

# “My Better-Body Secrets”

With only 4 little pounds left to lose, Lisa takes a look back at the last 6 months—what worked, what didn't and how she plans to stay lean for life.

BY MELISSA EWEY JOHNSON

**IT'S HERE:** The homestretch, and Lisa Renwick, 37, looks great and feels even better. She's got tons more energy, is optimistic about the future and has picked up a few tips along the way. Below, she reveals what she learned over the last seven months.

## HER DIET

**WHAT WORKED:** Eating balanced meals and snacks

“I stopped eating my kids' leftovers and started combining protein, fat and carbs at all meals. Cindy Sherwin, R.D., my dietitian, devised this strategy, and I don't feel deprived or hungry between meals.”

**WHAT DIDN'T:** Making seafood at home

“Cindy said adding more variety to my diet would help me avoid temptation. Enter the fish: Don't get me wrong, I like fish, but cooking it—the prep work, the smell—just seemed like too much trouble. Instead, I'll have a tuna sandwich for lunch and order sushi for dinner.”

## HER WORKOUT

**WHAT WORKED:** Adding in strength workouts and Pilates

“My body has its limits, but Leslie Rice Hart, my trainer, tailors workouts around how I feel. My arms are looking toned, and I got my waist back! It's exciting to see such a dramatic difference.”

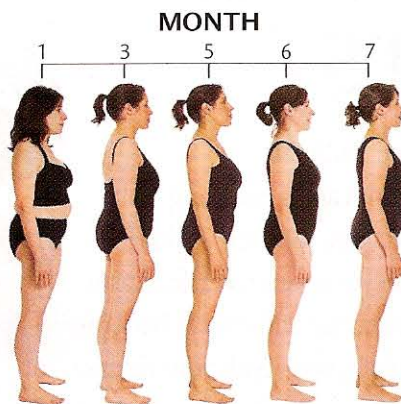
**WHAT DIDN'T:** Superintense cardio

“Jumping jacks and jumping rope was too hard on my entire body. For now, combining weights and cardio is a routine I can live with. And I love Pilates; it's great to focus once a week on core strength.”

## HER LIFE

**WHAT WORKED:** Setting new goals

I feel empowered by my sessions with Lois Barth, my life coach, and I've taken more initiative to pursue my passions.



Like my blog: I actually enrolled in a class that teaches people how to be better bloggers. I also want to learn to speak in public more confidently, so I'm looking into joining Toastmasters. That's the great thing about losing weight and improving my lifestyle: It makes me want to succeed in other areas as well!”

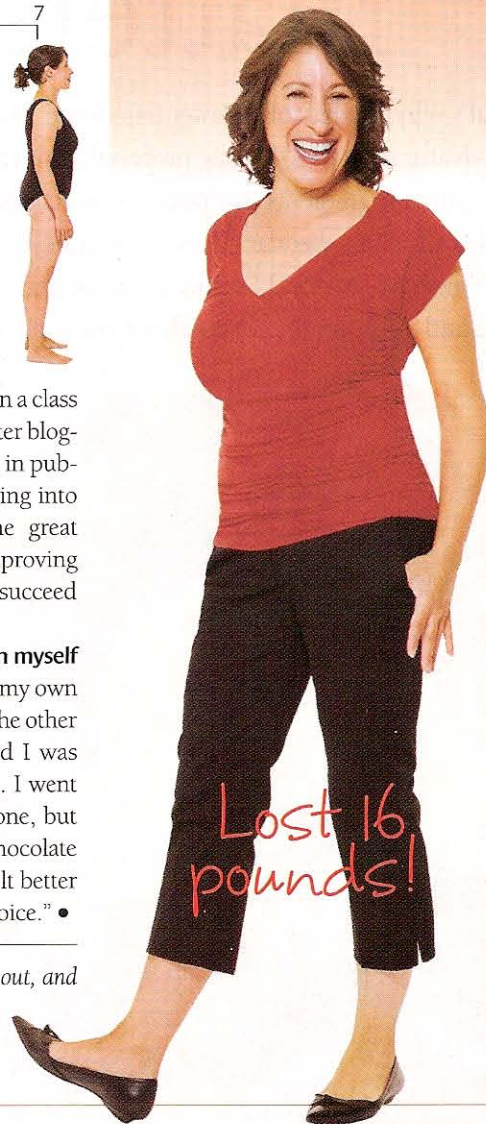
**WHAT DIDN'T:** Being too hard on myself

“Lois is always telling me that I'm my own worst critic, and she's right. Like the other day: I had a pastry craving, and I was really beating myself up about it. I went to the convenience store to get one, but at the last second, I grabbed a chocolate peppermint Lunabar instead. I felt better knowing I'd made a healthier choice.” •

*How will Lisa do this month? Find out, and get advice from her team of experts, at [www.fitnessmagazine.com/blog](http://www.fitnessmagazine.com/blog).*

## Stats

	BEFORE	NOW
height	5'2"	5'2"
weight	150 lb.	134 lb.
body fat	31.5%	24.5%
chest	40"	37"
arm	11.5"	10.75"
abs	34.75"	31.25"
hips	41.5"	38.25"
thigh	21.5"	18.25"
left to lose	20 lb.	4 lb.



## MY GOALS THIS MONTH

- \* Keep the kids' food separate from mine—and resist the urge to sneak a few nibbles. I don't even like chicken nuggets.
- \* Up the intensity of my interval workouts as I get stronger.
- \* Try to schedule a once-a-week date with my husband—nothing fancy, just a little quality together time.
- \* Keep a stash of Skinny Cow ice cream sandwiches in the fridge—but don't eat more than one at a time!