Lifestyle: Women

## 4 Resolutions for 2007: You Can Do It

***From the Editors of FITNESS magazine***

### Recover from a Setback

Our makeover candidate, Lisa Renwick, was two pounds from her goal -- and fell off the wagon. Sound familiar? Steal her bounce-back tips.

**Why I went overboard:** "Daily cardio, my feisty kids, the monotony of work -- in spite of my husband's support, I wanted to combust. So I started binge eating my kids' sugary cereal. Even though I've been adding a little cardio each week to my workout, I still gained two pounds. When I'm feeling upset, I want that immediate gratification. One day I grabbed a box of Cinnabons and just ate until only crumbs were left. For two seconds, it's blissful, then I'm feeling lousy. It's a vicious cycle."

### My Commandment: Thou Shalt Not Chew Absentmindedly

My life coach**, Lois Barth,** thought reading a book called *Intuitive Eating* would offer some perspective on my 'feeding' habits. So far, I've learned that I'm an unconscious eater. I inhale food because I'm always feeling rushed. I need to practice eating more slowly and taking smaller bites, which my nutritionist, Cindy Sherwin, RD, says will help me feel fuller and back away from my fork."

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fitness mind, body + spirit

*You can...*

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**MY COMMANDMENT: THOU SHALT NOT CHEW ABSENTMINDEDLY** "I'm not buying that cereal anymore—that's for sure! My life coach, Lois Barth, thought reading a book called *Intuitive Eating* would offer some perspective on my 'feeding' habits. So far, I've learned that I'm an unconscious eater. I inhale food because I'm always feeling rushed. I need to practice eating more slowly and taking smaller bites, which my nutritionist, Cindy Sherwin, R.D., says will help me feel fuller and back away from my fork."

**MY FAT-BUSTING PLAN**

- "Amp up my cardio."
- "Do deep-breathing exercises to control sudden bingeing urges."
- "Embrace the season! Who can be depressed holding a bowl of pumpkin soup?"

**Stats**

| | BEFORE | NOW |
|---|---|---|
| height | 5'2" | 5'2" |
| weight | 150 lb. | 136 lb. |
| body fat | 31.5% | 23.75% |
| chest | 40" | 38" |
| arm | 11.5" | 10.75" |
| abs | 34.75" | 31" |
| hips | 41.5" | 38" |
| thigh | 21.5" | 18" |
| left to lose | 20 lb. | 6 lb. |

TOP: REGGIE CASAGRANDE. STYLIST: VIVIANA RODRIGUEZ. PROP STYLIST: LOULOU WILLIAMS. STEVE MADDEN BALLET FLATS. BOTTOM: CHRIS FANNING. STYLIST: VIVIANA RODRIGUEZ. HAIR: AMY LIN FOR MARK EDWARD INC. MAKEUP: TONYA NOLAND FOR MARK EDWARDS INC.

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