

NOW

"Help Me Lose 20 Pounds"

IN MONTH FOUR, LISA RENWICK GOES ON A BURGER-AND-ICE-CREAM BINGE BUT STILL DROPS ONE AND A HALF POUNDS. BY ANNE MARIE O'CONNOR

CHEATING HAPPENS, but Lisa Renwick, 37, discovers the key is to plan ahead and stay focused on your goals.

Eat and Repeat

"Okay, I admit it: I completely fell off track for five days. Right after the last weigh-in, I had some M&M's sprinkled on a low-cal frozen dessert. All of a sudden, I was off: I went to McDonald's later that day for a cheeseburger and fries, then that night had a piece of chocolate cake. The next four days were more of the same—salty, then sweet, eat and repeat.

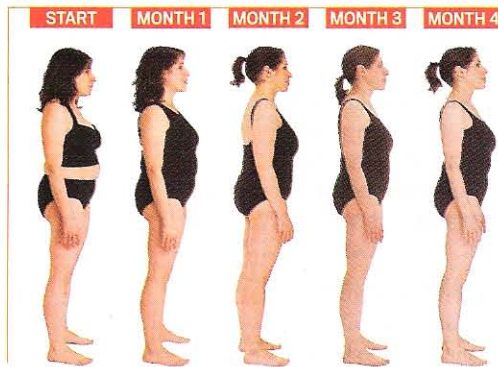
"Lois Barth, my life coach, pointed out that I usually splurge right after a weigh-in, partly because I want to reward myself, but also because I know that I have the rest of the month to make up for it. So we decided to try and prevent that by planning specific post-weigh-in treats ahead of time."

Have Kids, Will Exercise

"I've also been thinking about ways to work out while spending time with the kids, who are 16 months and 3 years old. My trainer, Leslie Rice Hart, suggested I do my exercises when they're with me—kids love watching their mom act 'silly.' I also try to take them to the park on weekends, which is better than sitting around. And my husband and I love biking; we're getting bike seats for the kids so I can kill two birds with one stone."

Shopping With Cindy

"This month, Cindy Sherwin, R.D. (my nutritionist), and I went to the grocery store together. We looked at all the labels



Stats	START	NOW
weight	150 lb.	139 lb.
body fat	31.5%	26%
chest	40"	39"
arm	11.5"	11"
abs	34.75"	33.3"
hips	41.5"	38.5"
thigh	21.5"	19.5"
clothing size	12	8
left to lose	20 lb.	9 lb.

on my usual brands, which made me realize there are still a lot of hidden fats in my diet. One thing she suggested changing was my salad dressing, which had twice as much fat and calories as the one she recommended: Newman's Own Lighten Up Raspberry & Walnut Dressing, with 70 calories and five grams of fat per two tablespoons.

"She also showed me some healthy, quick and easy options for every meal, such as Kashi Go Lean Hot Cereal oatmeal packets, Bell & Evans Fully Cooked Grilled Chicken Breasts, Yves Veggie Ground Round and Skinny Cow Ice Cream Bars. Then I learned how to pick out a frozen dinner: Look for one with fewer than 400 calories and no more than nine grams of fat. I love Amy's Kitchen Teriyaki Bowl and Tofu Scramble in a Pocket Sandwich.

"Though I cheated a bit (okay, a lot) this month, I still managed to lose another pound and a half. And now I'm ready to step it up a notch for month five!" •



LOST
11
POUNDS!

MY GOALS THIS MONTH

- Don't "splurge" on treats whenever I'm in a bad mood or just feel like it; plan them in advance.
- Look for ways to exercise with the whole family.
- Ice my sore feet and shoulders every night to relieve pain and inflammation.
- Work on having two fruits and three vegetables every day.
- Try to eat a balanced dinner—and only one dessert—every night.
- Learn to value my strengths and realize they more than make up for my weaknesses.

