

Start YOUR YEAR Off Right!

THREE EXPERTS SPILL THEIR SLIM-DOWN SECRETS, FROM SUNDAES TO SEX

Weight-Loss Doc

Susan B. Roberts is a professor of nutrition at Tufts University and founder of the online program iDiet.

Have ice cream for dessert

Mix 1/3 cup no-sugar-added ice cream with 1/3 cup Fiber One Original cereal. Top with a small square of melted dark chocolate.

Don't rely on the gym

It takes a whopping 30 hours of exercise for the average person to lose just 1 lb. of body fat. While exercise is vital for health, you don't need to live at the gym.

Instead spend that time preparing quality meals

Eating right is crucial, so use those minutes to prepare healthy, delicious food.

Be willing to look silly

To fight a food craving, tap your forehead 10 times while counting backward. Repeat.

Use your hunger

Eat healthy weight-loss food when moderately hungry to reprogram cravings. It only takes two to three weeks to start wanting better-for-you foods.



SKINNY SUNDAE!
JUST 114 CALORIES

Host of The Biggest Loser

Alison Sweeney is the host of NBC's *The Biggest Loser*.

Don't cheat

Everything you put in your body counts, so keep a journal and be honest with yourself.

Keep your refrigerator healthy

If you have bowls of fruit washed and accessible, you're more likely to grab those for a snack.

Dress the part

Skip the baggy clothes—you'll pay more attention to what you put into your body if you're wearing a formfitting outfit.

Stop making excuses

If you have time to watch TV, you have time to work out. Burn calories during your favorite shows by doing crunches and push-ups.

Hollywood Nutritionist

David Allen Nutrition counts Vanessa Hudgens among its celebrity clients.

Don't be fooled by the juicing craze

Juicing does not guarantee easy weight loss. If you try it, stick to green juices that don't contain fruit (juice from fruit is nature's gift but doesn't expedite fat loss).

Choose sex over spin class

Sex produces a natural hormone that relieves stress, increases life span and elevates dopamine and serotonin levels (which can reduce cravings).

Don't start a 'diet' for the new year

Diets are temporary fixes. People look forward to the "end" so they can go back to their bad habits. Then the results disappear.

Skip artificially sweetened beverages

Diet sweeteners actually increase insulin resistance while upping sweet cravings.

