutes of interval walking combined with everyday activities will get you there, says Denise Austin, author of *Side Effect: Skinny* and a mom of two daughters. “Alternate between intense and light pacing while on a walk outside, a treadmill or an elliptical machine,” Austin says. Go to [familycircle.com/intervalworkout](http://familycircle.com/intervalworkout) to check out her plan for torching 300 calories. Then try our 30-minute add-ons (or full workouts) to the right, below.

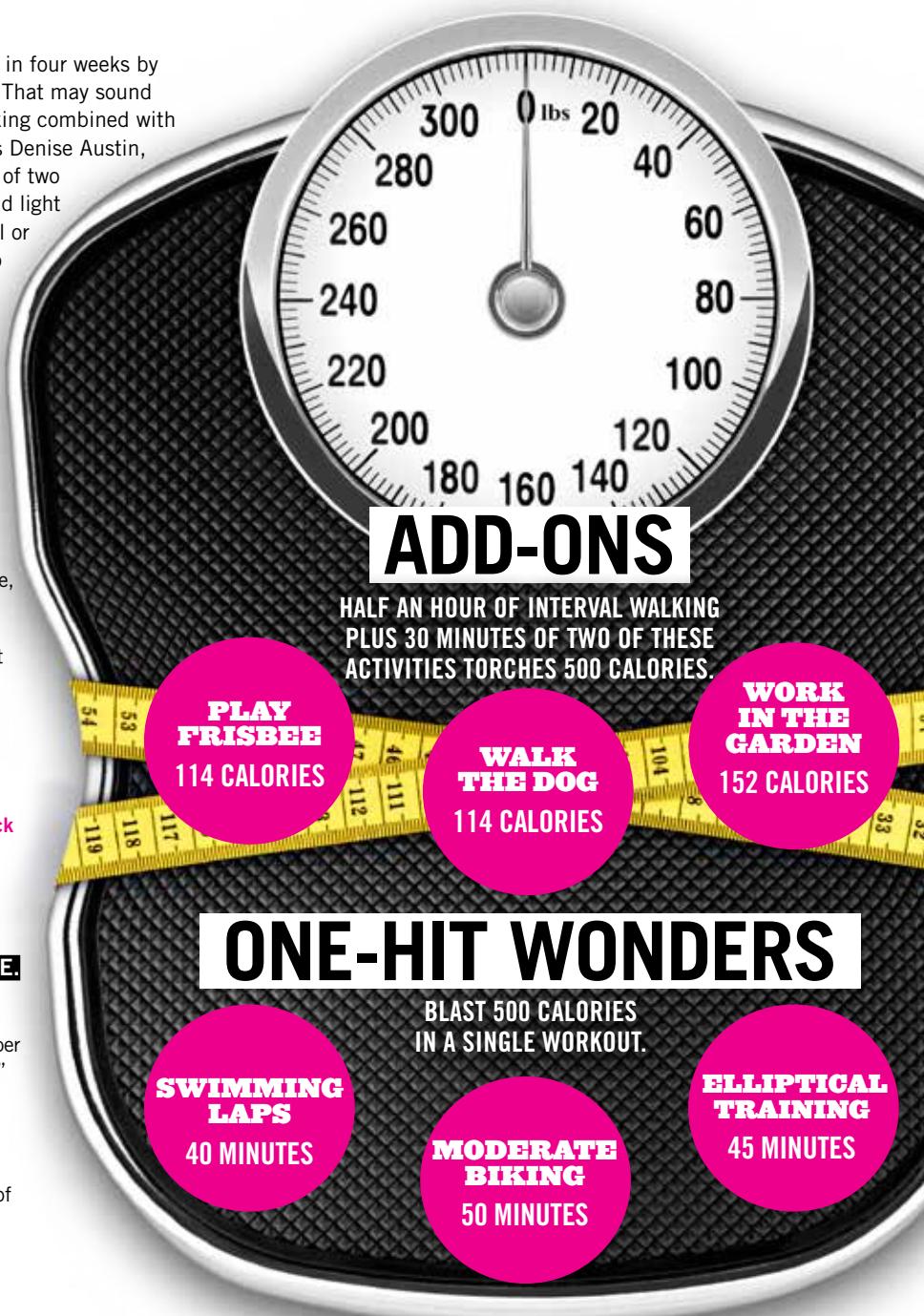
## GET MOTIVATED

**STEP #1 EXERCISE EARLY.** If you can't work out during the crazed a.m. rush, try to do it at lunch. “The longer you delay exercise, the more apathetic you may feel about doing it at all,” says Ruth Field, author of *Get Off Your Ass and Run!* Plus your workout raises feel-good endorphins, which will lead to smart food and activity choices all day.

**STEP #2 WATCH COMPLEX CARBS.** Many complex carbs (like bread and pasta) trigger your appetite, making you want to eat more. Instead, **for lunch and dinner, stick to lean proteins and greens.** “You can drop 1 to 3 pounds a week this way,” says *The Biggest Loser* trainer Bob Harper, author of *Jumpstart to Skinny*.

**STEP #3 EMBRACE YOUR QUEEN BEE.** She's that nagging voice in your head telling you to put down that piece of cake. “Start amplifying her,” Field says. “She's your number one ally in the quest for a slimmer, fitter you.”

**STEP #4 LAY OFF THE BOOZE.** Drinking messes with your metabolism and alters your judgment. Plus alcohol adds about 150 calories for every 6-ounce glass of red wine, and more than 600 if you enjoy the entire bottle over the weekend (yikes!).



## ADD-ONS

HALF AN HOUR OF INTERVAL WALKING PLUS 30 MINUTES OF TWO OF THESE ACTIVITIES TORCHES 500 CALORIES.

**PLAY FRISBEE**  
114 CALORIES

**WALK THE DOG**  
114 CALORIES

**WORK IN THE GARDEN**  
152 CALORIES

## ONE-HIT WONDERS

BLAST 500 CALORIES IN A SINGLE WORKOUT.

**SWIMMING LAPS**  
40 MINUTES

**MODERATE BIKING**  
50 MINUTES

**ELLIPTICAL TRAINING**  
45 MINUTES

# THE #1 SECRET TO SHEDDING POUNDS

Experts share their top advice for losing weight quickly.



## GIVE YOUR METABOLISM A BOOST

Follow these tips to trick your body into dropping more pounds.

### » Go pink, red and white.

Grapefruit contains a substance called nootkatone that may increase the amount of energy your liver uses. In a 2006 study, people who ate half a grapefruit or drank a glass of the juice before every meal lost more than 3 pounds in 12 weeks.

### » Have breakfast.

“Eating within three hours of waking up stokes your metabolic fire,” says Lyssa Weiss, R.D., author of the forthcoming *The Skinny Jeans Diet*. Include protein and fiber, like an egg-white omelet with spinach. Up to 30% of the calories in protein are used to break it down.

### » Take an a.m. walk.

Hoofing it at moderate intensity before breakfast will make your body burn up to 50% more fat per minute, says Fredrik Paulún, author of *50 Ways to Boost Your Metabolism*. Just be sure to hydrate with a full glass of water before hitting the road.

### » Adjust the temperature.

Drink ice-cold water or unsweetened iced tea throughout the day. It lowers your temperature, forcing your body to burn fuel (i.e., calories) to warm up. One study showed that drinking 6 cups of cold water can raise resting metabolism by about 50 calories daily.

“Don’t eat your kids’ leftovers. The crusts from a PB&J sandwich or two slices of pizza add around 130 calories! Most moms don’t count these bites, but cutting them out is one of the biggest changes that’ll speed up your weight loss.” —Rachel Beller, R.D., nutrition expert for *The Biggest Loser* and author of *Eat to Lose, Eat to Win*

“Use your social network. Studies show that people who exercise in teams lose more weight, for example. Surround yourself with people who will help you get more active, who will watch your kids for an hour while you work out, and who remind you that what you’re doing is really positive.” —Miriam Nelson, Ph.D., physical activity and nutrition researcher at Tufts University and co-author of *The Social Network Diet*

“Dig out your kids’ old plates or buy small ones for perfect portion control. Your mind will see a full plate of food and sense satiety, even though you’re eating less. Over the course of three meals, you could easily save 500 calories a day.” —Becky Hand, R.D., co-author of *The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health*

## SWAP IT

We asked experts for other surprising food substitutions to help you slim down. Mix and match changes to your regular diet to slash 500 calories (or more) a day and you’ll lose 4 pounds in a month!

<b>INSTEAD OF</b>	20-ounce vanilla soy latte 300 calories	1 cup of 1% milk in your cereal 102 calories	4 tablespoons balsamic vinaigrette dressing 299 calories	2 slices of bread for your sandwich 220 calories	1 slice of fast-food pizza 460 calories	4-ounce rib-eye steak 310 calories	1 cup cooked pasta 200 calories
<b>HAVE</b>	20-ounce unsweetened iced tea with stevia or lemon 0 calories	1 cup of unsweetened almond milk 40 calories	1 tablespoon balsamic vinegar and 1 teaspoon olive oil 54 calories	1 whole wheat Flatout flatbread 100 calories	1 frozen, individual-size, reduced-fat, low-calorie pizza 350 calories	4-ounce lean pork chop 128 calories	1 cup tofu shirataki noodles 40 calories
<b>YOU SAVE</b>	<b>300</b> calories	<b>62</b> calories	<b>245</b> calories	<b>120</b> calories	<b>110</b> calories	<b>182</b> calories	<b>160</b> calories

Sources: Rachel Beller, R.D., nutrition expert for *The Biggest Loser* and author of *Eat to Lose, Eat to Win*; Lyssa Weiss, R.D., author of *The Skinny Jeans Diet*.