

WALKING CHALLENGE

2010

# SLIM DOWN, SHAPE UP

If you've been walking with us the last two months, then you're just 30 days away from your best body ever. And for the newcomers, no worries, you're not too late to join our Family Circle/American Heart Association Start! Walking Challenge. You'll boost your energy, strength and confidence while trimming your waistline. Interested? Begin by visiting [familycircle.com/walk2010](http://familycircle.com/walk2010). This month you could drop as many as 10 pounds (that's one or two dress sizes) and lower your BMI. Our energizing walks and delicious healthy eating guide make it easy—and fun. Walk on!



SHOT ON LOCATION AT ALMOND  
SMUGGLERS COVE, ST. LUCIA

photography by **Karen Pearson**

july10 family circle 133

Hair: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using MAC Cosmetics. Top and pants: Champion, \$36 and \$30; championusa.com. Sneakers: Asics, \$100; asics.com.

**WALKING** **CHALLENGE 2010**

**LOWER YOUR BMI** by Leslie Sansone

The first two months of our plan focused on reducing blood pressure and decreasing your cholesterol levels. (Missed them? Just go to [familycircle.com/walk2010](http://familycircle.com/walk2010).) Next up is ridding yourself of those remaining pounds (and some body fat) to bring down your body mass index (BMI). Walking is one of the best ways to accomplish that. And the really good news is that fitness walking also increases the amount of muscle in your body, so you'll be burning more calories throughout the day—even while sitting still.



**Leslie Sansone, group exercise leader, designed the walking plan below.**

**BOOT-CAMP-STYLE PLAN** A sure way to lower your BMI is to add short intense bursts of activity into your walks. You can do this by tackling some inclines. Powering up stairs or hills engages the glutes (your backside) and quads/hamstrings (your thighs), and strengthening these major muscles results in big calorie burn. So find yourself a good set of stairs, a hilly route or even just a curb and get moving.



**» Climbing Session**  
**Outdoor stairs or hills in your neighborhood:** Work them into your walk. After every 5 or 10 minutes go up and down once. Try for 4 flights or 4 hills spread out throughout the walk.  
**Stairs at home:** Hit the stairs at home at

the end of your walk. Take them up 2 at a time and then come down slowly. Repeat 4 times.

**No stairs or hills nearby:** Using a curb, step up and down for about 10 minutes. Lead with your right foot for 5 minutes and then your left for another 5.

**WEEK 1**

**monday, wednesday, friday** Walk 3 miles in 45 minutes. Add a **Climbing Session**.

**tuesday, thursday** Walk for 10 minutes before each meal. (Your goal is a total of at least 30 minutes of walking.)

**WEEK 2**

**monday, wednesday, friday** Walk 2 miles and do a **Climbing Session**.

**tuesday, thursday** Walk 4 miles. Clock yourself and try to finish in 60 minutes or less!

**WEEK 3**

**monday, wednesday, friday** Walk 3 miles. If your route does not have hills, drive to one that does. Even a small incline demands the legs do more work.

**tuesday, thursday** Head out in the A.M. and P.M. Walk 15 minutes in the morning and 15 minutes before dinner. Cover 1 mile each time.

**WEEK 4**

**monday, wednesday, friday** Walk 4 miles and add a **Climbing Session**.

**tuesday, thursday** Walk 2 miles in under 30 minutes.

**WEEKEND WALKS**

When your workout plans get sidetracked, just reschedule: Do your Tuesday walk on Saturday and your Friday walk on Sunday. As long as you fit in 5 workouts in a 7-day period, you'll be well on your way to a healthy BMI. And on those weeks when you stick to the Monday through Friday schedule, push yourself a little more and go for a really long walk or hike (1 to 2 hours) on Saturday or Sunday. Then give yourself a well-deserved pat on your ever-shrinking backside.

Photo (woman running): Karen Pearson. Makeup: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using MAC Cosmetics. Shot on location at Almond Smugglers Cove, St. Lucia.

## THREE EASY WAYS TO LOSE WEIGHT

by Sally Kuzemchak, R.D.

Our plan incorporates proven strategies to help you drop pounds. 1. Fill up on big portions of low-calorie foods. 2. Eat frequently to ward off low-blood-sugar crashes. 3. Keep a cap on calories—key to successful weight loss. This plan provides around 1,500 per day. Choose a breakfast, lunch, dinner and some sweet treats (stick with one if you want to drop pounds, two if you're maintaining).

### 1 Yogurt Parfait

Layer 6-ounce cup 2% honey-flavored Greek-style yogurt, 1 cup fresh or frozen raspberries and ½ cup Kashi GoLean Crunch cereal in a glass (you can prepare this the night before and cover with plastic wrap).  
352 calories; 4.5 g fat; 9 g fiber

### 2 More Than Just Cereal

1 cup fiber-rich cereal (such as Multi-Bran Chex) with ½ cup fat-free milk and ½ medium banana, sliced; 1 hard-boiled egg.  
370 calories; 7 g fat; 9 g fiber

### 3 Bagelicious

One 3-ounce whole-grain bagel spread with 1 Laughing Cow Light cheese wedge; ¼ cup raisins.  
343 calories; 5 g fat; 8 g fiber

### 4 Feel-Full Smoothie

Combine 1 packet No-Sugar Vanilla Carnation Instant Breakfast, 1 cup fat-free milk, 1 tablespoon almond butter and ½ cup fresh or frozen blueberries in a blender until smooth.  
338 calories; 14 g fat; 8 g fiber

### 5 Maple-Walnut Oatmeal

½ cup steel-cut oats made

with 1 cup fat-free milk. Mix in 1 tablespoon *each* maple syrup and chopped walnuts.  
330 calories; 7 g fat; 4 g fiber

### 6 Peanut Butter Wafflewich

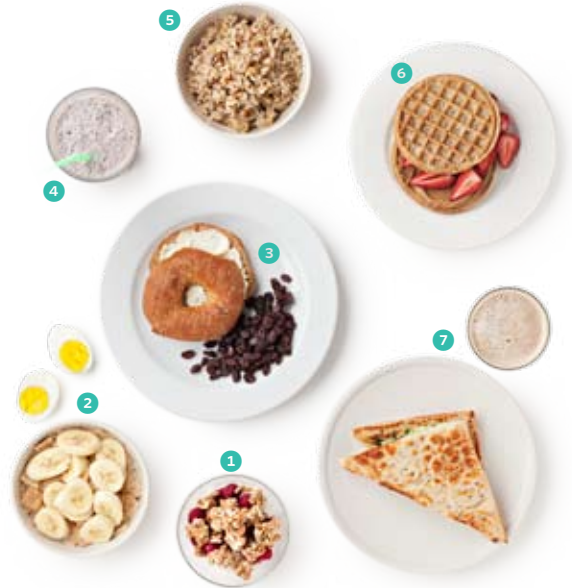
Spread a whole-grain waffle with 1 tablespoon natural peanut butter, layer on ½ cup sliced strawberries and top with a second waffle.  
350 calories; 14 g fat; 6 g fiber

### On the Go

### 7 Dunkin' Donuts Egg White Turkey Sausage Flatbread; Lite Latte

360 calories; 6 g fat; 3 g fiber

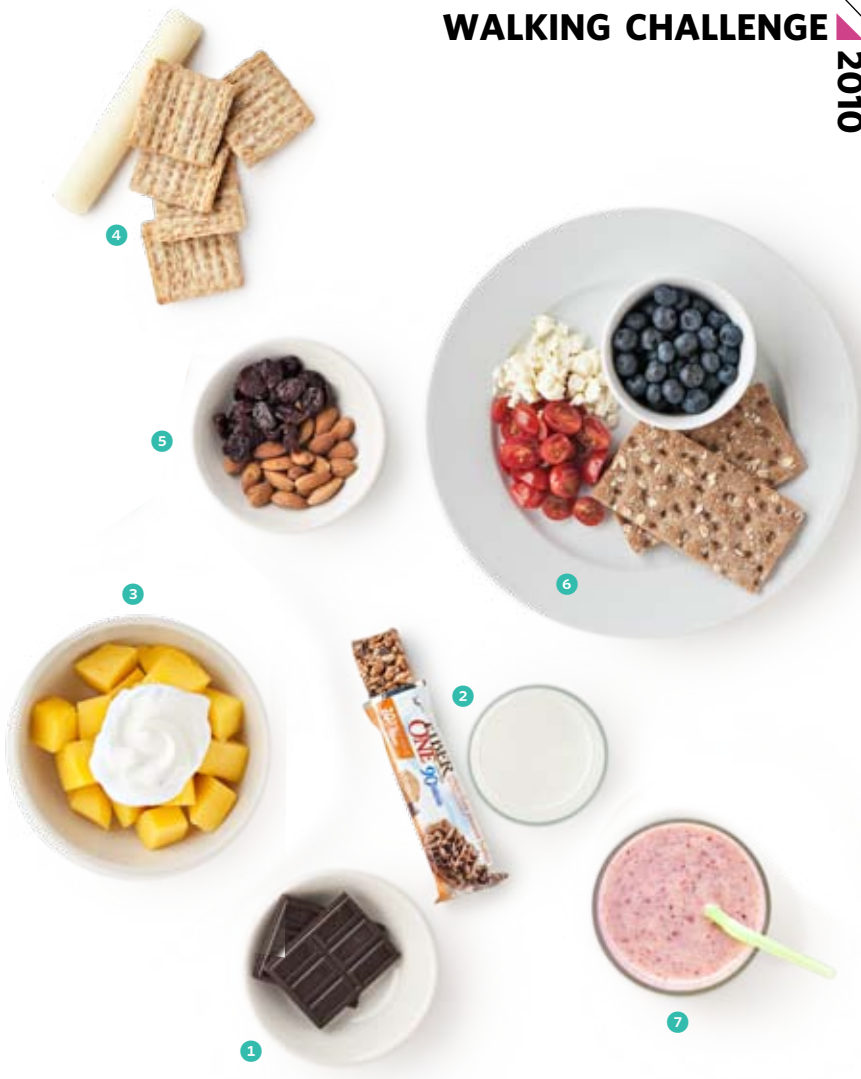
## BREAKFASTS ▼



The best breakfast combines a fiber-rich carb like fruit or whole grains with a protein source such as eggs, nuts or dairy.

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Nuts and dried fruit are healthy and filling but high in calories. Portion them out into small zip-top bags—and prepare several at a time so they're ready to grab throughout the week.

## SNACKS ▲

**1 Chocolate Fix**  
3 small blocks of Hershey's Extra Dark Pure Dark Chocolate.  
160 calories; 13 g fat; 4 g fiber

**2 Chewy Bar with Milk**  
Fiber One 90-Calorie Bar; 1 cup fat-free milk.  
170 calories; 2 g fat; 5 g fiber

**3 Frozen Fruit Treat**  
1 cup frozen mango (or any other frozen fruit you like)

chunks topped with ½ cup fat-free whipped topping.  
180 calories; 0 g fat; 4 g fiber

**4 Cheese and Crackers**  
1 part-skim string cheese stick; 5 regular Triscuits.  
180 calories; 10 g fat; 3 g fiber

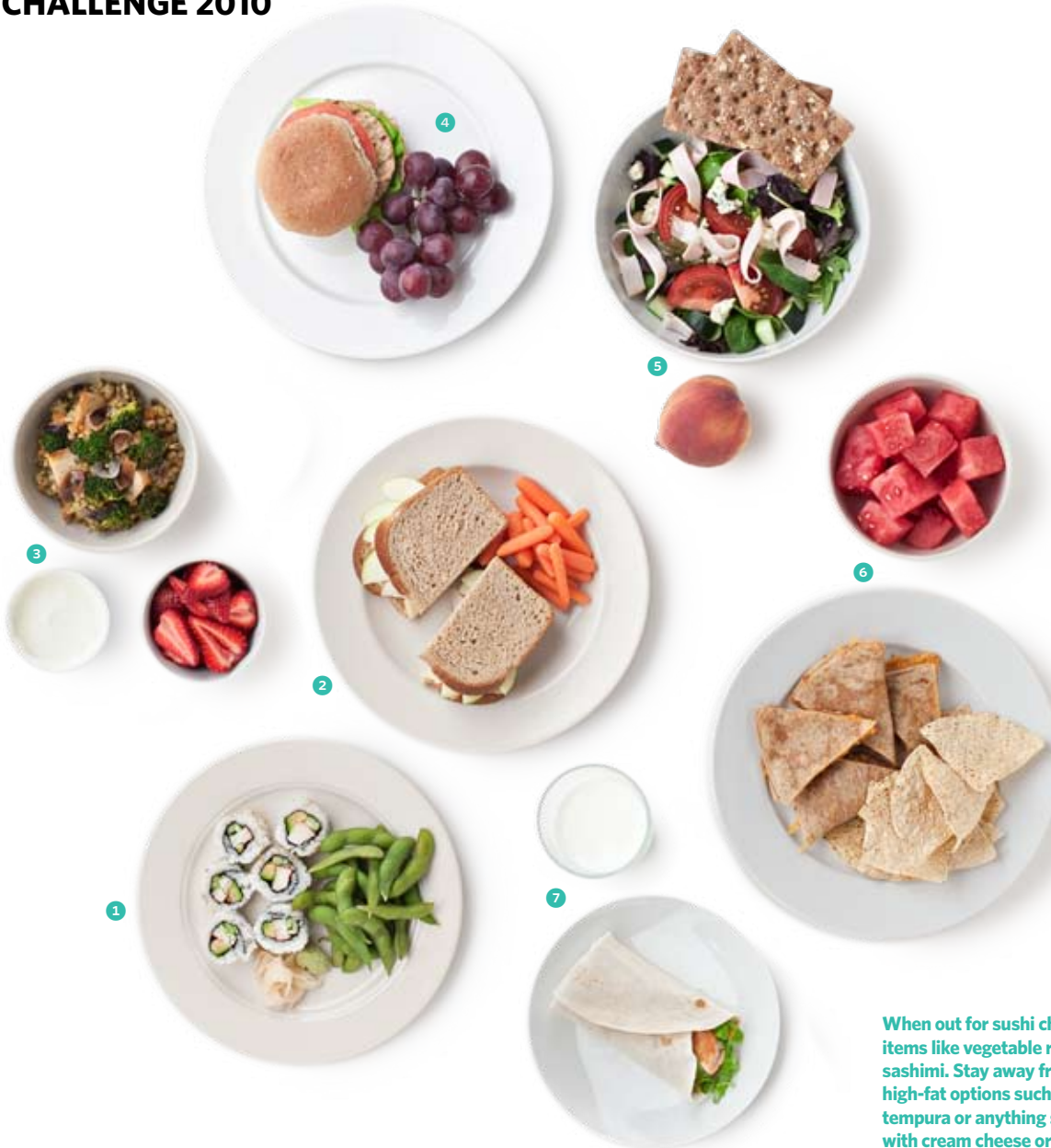
**5 Simple Trail Mix**  
2 teaspoons each raw almonds and dried cherries.  
156 calories; 9 g fat; 6 g fiber

**6 Tomato & Feta Crispbreads**  
2 whole-grain crispbread crackers (like Wasa or Ryvita) topped with ¼ cup sliced cherry tomatoes and 2 tablespoons feta cheese; ½ cup blueberries.  
178 calories; 4.5 g fat; 6 g fiber

**On the Go**  
**7 Strawberry Nirvana smoothie at Jamba Juice**  
150 calories; 0 g fat; 3 g fiber

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When out for sushi choose items like vegetable rolls and sashimi. Stay away from high-fat options such as tempura or anything stuffed with cream cheese or mayo.

**LUNCHES** ▲

**1 Sushi Takeout**  
California roll with low-sodium soy sauce; ¾ cup edamame.  
384 calories; 10 g fat; 5 g fiber

**2 Sweet & Savory Sandwich**  
1 Arnold Whole Wheat Sandwich Thin spread with 1 teaspoon honey and 2 teaspoons mustard and filled with 2 ounces deli turkey, 1 ounce brie and half an apple (sliced); 1 cup baby carrots.  
393 calories; 10 g fat; 10 g fiber

**3 Rice & Veggie Bowl**  
Amy's Brown Rice & Vegetables Bowl; one 100-calorie yogurt; 1 cup sliced strawberries.  
409 calories; 9 g fat; 8 g fiber

**4 Veggie Chicken Sandwich**  
1 vegetarian chicken patty (such as Morningstar Farms) on a whole-wheat hamburger bun with lettuce and tomato, spread with a mixture of 2 teaspoons mustard and 1 teaspoon flaxseed; 1 cup red or green grapes.  
373 calories; 8 g fat; 8 g fiber

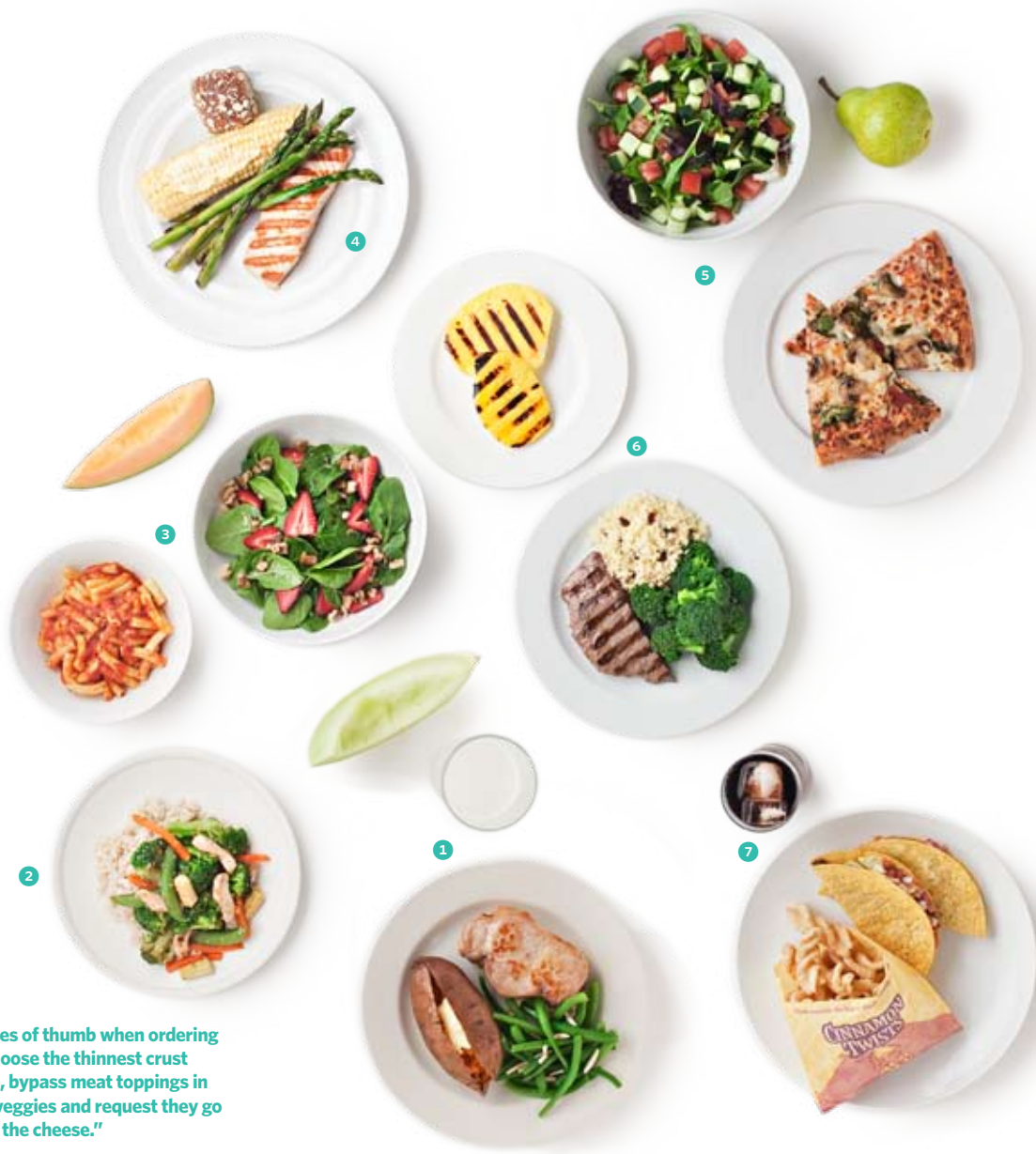
**5 Chef's Salad**  
2 cups mixed greens topped with 1 ounce each chopped deli turkey and ham, 2 tablespoons crumbled blue cheese, ½ cup each chopped tomato and cucumber, and 2 tablespoons low-fat Italian salad dressing; 2 whole-grain fiber crackers; 1 small peach.  
366 calories; 14 g fat; 9 g fiber

**6 Refried Bean and Cheese Quesadilla**  
Spread ¼ cup fat-free refried

beans on 1 whole-wheat tortilla, sprinkle with ¼ cup shredded reduced-fat cheddar cheese, heat in toaster oven or broiler until melted, fold in half and cut into triangles; 1 ounce baked tortilla chips; 1 cup watermelon chunks/balls.  
420 calories; 10 g fat; 8 g fiber

**On the Go**  
**7 McDonald's Grilled Chicken Ranch Snack Wrap; 1% Milk Jug**  
370 calories; 14 g fat; 1 g fiber

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Some rules of thumb when ordering pizza: Choose the thinnest crust available, bypass meat toppings in favor of veggies and request they go "easy on the cheese."

**DINNERS** ▲

**1 Pork Chop Meal**

4-ounce baked center-cut pork chop; 1 medium baked sweet potato with 2 teaspoons trans-free margarine; 1 cup steamed green beans with 1 tablespoon slivered almonds; 1 cup fat-free milk; 1 wedge honeydew. 513 calories; 13 g fat; 10 g fiber

**2 Sesame Chicken Stir-Fry**

3 ounces sliced chicken stir-fried in 1 teaspoon sesame oil with 2 teaspoons sesame seeds, ¼ bag frozen stir-fry vegetables and 2 tablespoons

stir-fry sauce; 1 cup brown rice. 503 calories; 12 g fat; 5 g fiber

**3 Three Cheese Ziti**

Weight Watchers Smart Ones Three Cheese Ziti Marinara; 2 cups baby spinach topped with ½ cup sliced strawberries and 2 tablespoons each walnuts and low-fat balsamic vinaigrette; 1 wedge cantaloupe. 480 calories; 18 g fat; 10 g fiber

**4 Grilled Salmon**

3 ounces salmon and 6 asparagus

spears, tossed in 1 teaspoon olive oil, grilled; 1 medium ear of corn with 2 teaspoons trans-free margarine; 1-ounce whole-grain roll. 500 calories; 23 g fat; 12 g fiber

**5 Pizza Delivery**

2 slices of a large pizza topped with mushrooms and spinach; 2 cups mixed greens with ½ cup each chopped tomatoes and cucumbers and 2 tablespoons reduced-fat salad dressing; 1 medium pear. 490 calories; 7 g fat; 10 g fiber

**6 Flank Steak with Couscous**

3 ounces grilled flank steak; 1 cup couscous made with low-sodium vegetable broth and tossed with 1 tablespoon raisins; 1 cup steamed broccoli with 1 teaspoon trans-free margarine; ½ medium grilled mango. 468 calories; 9 g fat; 12 g fiber

**On the Go**

**7 2 Fresco Crunchy Tacos from Taco Bell; 1 Cinnamon Twist; 1 diet soda**

470 calories; 21 g fat; 7 g fiber

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**WALK & WIN**

Visit [familycircle.com/walk2010](http://familycircle.com/walk2010) every day to sign up for our 12-week walking newsletter and to enter how far you've walked. The readers who log the most miles will win a seven-night family vacation or incline trainer (see below). Everyone also has the opportunity to walk away with one of our daily prizes, like sneakers, tees, capris, tanks, workout gear and more. Read the rules on page 202.

**GRAND PRIZE**



The reader who walks the farthest during the 12-week challenge wins a seven-night family vacation to Occidental Grand Xcaret in Riviera Maya, Mexico, courtesy of Apple Vacations. This all-inclusive resort boasts winding river channels, free-form pools and a private beach with powder-soft white sand. (\$5,000 value)

**FIRST PLACE**

The first-place finisher will win a NordicTrack Incline Trainer X7i, the first exercise equipment with built-in wireless Internet and iFit Live powered by Google Maps. With its 7-inch high-resolution color touchscreen, you can watch your progress as you run the New York City Marathon route through Central Park or hike the Grand Canyon—without leaving your living room. (\$2,999 value)



**DAILY WINNERS**

Enter every day to win fantastic prizes, including exercise apparel, gear and accessories. We're giving away sneakers from Nike, Saucony, New Balance and other great brands. If you need new workout clothes, you won't want to miss the free tees, capris, pants and jackets. You can also win fitness accessories like a pedometer, a heart rate monitor and more.



*(continued)*

## CHALLENGE 2010



Lanie Dixon; her husband Michael; and their children Ella, 5; Micah, 7; and Trevor, 16.

## A DAILY DOSE OF GOOD HEALTH

By Allison Baker

When her doctor told her she was obese, Lanie Dixon, 36, was shocked. She knew she needed to lose weight but didn't realize her body mass index (BMI)—a measurement of weight in relation to height—was so high. An ideal number is between 18.5 and 24.9; 25 to 30 is overweight; above 30 is obese. Lanie's was 37—so she was scared and determined to make changes. Supported by her husband and kids, Lanie lost 30 pounds and reduced her BMI by 5 points in a year. Her updated goals: Drop 35 more pounds and run a half-marathon (she's already done four 5Ks). With her new diet and exercise routine, she's on the right track.

### LANIE'S DAILY SLIM-DOWN SCHEDULE

**6:30 A.M.** My first workout of the day is right in my bedroom. Nike.com offers a series of 1- to 3-minute yoga, cardio and strength training videos. I do a total of about 35 minutes.

**8:30 A.M.** I prepare an easy to-go breakfast. My favorite is two egg whites, with one slice of turkey bacon and a half of a slice of Swiss cheese, on an English muffin.

**11:30 A.M.** At lunchtime I usually eat a veggie-packed salad with field greens, spinach, romaine lettuce, tomatoes, cucumbers and 1 tablespoon balsamic vinegar.

**1:00 P.M.** My e-mail calendar reminds me it's time to get moving (I set it to send me an alert every afternoon). I grab a co-worker for a 30-minute,

2-mile walk circling the office building.

**4:00 P.M.** After work I head to an exercise session for parents held by my daughter's school. It includes Pilates, kickboxing, aerobics and line dancing.

**5:00 P.M.** As soon as I get home I snack on a cup of Special K cereal with some skim milk. It keeps me from munching while I cook or overindulging at dinner.

**6:30 P.M.** The whole family sits down for a healthy meal, usually a lean protein with two veggies. I make a starch for my kids, but I typically skip it. A favorite of mine is baked tilapia, roasted asparagus and black-eyed peas.

**9:00 P.M.** The kids have learned to expect—and even like—fresh fruit or Jell-O for dessert. I sweeten it up just a bit with a little whipped cream on top.

**THE DOCTOR WEIGHS IN** About half of Americans are considered overweight or obese based on their BMI, says Clyde Yancy, M.D., president of the American Heart Association. BMI is an important indicator of heart health because extra weight can raise blood pressure and cholesterol. Dr. Yancy's tips for lowering yours:

✔ **Know the numbers** You can calculate BMI by dividing your weight in kilograms by your height in meters squared. Or simply go to the BMI calculator at [americanheart.org/bmi](http://americanheart.org/bmi).

✔ **Change your diet** Eat 3 to 4 servings of both fruits and veggies a day. Aim for 2 to 3 servings of fish per week and 2 to 3 servings of whole grains a day. Reduce daily fat intake to fewer than 70 grams. Limit

sugar-sweetened drinks to 100 calories a day. Use our menus (pages 136-142) as a guide.

✔ **Walk it off** Exercise helps you slim down and is the best way to maintain a healthy BMI. Get started with our plan on page 134—find a route in your neighborhood and grab a pair of sneakers. Even if you're crunched for time, sneak in a workout in the morning or on your lunch break like Lanie does.

**A PICTURE'S WORTH A THOUSAND WORDS** "Around the same time my doctor warned me about my BMI, I volunteered to be a fundraising captain at my engineering firm for an American Heart Association walk," says Lanie. "As a reward for raising \$1,000, I was invited to attend a luncheon with my company's CEO. When I saw pictures from the event, I thought, 'Whoa, I look fat!' I vowed to raise just as much money the following year but look slimmer in my photo. I succeeded in both goals—I donated another \$1,000 and was 30 pounds lighter."