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## walk it off

by Margit Feury Ragland

# Lose 10 Pounds— and Keep It Off

It's time to push aside weight-loss clutter (food scales, calorie counters, complicated meal plans) and safely lose 6 to 10 pounds in two weeks. **Adding just five positive habits to your regular routine will help you do it, according to the weight-loss experts who authored *Mayo Clinic Diet* (Good Books).**

### 5 positive habits

- 1 Start each day with a healthy breakfast, just make sure it's not too big. Try **a bowl of high-fiber, low-sugar cereal, with reduced-fat milk and berries.**
- 2 Eat vegetables and fruits: **four or more servings daily of vegetables and three or more of fruit.**
- 3 Reach for whole grains, such as **whole-grain breads, brown rice and oatmeal.**
- 4 Stick with healthy fats, like **olive oil, vegetable oils and nuts.**
- 5 Move! **Walk for 30 minutes or more every day.** Start with the 10-week beginner plan from *The Mayo Clinic Diet* (below). It will help jump-start your weight loss, and make it easier for you to keep the pounds off for good.

WEEK	WALK TIME	FREQUENCY
1	15 minutes	4 days this week
2	20 minutes	5 days this week
3	25 minutes	7 days this week
4	30 minutes	7 days this week
5	35 minutes	7 days this week
6	40 minutes	pick up the pace
7	45 minutes	7 days this week
8	50 minutes	7 days this week
9	55 minutes	7 days this week
10	60 minutes	pick up the pace

**GIVE IT UP** To lose weight quickly there are also some unhealthy habits you need to break. Number one: no TV while eating, says Donald Hensrud, M.D., editor in chief of *The Mayo Clinic Diet* book. For a list of the rest of the habits you should do away with, log on to [momster.com/fc/mayoclinicdiet](http://momster.com/fc/mayoclinicdiet). Post your diet questions for Dr. Hensrud, and if he answers yours, we'll send you a copy of his book.



## Yes, You Can

When you feel your motivation slumping, give yourself a pep talk.

### INSTEAD OF SAYING

"I'm so tired."

"Skipping this workout won't matter."

"I'll never stick with this exercise program."

### TELL YOURSELF

"I'll feel so energized when I'm done."

"Every little bit makes a difference."

"Take one day at a time."

