



# Bust That Plateau!

Feel like you're losing in slo-mo? Here's how to speed up your slimdown. *By Ingela Ratledge*

**YOU'RE STILL EATING RIGHT AND WORKING OUT, BUT FOR SOME REASON,** the needle on the scale just won't budge. What gives? The likely culprit: Your body has adapted to your new healthy routine, so you now need to mix things up to nudge your metabolism back into high gear, says Marissa Lippert, RD. Luckily, Lippert and our other experts are here with smart advice to help our Feel Great Weight dieters, Sarah, Julie, and Dawn—as well as everyone getting slim at home—crank up the pound loss and reach that goal. →

**JULIE GRANT, 39**  
Advertising art director  
HEIGHT: 5'6½", 6-MONTH GOAL: 155 lbs

**CURRENT STATS**  
WEIGHT: 181 lbs  
WAIST: 31.5"  
HIPS: 41"  
BODY FAT: 25%

**LOSS TO DATE**  
WEIGHT: 11.5 lbs  
WAIST: 2"  
HIPS: 4"  
BODY FAT: 6%

**SNAIL SCALE:**

"All of a sudden, my weight loss just came to a screeching halt."

**PLATEAU BUSTER:**

"When your body adapts to a routine, it's not as challenged, so it's not burning as many calories," explains exercise physiologist Johanna Subotovsky. "To keep losing, you have to work differently or harder." Try a new machine at the gym, lift heavier weights for fewer reps, or add intervals to your workout. On the diet front, "shave off 10 to 15 percent of your total calories," Lippert suggests. (An easy way: Take about five fewer bites of an entrée than usual.) Psychologist Susan Albers adds: "Make a list of five things that show your progress"—like how much easier it is to conquer a flight of stairs—"and post it on your bathroom mirror. Allow yourself to enjoy where you are right now!"

**BIG FRUSTRATION:**

*"I've been eating right and getting my workouts in—so why don't I lose more?"*

**MAKE YOUR DREAM BODY A REALITY!** Visit [Health.com/fgw](http://Health.com/fgw) for our complete plan and to connect with other women around the country losing weight on the program, plus follow Julie's, Dawn's, and Sarah's progress in their weekly blogs.



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→ feel great weight

## SARAH MROUE, 27

Music agent  
HEIGHT: 5'10", 6-MONTH GOAL: 160 lbs



### CURRENT STATS

WEIGHT: 174 lbs  
WAIST: 28.5"  
HIPS: 43"  
BODY FAT: 18%

### LOSS TO DATE

WEIGHT: 16 lbs  
WAIST: 0.5"  
HIPS: 1"  
BODY FAT: 7%

### AT LAST:

*"After no change for the first few months, I finally lost an inch off my hips!"*

## DAWN BASKERVILLE, 49

Magazine editor  
HEIGHT: 5'0", 6-MONTH GOAL: 180 lbs



### CURRENT STATS

WEIGHT: 207 lbs  
WAIST: 37.5"  
HIPS: 53.5"  
BODY FAT: 41%

### LOSS TO DATE

WEIGHT: 16.5 lbs  
WAIST: 2"  
HIPS: 0.5"  
BODY FAT: 1.5%

### FUN PERK:

*"Noticing the difference in how I feel is such a confidence booster!"*

## A (SAFE!) JUMP-START CLEANSE

This detox plan from Marissa Lippert, RD, is just the thing to trip your body's fat-burning switch. "It helps get your metabolism moving again," she says. Just follow this plan for three to seven days.

**1 DO A PANTRY PURGE.** It'll be much easier to have a successful reboot if you're not staring down three bags of cookies. Get rid of all the junk that has crept into the pantry. "Indulgences should be really worthwhile and thoughtful," Lippert notes—not just stuff you mindlessly munch on.

**2 GO WHOLE.** To boost your metabolism, focus on eating simple whole food (fresh fruits and veggies, raw salads, lean protein, and nutrient-rich whole grains). Here's a sample menu: ½ of a grapefruit and 1 cup cooked oatmeal for breakfast, a grilled chicken salad for lunch, poached salmon with ½ cup of quinoa and your favorite veggie for dinner, and two snacks of either fresh veggies with hummus or unsalted nuts.

**3 CUT BOOZE.** Nix refined sugars and flours, too. The more you take in of these empty calories, the more your body may start to crave them—plus they leave you feeling hungry, encouraging you to eat more. Bonus: Kicking these to the curb will help detox your system and release excess water weight.

## 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 Albers, PsyD**, is a clinical psychologist at the Cleveland Clinic and author of *50 Ways to Soothe Yourself Without Food*. **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.