

This Month's Diet Dilemma: Dinner!

LISA RENWICK SOLVES THAT AGE-OLD "SO-WHAT'S-FOR"...QUESTION AND LOSES THREE MORE POUNDS. BY ANNE MARIE O'CONNOR

IN THE FIFTH MONTH of her FITNESS makeover, Lisa Renwick, 37, edges to within six pounds of her goal. Now in the home stretch, she's inspired by compliments on her slimmer physique.

Bring on the Paparazzi!

"I'm feeling great, and the kudos are rolling in. Just last weekend at a family party, I got tons of attention over my new figure. Photos were e-mailed to those who weren't there; my phone rang off the hook with comments on how svelte I looked. Even some people in my office noticed, and told me, 'Wow, you look really good!' I've been buying more sleeveless shirts and showing more skin. My husband is really enjoying that part!"

The Takeout That Saved Supper

"In the beginning, my dietitian, Cindy Sherwin, R.D., and I agreed that I needed to commit to eating a healthy dinner every night. But for a working mother, that's not always realistic. So my life coach Lois Barth helped me modify that goal to 'I will create a dinner that is easy, flexible and supports my weight loss.' Most of the time, that means a balanced meal of protein, carbs and healthy fat, such as chicken and broccoli. But once in a while, things get crazy and I can't make that happen. For example, one night I was stuck at work late, so I had a peanut-butter-and-jelly sandwich on whole-wheat toast. But while I'm not always perfect, I'm making better choices than I used to, when a late night at work meant a fast-food binge.

"One of my biggest problems is that I'm not a planner. Super Suppers has helped with that—it's that 'make and take' place where they have all the ingredients prepped so you can put together a bunch of meals in no time. You freeze them and pull them out whenever you need a quick dinner. I made six dishes that were all pretty healthy—meals like hoisin chicken with three-bean salad, salmon with pesto and Asian flank steak. It makes life so much easier."



Stats	START	NOW
height	5'2"	5'2"
weight	150 lb.	136 lb.
body fat	31.5%	25.1%
chest	40"	37.75"
arm	11.5"	11"
abs	34.75"	32.75"
hips	41.5"	38.5"
thigh	21.5"	19"
clothing size	12	8
left to lose	20 lb.	6 lb.

I (Don't) Want Candy!

"I already have a good ploy for handling the temptation of Halloween candy: Every year, I give out stuff I don't like, like sour balls or lemon hard candy. What the kids bring home from trick-or-treating, I send off with my husband to work, so it's out of the house ASAP. Now that my daughter is three, though, she may start catching on to that trick!"

My Butt-Saving Discovery: Day Care at the Gym!

"Taking advantage of the babysitting service at my gym has made it so much easier to get there on weekends. It's only \$2 an hour for each kid, they love it, and I get a good hour-long workout in. I've even convinced my husband to start coming, which is a fun way to do something healthy together."

For more information on Super Suppers, gym day care and Lisa's team of experts, visit her blog at fitnessmagazine.com/blog.



MY GOALS THIS MONTH

- Start taking Pilates classes to help increase my flexibility and strength and hopefully ease the pain in my feet, knees, back and neck.
- Reduce stress by giving the kids my full attention for a few minutes before starting dinner, rather than trying to multitask.
- Make weekend workouts more fun by exercising with my husband.
- Remember that "bad" foods are okay in smaller portions.
- Allow myself one treat on special occasions, then leave the room as soon as I'm finished eating.

Check out fitnessmagazine.com for behind-the-scenes info on Lisa's weight-loss journey.

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