

WHAT'S NEXT FOR
WESTCHESTER'S COMMUTERS

FABULOUS WINTER
COATS FOR EVERY OCCASION

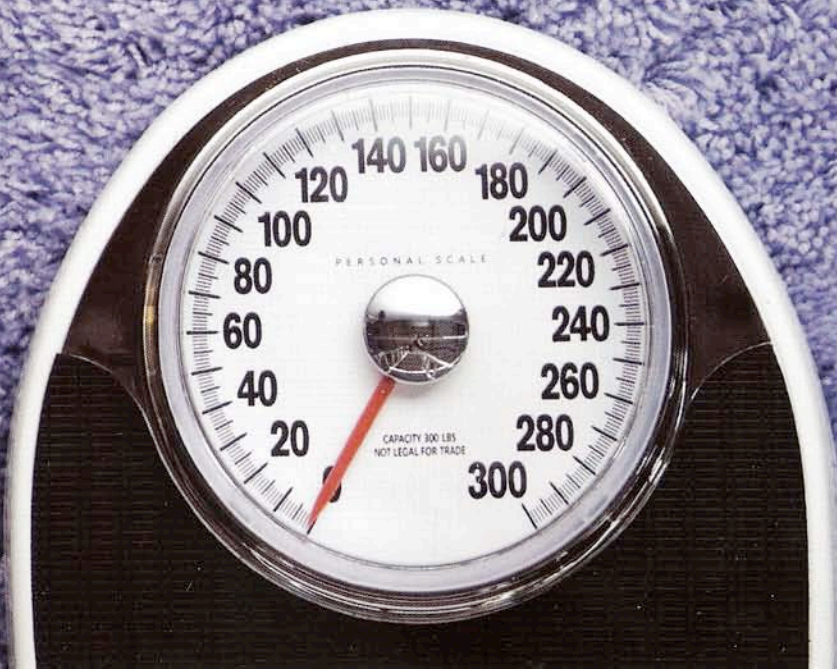
INTOWN

JANUARY 2008

westchester

WEIGHT-LOSS RESOLUTIONS **THAT WORK!**

12 THINGS TO DO WITH YOUR KIDS THIS WINTER



THE DIETER'S TO-DO LIST

**ANOTHER NEW YEAR,
ANOTHER RESOLUTION.**

And for many, that resolution involves the dreaded D-word. Stifle that groan! To help you achieve your goals in 2008, we've compiled a different sort of to-do list—one with no restraints.

Late-night talk show host Jay Leno put it best: "People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas."

'Tis the season for gorging, but come spring, we all want to fit into those cute little capris we bought on sale last fall. And if you're anything like us, diets that repeatedly use the words "no" and "can't" just don't work. Enter the *InTown Westchester* Dieter's To-Do List. Follow these 10 simple resolutions, and come spring you won't just be skinnier—you'll be stronger, more confident, and in better control of your health. How's that for a resolution?

By Audrey Green
Illustrations by Jerry Gonzalez



1

I WILL FALL IN LOVE...WITH FOOD

Have you ever been in love? Felt a passion so strong, you never wanted it to end? If you don't feel this way at every meal, you're not giving yourself a chance to enjoy it, says psychotherapist and health psychologist Haven Logan, author of *The California Wine Country Diet* (californiawinecountrydiet.com). **"Food is one of life's pleasures—a way we take care of ourselves—so we all have to form a loving relationship with it."** And love begins with what Logan calls "conscious indulgence." "Think of pleasure as a process. The anticipation of eating, the actual eating, and the way you feel afterwards are all equally important." To stay passionate about nutritious food, Logan suggests introducing variety to your diet. "Enjoying life includes expanding horizons," she says. So try a new, international dish, or learn a few new recipes that are both palate-enriching and waist-slimming. Yes, it can be done!



2

I WILL EAT IN AS IF I'M EATING OUT

"Stop the mechanical eating," urges Scarsdale dietitian Barrie Wolfe. You don't have to go to a restaurant to make a meal special. **When food is artfully presented, you'll be more aware you're eating it, and those "diet" dishes might even start tasting better.** "It's difficult to enjoy food—and lose weight—if you're reheating a frozen item that looks like it should be fed to a dog," Wolfe says. So, even when dining solo, light candles, play music, and sit down. "You'll feel like you're treating yourself, rather than depriving yourself." If you enjoy wine, have a glass, but whatever you do, turn off the TV! Focus on the meal. It takes at least 20 minutes for your brain to register that you've eaten, so if you munch standing by a counter or in front of the fridge you'll probably overeat. Wolfe challenges: "Set the table, get rid of the plastic, and break out the nice china. What are you waiting for?"

3

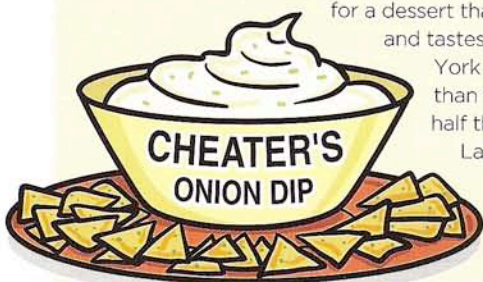
I WILL EAT OUT AS IF I'M EATING IN

Unlike dinner at home, most restaurants serve larger portions than what you're supposed to be eating, says Bedford clinical psychologist and dietitian Christopher Mosunic. And when food is sitting in front of you, even if you're full and satisfied, you'll continue eating. **"A serving of meat or carbs should be the size of your hand," he says, "but most portions are three to four times that."** That doesn't mean you should avoid eating out; just compensate in other ways. Mosunic's advice? Don't overindulge in alcohol. "When people go out, they tend to start with a mixed drink—something heavy—then lose their inhibitions from the start." Instead, order Pellegrino—something you wouldn't have at home, so it still feels like an indulgence. And instead of throwing in the napkin after you've had too much, ask your server to pack half of your meal before it gets to the table. You'll be less likely to devour it in one sitting.

4

I WILL CHEAT MYSELF

If you're on a diet, you can still have the things you like—you just have to cheat a little. Just ask Missy Chase Lapine, author of *The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals* (sneakychef.com) and former publisher of *Eating Well* magazine. The Irvington resident feeds her family wholesome meals by "injecting the good stuff in, rather than taking the 'bad' stuff away," meaning **she lowers the caloric and fat levels of the recipe without sacrificing flavor.** Confused? Lapine's "Champion Cheesecake" blends tofu, yogurt, and low-fat cream cheese over a walnut-and-oat bran crust for a dessert that, she says, "looks and tastes as rich as any New York cheesecake, with less than half the sugar and half the fat." According to Lapine: "This is a way to maintain the healthy program, so we never feel deprived."



5

I WILL SPICE IT UP

While you've been adding spoonfuls of sugar to your tea and heavy cream to your oatmeal, that neglected bottle of nutmeg hidden behind the fava beans could have been helping you stave off extra pounds. "Eating is all about the senses—what you smell, what you taste, color, and dimension," says dietitian Staci Stone, a Columbia University weight-loss specialist at Lawrence Hospital in Bronxville. Herbs are one of the easiest ways to eat healthy, cook healthy, and change things for the better. **And unlike popular condiments like butter and mayo, herbs are calorie-free, so you can use them as generously as you please.** Stone's rule of thumb: "The fresher the better." Fresh herbs, lemons, and limes have more robust flavor and stronger antioxidant properties. Cinnamon sticks give a different feel to teas and hot cereals, while dill tastes delicious on hearty, winter vegetables, such as squash, beets, and potatoes. Small, window-sill herb boxes can be purchased at area nurseries for around \$4—but in a pinch, simply grab one of the little plastic bottles and shake your way skinny.

LEARN YOUR LABELS

"You have to read your labels," urges Scarsdale dietitian Barrie Wolfe, and not only will it become easier to eat healthy and lose weight, but you'll gain a better understanding of what you put into your body. "You don't have to be a fanatic," she says. Just be aware. Of course, you won't find all the nutrients you need in one food—but you can try.

Ingredients are listed by quantity, from the largest to the smallest, so make sure the first few are healthy. And watch out for hidden partially hydrogenated oils, or trans fats, Wolfe warns. "If the food contains less than a half-gram per serving, they can list it as zero, and the consumer thinks it's nothing. But after a few servings, that's two or three grams of trans fat!"

Nutrition Facts

Serving Size 1 Entrée (283g)
Servings Per Container 1

Amount Per Serving

Calories 320 Calories from Fat 35

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 380mg 16%

Potassium 600mg 17%

Total Carbohydrate 55g 18%

Dietary Fiber 6g 24%

Sugars 25g

Protein 18g 25%

Vitamin A 6% • Vitamin C 80%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: COOKED KASHI® PILAF (WATER, WHOLE: OATS, LONG GRAIN BROWN RICE, RYE, HARD RED WINTER WHEAT, TRITICALE, BUCKWHEAT, DEHULLED BARLEY, SESAME SEEDS), COOKED CHICKEN (CHICKEN BREAST, WATER, CHICKEN FLAVOR [DEHYDRATED CHICKEN BROTH, CHICKEN POWDER, AND NATURAL FLAVOR], RICE STARCH, CARRAGEENAN, SALT), EVAPORATED CARNE JUICE, WATER, ROASTED GREEN BEANS (GREEN BEANS, EXTRA VIRGIN OLIVE OIL), WHITE VINEGAR (DISTILLED VINEGAR, WATER), RED BELL PEPPERS, EDAMAME (SOYBEANS), ROASTED YELLOW BELL PEPPERS, ORGANIC TOMATO KETCHUP (WATER, ORGANIC TOMATO PASTE, SUGAR, ORGANIC VINEGAR, SEA SALT, ORGANIC ONION POWDER, ORGANIC GARLIC POWDER, ORGANIC SPICES), ONIONS, CRIMINI MUSHROOMS, RICE STARCH, CONCENTRATED PINEAPPLE JUICE, TOMATO PASTE, GINGER PUREE (GINGER, WATER), GARLIC (GARLIC, WATER), APPLE JUICE CONCENTRATE (CONCENTRATED APPLE JUICE, WATER, ASCORBIC ACID [VITAMIN C]), CITRIC ACID, WHOLE MILK POWDER.

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.

KASHI SWEET & SOUR CHICKEN

Nothing on the label will matter if you don't control your portions. Figure out how much is in a serving, and stick to it.

You should eat no more than 65 grams of fat daily, so try to keep under one gram of saturated fat per snack with zero grams of trans fat.

Many people don't consider sodium until they have to. For now, do your heart a favor—never consume more than 2,400 milligrams in a day.

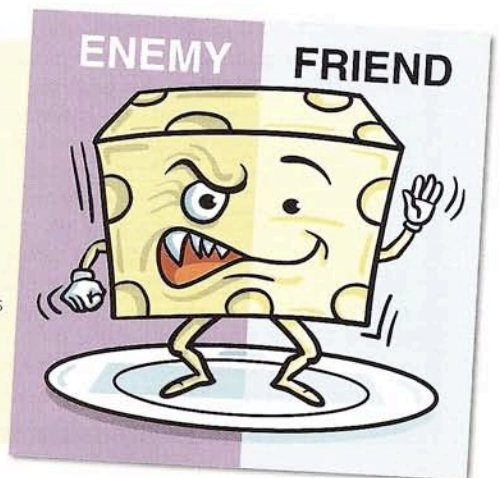
Look for foods that have more complete carbohydrates, not necessarily fewer. Whole grains contain healthy carbs, such as fiber, that aid digestion. You need at least 20 grams per day, so snack on three grams of fiber per serving, with a sugar content under five grams.

Forget the math, and just read the numbers. If a food has five percent or less of a nutrient, it is considered to be low in that nutrient.

A food is considered a good source of a nutrient if the percentage is between 10 and 19. If the food has more than one-fifth of the Percent Daily Value, it is considered high in that vitamin or mineral. So, aim high!

6 I WILL ADMIT I DON'T KNOW EVERYTHING

"Do you find that food is both your friend and your enemy?" asks Linda Moran, author of *How To Survive Your Diet* (lindamorán.net). If so, you may have an unhealthy relationship with food, which can lead to dysfunctional eating patterns. "I've met a few people who have gone on diets, lost the weight, and kept it off—but very, very few," says the Ridgewood, New Jersey, resident. "I think what's more common is that people have emotional issues, and diets make them worse, not better." So, what do you do if you find yourself gorging in secret when your family is asleep, or gaining and losing the same 30 pounds? "You need to get out of that vicious cycle," Moran says. It can be hard to do by yourself, but **the good news is, there's plenty of help out there.** See a therapist or a certified dietitian. Buy a book. Join a support group. Book a session with a trainer, at least once, to plan an exercise regimen tailored to your body and your needs. Most important, don't feel ashamed. As Moran points out, "It happens to most of us."



7

I WILL FIND 15 MINUTES

Between work, shuttling the kids to soccer, and preparing dinner, it's no wonder setting aside time for the gym seems impossible. And if you can't commit to an hour, there's no point in exercising, right? Wrong. "Everybody can find 10, 15 minutes," says Vadim Vilensky, owner of Vadim Fitness Studio in Scarsdale (vadimstudio.com). "If you have an extra 10 minutes in the morning, do 10 push-ups." If you're 10 minutes early to pick up your child at karate, join the class, or follow along on the sidelines. **"A small burst of activity here and there will get you through a busy day," he says. And in the end, it just might add up to a workout.** Exercise also improves endurance and mood by releasing endorphins and boosting serotonin levels. So, what might seem like a tiring chore could just be what you need to get through those last few loads of laundry before bedtime.



8

I WILL CUT BACK ON CARDIO

We all know treadmills are boring. But Judy Schultz, an instructor at Yoga Haven in Tuckahoe (yogahaven.com), has an even better reason to cut back on cardio: to maintain muscle mass, which burns more calories than fat. Hold the celebration—we're not telling you to convert your treadmill into a coat rack, but **chances are, if you've been on a strictly cardio workout regimen, you've stopped seeing results. That's where resistance training comes in—and we're not just talking about pumping iron.** "Yoga is weight lifting, using your body as resistance," Schultz says. Over the course of an hour, you create and hold the various *asanas*, or poses, challenging your flexibility, patience, and strength. For most, it won't be a one-shot weight-loss solution, but in combination with cardio and other strengthening exercises, your muscles will get longer and leaner, not bulkier. Plus, Schultz says, because of the relaxation and meditation yoga entails, many people who start doing it lose the urge to overeat. Now that calls for a celebration.

9

I WILL ACT MY AGE

Newsflash, middle-agers: You're not 17 anymore. "When you go to the gym, you'll see plenty of people who do the same workouts, over and over again... the same workouts they did in high school," marvels Jeff Fields, owner of Strong to the Core fitness studio in Scarsdale (strongtothecore.com). "And they wonder why nothing's changing." Your body has evolved over the years, so why haven't your workouts? Fields embraces functional training, an exercise regimen that aims to improve the body's performance in daily life. **"The secret is to train people like athletes. Because even if you don't play a sport, if you chase a kid, chase a bus, put dishes on the top shelf, or pick up a box, that's athletic,"** Fields says. To attain this kind of total-body fitness, you need to work familiar movement patterns (like lifting a box), not specific muscles. So slide off that leg press and do some squats while holding dumbbells over your head. "The minute you train standing up—that's how you live, how you walk—now you're forced to stabilize your own body, using your abs, your core," says Fields. Training individual muscles can leave you with strong arms and a weak back, but when you train all your muscle groups together, you end up with the kind of total-body fitness that will have you feeling—and moving—like you're 17 again.

I WILL PARTY—REPEATEDLY

"You don't have to lose 20 pounds before you feel good about yourself," says White Plains-based life coach Jamie Karia, founder of Karia & Co. Coaching (jamiiekaria.com). **The scale won't always show your hard work, but if you congratulate and reward yourself every day you stick to the process, you will feel positive and your momentum will grow.** So instead of castigating yourself until you've reached the end goal, praise yourself each time you take the stairs, choose water instead of cola, or forego dessert. "People are human—they mess up sometimes, and that's OK," Karia says. Instead of focusing on your mistakes, make up for them by spending an extra 15 minutes at the gym, or taking a walk at lunch. "And when you reach your big goal, celebrate!" Go out to dinner, relish a slice of cheesecake, or treat yourself to a pair of skinny jeans—you've earned it. "People can be really critical, and it's so easy to not be satisfied with what you've accomplished," Karia says. Instead, own your success, and you'll probably find it will increase your confidence and make you more willing to take on the next challenge. Like those last five "safety" pounds....

