



# Stop Winter Weight Gain

Combat all the high-calorie ho ho ho-ing with these tricks.

By Ingela Ratledge

**THIS TIME OF YEAR, IT CAN SEEM LIKE YOUR GYM-MEMBERSHIP CARD IS THE** only plastic in your wallet that you're *not* using. And when it comes to your diet? Let's just say it's easier to be naughty than nice. Alas, all the celebrations—and stress!—of the season can show up on the scale if you don't plan ahead. Luckily, our experts are here to reveal to you—and our Feel Great Weight dieters, Julie, Dawn, and Sarah—how to squeeze in workouts and stay on track through the New Year. →

**JULIE GRANT, 39**  
Advertising art director  
HEIGHT: 5' 6 1/2", GOAL WEIGHT: 155 lbs

|                          |   |                        |   |
|--------------------------|---|------------------------|---|
| <b>STARTING STATS</b>    |  | <b>CURRENT STATS</b>   |  |
| <b>WEIGHT:</b> 192.5 lbs |   | <b>WEIGHT:</b> 185 lbs |   |
| <b>WAIST:</b> 33.5"      |   | <b>WAIST:</b> 32"      |   |
| <b>HIPS:</b> 45"         |   | <b>HIPS:</b> 43"       |   |
| <b>BODY FAT:</b> 31%     |   | <b>BODY FAT:</b> 29%   |   |

**LOSS TO DATE**  
WEIGHT: 7.5 lbs WAIST: 1.5"  
HIPS: 2" BODY FAT: 2%

**HOLIDAY HANG-UP:** "With so much going on, it's really hard to find time to exercise."

**FIX-IT TIP:** "I hear this type of thinking a lot—'I'm going to be so busy, I'm not going to have a chance to work out,'" fitness expert Johanna Subotovsky says. During those weeks when you can't exercise as often, be sure to make the sweat sessions you do manage to fit in really count. "If you miss a day, work out longer and harder the next time—go for an hour instead of 30 minutes to torch extra calories," Subotovsky says. It also helps to set specific mini-goals for yourself throughout the month so you stay focused. "Plan to lose five pounds or run a total of 20 miles before the new year," she suggests.

**HAPPY REALIZATION:**

*"My stomach looks flatter! I see my profile now, and it's like, 'Wow! I don't look lumpy anymore!'"*

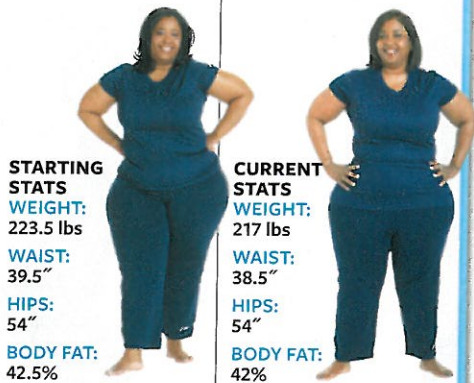
**COMPLETE PLAN ONLINE**

Visit [Health.com/fgw](http://Health.com/fgw) for our complete plan and connect with other women around the country losing weight on the program, and follow Julie's Dawn's, and Sarah's progress in their weekly blog. Plus, many thanks to **Campbell's Select Harvest** for contributing prizes to our contest.

**DAWN BASKERVILLE, 49**

Magazine editor

HEIGHT: 5' 0", GOAL WEIGHT: 180 lbs



**STARTING STATS**

WEIGHT: 223.5 lbs

WAIST: 39.5"

HIPS: 54"

BODY FAT: 42.5%

**CURRENT STATS**

WEIGHT: 217 lbs

WAIST: 38.5"

HIPS: 54"

BODY FAT: 42%

**LOSS TO DATE**

WEIGHT: 6.5 lbs WAIST: 1" HIPS: 0" BODY FAT: 0.5%

**NICEST CHANGE:**

*"I'm feeling more toned and less fatigued."*

**SARAH MROUE, 27**

Music agent

HEIGHT: 5' 10", GOAL WEIGHT: 160 lbs



**STARTING STATS**

WEIGHT: 190 lbs

WAIST: 29"

HIPS: 44"

BODY FAT: 25%

**CURRENT STATS**

WEIGHT: 179 lbs

WAIST: 29"

HIPS: 44"

BODY FAT: 20%

**LOSS TO DATE**

WEIGHT: 11 lbs WAIST: 0" HIPS: 0" BODY FAT: 5%

**CONFESSION OF THE MONTH:**

*"I sort of resent having to eat healthy—I get cranky about it!"*

## 3 WAYS TO INDULGE WITHOUT GAINING A POUND

### 1. Make a plate.

Instead of parking yourself next to the hors d'oeuvres and helping yourself to one bite at a time, "Get a cocktail napkin or small plate and make yourself a portion so you can keep track of how much you've actually had," diet expert Marissa Lippert, RD, recommends.

### 2. Choose your splurges.

"A lot of food that's around during the holidays isn't that great—junky, chocolate, gift-basket stuff," Lippert says. "Is that what you want to spend your calories on? Or would you rather have a great cocktail at happy hour or a fab homemade dessert at your aunt's house? Decide what you really care about," she advises, enjoy it, then skip the rest.

### 3. Pigged out? Move on.

It's fine to inhale the occasional holiday treat—just don't make it a regular thing. "It's the frequency that's important," says Susan Roberts, PhD, weight-loss motivational expert. "Twenty days in a row of eating whatever you want adds up."

### Meet Our Dream Team!

**Johanna Subotovsky** is an exercise physiologist and manager of campus recruiting for Equinox. **Marissa Lippert, MS, RD**, is a registered dietitian in New York City, founder of Nourish-NYC.com, and author of *The Cheater's Diet*. **Susan Roberts, PhD**, is a professor of nutrition and psychiatry at Tufts University and author of *The "I" Diet*. **Viviana Rodriguez** is a New York City-based fashion stylist with extensive experience making women look gorgeous for numerous magazines and ad campaigns. We'd also like to thank Equinox fitness trainers Justo Bernechea and Tehera E. Nesfield, plus fitness manager Michael Olzinski, for their help with our program.



Autism Speaks

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