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n your mark, get set...

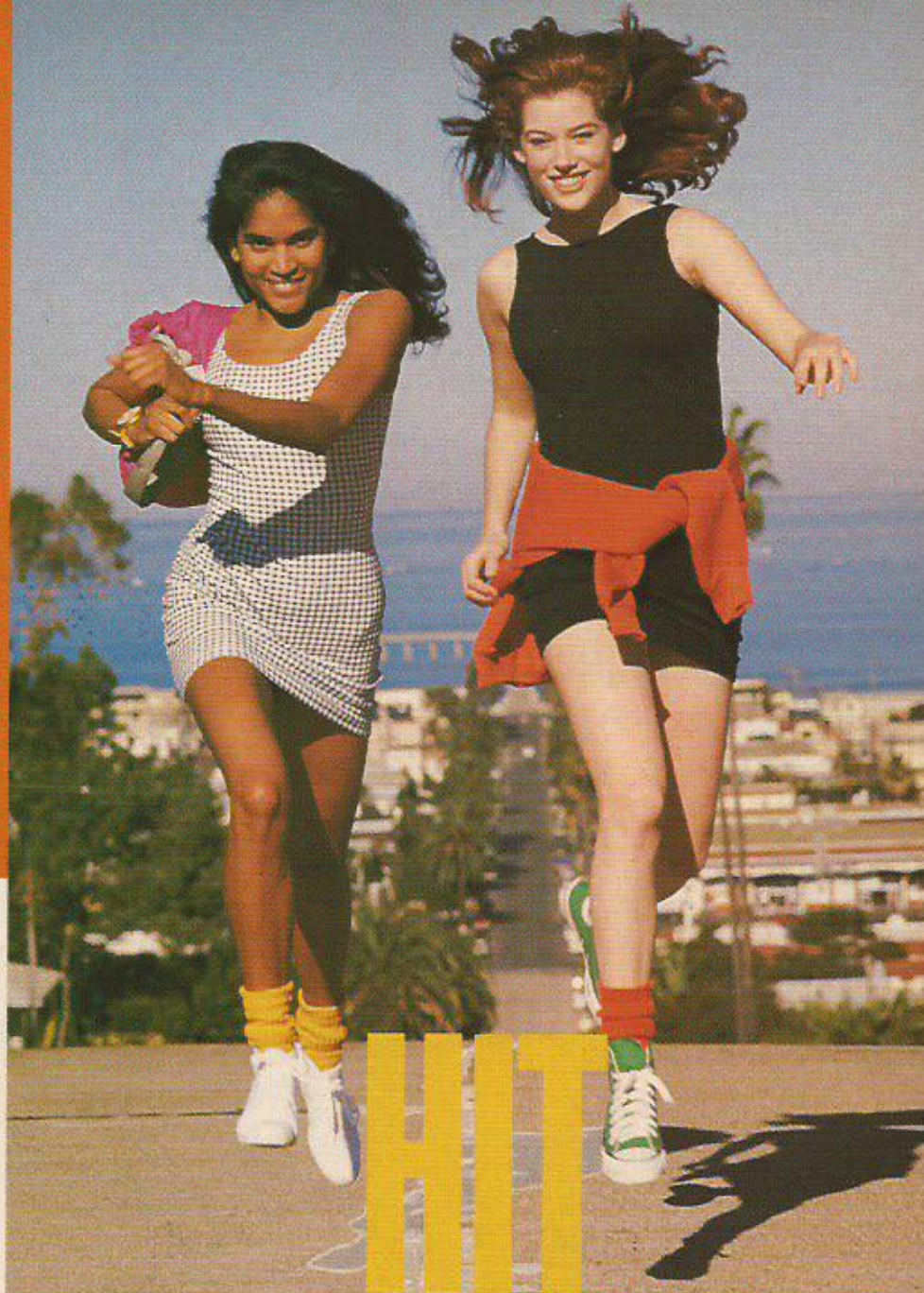
Now's the perfect time to get a running start on slimming down for summer. In fact, running—or walking or bicycle riding or even roller skating—may be the best ways to slim down and firm up this season. The latest reports suggest that how much you exercise, not how much you eat, may be the real key to losing weight and keeping it off (see page 41).

Can't find time to exercise? Try working your workout into your daily routine (see next page). If you have the time (30 minutes every other day is all it takes) but can't find the right place, a number of floor exercises can easily be designed into a go-anywhere workout (page 38).

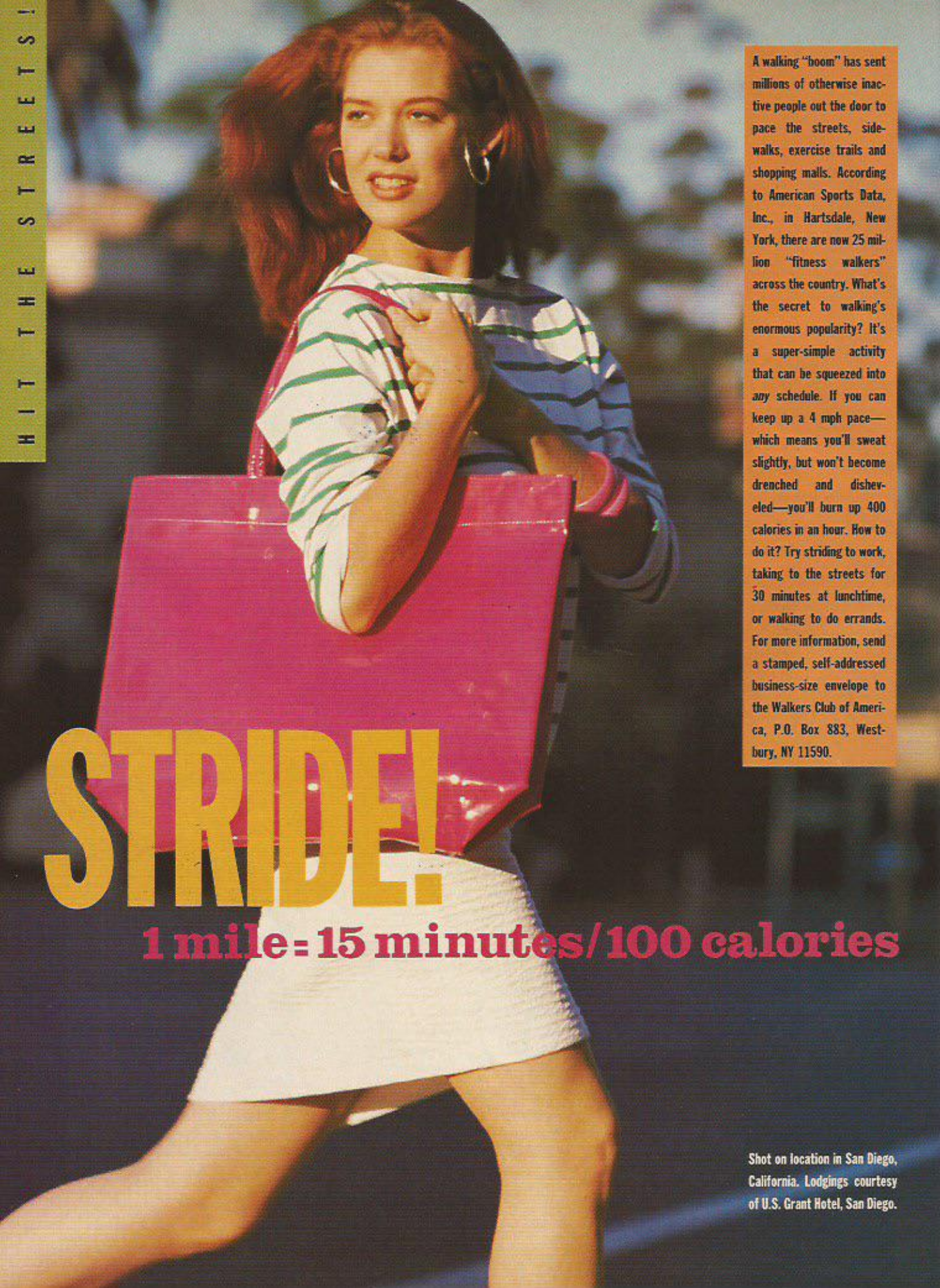
To make the transition from flabby to fabulous even quicker, start by cutting out the fats in those fast-food lunches that many busy people (like you!) seem to thrive on (page 45).

So hit the streets now and you'll have
a great body just in time for summer!

PRODUCED BY
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PHOTOGRAPHY BY
TOM SULLIVAN



THE STREETS!




STRIDE!

1 mile = 15 minutes/100 calories

A walking "boom" has sent millions of otherwise inactive people out the door to pace the streets, sidewalks, exercise trails and shopping malls. According to American Sports Data, Inc., in Hartsdale, New York, there are now 25 million "fitness walkers" across the country. What's the secret to walking's enormous popularity? It's a super-simple activity that can be squeezed into any schedule. If you can keep up a 4 mph pace—which means you'll sweat slightly, but won't become drenched and disheveled—you'll burn up 400 calories in an hour. How to do it? Try striding to work, taking to the streets for 30 minutes at lunchtime, or walking to do errands. For more information, send a stamped, self-addressed business-size envelope to the Walkers Club of America, P.O. Box 883, Westbury, NY 11590.

Shot on location in San Diego, California. Lodgings courtesy of U.S. Grant Hotel, San Diego.



PEDAL!

6 miles • 25 minutes/310 calories

Gotta get from home to work as quickly as possible? Don't rev up your engine; instead, dust off your bicycle, then hit the road. Given city traffic jams, you'll probably beat the motorized mayhem anyway! Just learn the rules of the road (like sticking to your lane to steer clear of city drivers), wear a protective helmet approved by the American National Standards Institute or the Snell Memorial, and zip off! This breath of fresh air and good aerobic workout will also tone your legs just in time to sport the racy summer styles. Bike to the market or to pick your kid up from school and enjoy scenic cycling trails along your route. For more on biking, write to the U.S. Cycling Federation, 1750 East Boulder St., Colorado Springs, CO 80909. ►

RUN!

1 mile = 10 minutes/125 calories

Tracks and jogging paths are great places to run—but city sidewalks and roadsides can fit the bill, too. And as you can see, bringing a baby or child along is no drawback. (Just be sure you obey traffic rules, and protect your feet by wearing shoes designed for running.) Your schedule and energy levels will determine *your* best time for a regular run. First thing in the morning or before dinner are times that work well for many people. You can also try going at lunch—your office may have a shower, or many health clubs offer lockers for non-members. Twenty to 30 minutes, three times a week is all it takes to keep your heart healthy, muscles toned. (For a list of Road Runners Club of America chapters in your state, send a stamped, self-addressed business-size envelope to RRCA, 629 S. Washington St., Alexandria, VA 22314.)

Being the queen of the roller derby may never have been your dream, but remember how much fun it was to whirl around as a kid? The sport's benefits include aerobic conditioning, leg strengthening—specifically the hamstrings and quadriceps—upper-arm and shoulder toning, and intense calorie burning if you swing your arms. An upright posture tightens your torso, pelvis and buttocks. For safety, check your route for pavement cracks and other obstacles and wear reflectors at night. If you're shaky at first, you can wear knee pads and a helmet, and if you fall, drop on your rear end, not forward. For more information, get the free booklet *You Can Do It* from the Rollerskating Rink Operator's Association, P.O. Box 81846, Lincoln, NE 68501. [H]

HIT THE STREETS!



ROLL!

3.5 miles = 30 minutes/170 calories

Watching those pounds melt away without pushing your plate away... sounds too good to be true, especially now that the bare-all summer season is just around the corner. Of course, no weight-loss method is that simple, but there *is* a way you can eat *more* on your next diet and still lose the weight you want to.

How? Simply by increasing your physical activity. That's right: Scientists are finding that the calories you burn during your daily activities may be the ones that *really* count in the dieting game.

Here's what the research shows, and why you should make exercise a key part of your slim-down-for-summer strategy this year.

Why Diets Don't Work

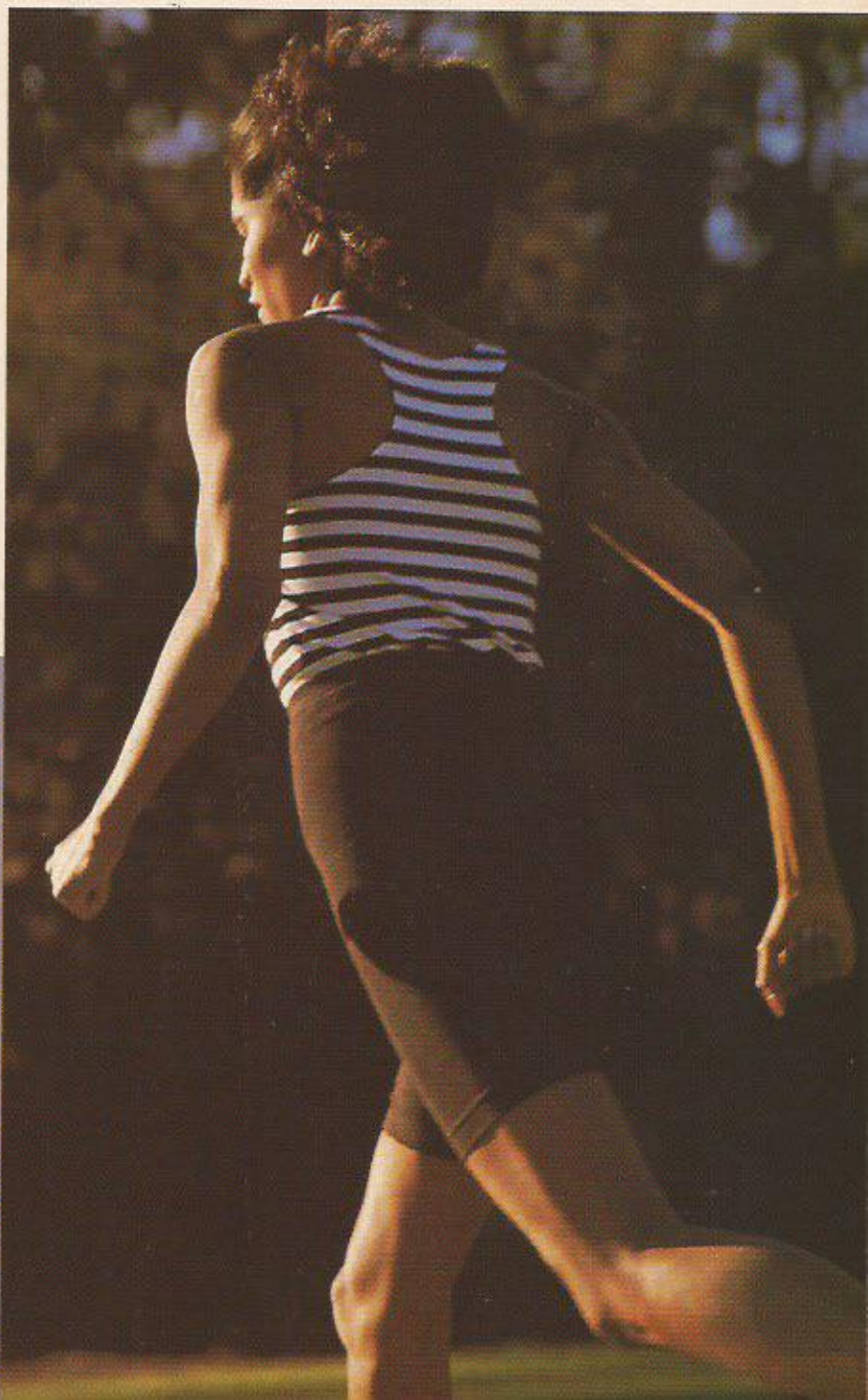
For decades, experts believed that weight problems were caused simply because people ate too much; that is, they consumed more calories than their bodies needed, and the extra calories were stored as fat. The logical solution seemed to be to create a calorie deficit by cutting back on the amount of food eaten. But anyone who's tried this knows that even if you successfully get the weight off, the pounds usually come creeping back on.

New research, however, suggests that the *real* reason why some people are heavier than others may have more to do with physiological differences between people than with how much they eat. In one study, Eric Ravussin, PhD, an investigator at the National Institutes of Health in Phoenix, showed that the Pima Indians (a tribe in Arizona that's prone to obesity) burned a daily average of 80 fewer calories than was normal for people with their body sizes. That may not sound like much, but those 80 calories added up to a whopping nine pounds per year in extra weight.

In a related study, Susan B. Roberts, PhD, of the Dunn Nu-

*Instead of
cutting
back on
food to lose
weight this
summer,
try adding
in exercise*

THE CALORIES THAT **REALLY** COUNT



By **Diana
Tonnessen
and
Gordon
Bakoulis**

trition Unit in Cambridge, England and the Massachusetts Institute of Technology in Cambridge, Massachusetts, found that infants born to overweight mothers burned nearly 21 percent fewer calories per day than babies born to thin women. By their first birthdays, these babies were already overweight.

Since overeating isn't the problem with these people, cutting calories may not be the best solution for a lifetime of weight control. "Our findings suggest that the most appropriate approach to preventing obesity... may be to increase [physical activity], rather than decrease [caloric] intake," concludes Roberts in the *New England Journal of Medicine*.

There's another reason why cutting calories alone doesn't work. Surprising as it may sound, crash dieting may actually cause you to *gain* weight in the long run. How? Drastically cutting back on calories can slow down your metabolism (the rate at which you burn calories) even more.

According to William D. McArdle, PhD, an exercise physiologist and director of the Physiology of Exercise Laboratory at Queens College in New York, each of our bodies has an internal control mechanism, or *setpoint*, that drives the body to maintain a certain amount of body fat. When we diet to lose weight, our bodies automatically try to compensate by conserving body fat—in effect, slowing down our metabolism. In fact, "severe caloric restriction may depress resting metabolism by as much as 45 percent," says McArdle.

What's a dieter to do?

The Case For Exercise

The simple solution—and one you've probably heard before—is to increase your level of physical activity. In other words, get out and *move*. Researchers are now pretty much convinced that increasing your activity is the easiest—and safest—way to lose weight.

By increasing your physical activity instead of cutting back on calories, you won't have to go around feeling hungry and miserable all day long. That means you're more likely to stick with a sensible diet plan—and make the weight loss stick, too! Here's an example: A five-year follow-up of women who'd lost weight with the help of exercise at

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GET PHYSICAL!

Don't have time to exercise? Take heart: There are literally hundreds of ways to fit physical activity into your daily routine. See how many you can squeeze into *your* life:

1 Wake up just half an hour early and take a brisk 20-minute walk, bike ride or swim before breakfast. (Do five to 10 minutes of cool-down stretching after you exercise.)

2 If you drive to work, park half a mile away and walk the remaining distance. Or when taking public transportation, get off a mile or so early—just a few stops—and walk the rest of the way. Walk to do nearby errands during lunch if the total distance is a mile or less. (A mile of brisk walking five days a week burns up the caloric equivalent of seven pounds of fat in a year!)

3 Don't always go to a restaurant for lunch; instead, take a 30 to 45-minute walk, picking up a healthy deli meal on your way back.

4 Take the stairs instead of the elevator to your floor at work. During breaks, walk up and down stairs for five to 10 minutes instead of going out for coffee. (Just make sure you wear supportive walking or aerobics shoes. Running up or down stairs is not recommended because it can hurt your knees; see "Knee-dless Stresses," March.)

5 Instead of a drink at the end of the day, take a 20-minute walk or jog—and have co-workers join you.

6 While watching TV, jog in place, jump rope or do some stretching, toning and aerobic exercises. (For a workout you can do anywhere, see "Tracy's 30-Minute Go-Anywhere Routine," page 38.)

7 On family outings, encourage everyone to make a group walk or bike ride part of the day's events.

8 Don't rely on others to do all the yard and housework. Do some gardening, wash and wax your car, take your dog for a walk. Think of these chores as a chance to relax and invigorate your body.

—D.T. and G.B.

Green Mountain at Fox Run, an obesity-management program in Ludlow, Vermont, showed that 54 percent had kept the pounds off. Alan Wayer, PhD, director of Green Mountain, attributes the women's success in large part to the exercise component of their weight-loss regimen.

Another benefit of incorporating regular exercise into your weight-loss (or weight-maintenance) program: It helps you burn *fat*, which is what you want to lose in the first place. How? Exercise slows down the rate of protein breakdown in your skeletal muscle, and this protein-sparing effect means that an even greater portion of the calories will be burned as fat, explains McArdle.

You can see the results in groups of people who exercise regularly throughout their lives. According to M. John Murray, MD, professor of cardiology at the University of Minnesota School of Medicine in Minneapolis, obesity is virtually nonexistent among nomadic people in Africa—even when fat comprises up to 70 percent of the diet. "These people keep up a lifelong modest level of exercise," he says. "Their low body fat seems to be related to that continuous activity."

Dieting alone, on the other hand, usually causes you to lose water during the first several weeks, which you gain right back after you go off your diet. (If you can manage to stick to a low-calorie diet for more than a few weeks, you'll shed some fat, but the accompanying muscle loss can zap you of your strength.)

Also keep in mind that although you won't rapidly lose weight by exercising, you'll probably notice improvements in your appearance fairly soon. How can that be? Since you're building lean muscle mass, which weighs more than the fat you're losing, your clothing size may go down before your weight follows suit.

Still not quite convinced? Here's another plug for exercise: Besides burning calories, exercise gives you a real psychological boost. "It means taking *action*, and you get the immediate gratification of feeling good as a result of that increase in activity," says Wayer. (The sense of well-being that follows exercise may result from your raised heart rate, which gets more oxygen to the brain; from the release of pain-killing substances called *endorphins* into the bloodstream; or simply from the pleasure of

(continued on page 48)

(continued from page 42)

moving your body.)

But wait! Won't exercise stimulate your appetite and make you want to eat more—or too much? That's a myth, says McArdle. While it's true that athletes in training *do* require more calories than most of us (marathon runners, for example, may need up to 6,000 calories a day just to maintain their weight!), studies have shown that regular, moderate exercise doesn't appear to have much effect on the caloric intake of the average person.

Exercise and Diet: A Winning Pair

If exercise is such a great way to lose weight, wouldn't exercise *and* dieting work even better? Yes, says McArdle. In fact, scientific research is full of examples of the role of exercise in weight loss. In one study by Judith S. Stern, PhD, an obesity researcher at the University of California, Davis, overweight adolescent boys placed on a 1,200-calorie-a-day diet combined with five hours of exercise a day lost an average of 27 pounds over a seven-week period.

The beauty of combining exercise and diet, of course, is that you don't *have* to cut calories so drastically, since the calories you burn during exercise add to the calorie deficit you need to lose weight. And since exercise helps stoke up your body's calorie-burning abilities, it counteracts the detrimental effects that dieting alone has on metabolism. If you decide to combine the two, just remember to diet sensibly.

To start, make sure you take in *at least* 1,200 calories per day. If you eat any less than that, you'll be shortchanging yourself nutritionally, says Lillian Cheung, DSc, director of fitness and nutrition services at Harvard University's Center for Health Communication in Boston.

One of the best ways to cut back on calories is to cut fat from your diet, says Cheung. (For fat-cutting tips, see "Fast (Low-Fat) Foods," page 45.) That's because fat has more calories (9 per gram) than protein or carbohydrates (4 calories per gram). And some studies suggest that it's possible to *gain* weight on a low-calorie diet that's high in fat. Right now, the average American diet is made up of about 40 percent fat, but experts recommend that we get no more than 30

percent of our calories from fat.

How Much Exercise Do You Need?

You've probably heard that you must burn off 3,500 calories to lose a pound of fat. As McArdle notes in his book *Nutrition, Weight Control, and Exercise*, that means playing golf for 20 hours, performing mild calisthenics for 22 hours, or jogging 35 miles!

That *does* sound intimidating—especially if you have a lot of weight to lose. But remember—you don't have to burn all those calories at once. Think of it this way: Without making a single change in your diet, you can lose 10 pounds over the course of a year simply by playing four hours of golf or jogging eight or nine miles a week!

If you exercise more often or more intensely, of course, you'll lose weight faster—still without counting a single calorie. Studies involving rats show that even when they are subjected to a high-calorie, high-fat diet, they don't gain excess weight as long as they continue to exercise regularly. (That's the setpoint theory in action again.) The trend seems to hold true for humans, too.

The best news is this: If you eat sensibly—that is, without denying yourself, but not stuffing yourself either—you can keep your exercise level modest. And what's that? For most people, three half-hour sessions of aerobic exercise a week will do the job of keeping calorie intake and calorie expenditure in balance. (For some simple ways to increase your level of daily activity, see "Get Physical," page 42.)

Most people find that the simpler the activity, the more likely they are to stick with it: At Green Mountain, says Wayler, walking is the primary exercise and the one that most women say they make a permanent part of their lives after they leave.

You'll find, of course, that regular, moderate exercise doesn't mean you can eat everything in sight—a hot fudge sundae is still a hot fudge sundae, after all. What it *does* mean is that you'll be able to be a lot more flexible about losing or maintaining weight. McArdle refers to people who exercise regularly being in a "reactive zone" where it's easier to match food intake to their daily level of expenditure and thus avoid the "creeping obesity" that's so common among sedentary people. Or, as Wayler says, "You learn that one brownie won't make you fat." **H**

...booklets....

■ Your parents made you buckle up every time you stepped in the family car. As an adult, you can get a ticket for refusing to use seat belts. But still you say, "What's all the fuss about?" To find out, send a self-addressed, stamped business-size envelope to "Why Seat Belts?", c/o The American Academy of Orthopaedic Surgeons (AAOS), P.O. Box 618, Park Ridge, IL 60068. This free pamphlet includes statistics on the effectiveness of seat belts and a graphic illustration comparing two collisions (one with a belted passenger, one without) that's quite convincing. The AAOS also tells how to adjust head restraints for optimum safety, and—last but not least—why all parents must ensure that their kids use belts, even if they don't know why.

■ Whether you're a biker, hiker or fishing enthusiast, you'll get the most out of your sport by planning ahead. For some help, send a self-addressed, stamped business-size envelope to "Gearing Up For Outdoor Adventure," ZIPLOC Storage Bags, Department #1300, P.O. Box 79890, New Augusta, IN 46278. This free booklet contains helpful hints, like how to dress for iffy weather and what energy-boosting snacks to pack.

■ Achoo! Allergy sufferers can tell you that spring is the season they sniff, wheeze and sneeze most. But do they know whether air conditioning worsens symptoms or which antihistamine ingredients are more likely to cause drowsiness? For answers to these and other questions—and tips on how to survive this and future allergy seasons—send a self-addressed, stamped business-size envelope to Chlor-Trimeton Allergy Self-Help Guides, Dept. HE, 1133 Avenue of the Americas, 16th Floor, New York, NY 10036. Three free pamphlets titled: "Allergy Myths and Truths: Test Your Allergy I.Q.," "Don't Treat Your Allergy Like a Cold: Discovering What Makes You Sniffle" and "Do You Live In An Allergy State? A Regional Look at Pollen and Other Allergens" are available on request. **H**