

## TO DIET OR NOT?

Unsure if you need to drop a few pounds? Here's a quiz by JJ Flizanes, nutritionist and director of Homebodies LA, a fitness-training center in Los Angeles. To assess your weight, answer the questions and turn to page 291 to find out what it means about you.

### **1. In the past year, my clothes have:**

- a. become looser.
- b. stayed the same.
- c. become tighter.

### **2. I work out:**

- a. regularly (3-5 times a week).
- b. seldom (3-4 times a month).
- c. never.

### **3. Which best describes how you feel about your body:**

- a. I feel great and take care of myself. I like having a strong body: it reflects who I am.
- b. I try to take care of my body but I like to eat out. I can't seem to find time to workout regularly. I'd like to take better care of myself.
- c. I don't like the way I look and I feel more discouraged than motivated. I'd like to feel better.

### **4. This is how I view food:**

- a. I eat because I enjoy it. I don't turn to food for comfort.
- b. I don't eat when I am depressed or stressed.
- c. I overeat when I am depressed or stressed.

### **5. I consider myself:**

- a. hard working and disciplined.
- b. easygoing and easy to distract.
- c. somewhere in-between.

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## TO DIET OR NOT TO DIET? ANSWERS

**4-5 a's** You're doing great! You are committed to your health and appearance. Keep up the great work. If you want to indulge every now and then, go ahead. You deserve it. If you get slightly off-track post-nuptials, don't worry. You've made health and fitness a priority. It won't take long for you to settle back into your routine.

**4-5 b's** You seem to struggle with being consistent. You may want to address why you start and stop. Using your wedding day as an incentive to make a real commitment to long-term nutrition and exercise goals might be just what you need. Like most of us, you need a little encouragement. Find a workout buddy and/or certified personal trainer to help invigorate your motivation and determination. Your efforts will be rewarded on the Big Day and happily thereafter.

**4-5 c's** If you want to lose weight and get in better shape for the Big Day, seriously consider the support of a certified personal trainer. It's a great time to make exercise and nutrition a priority. For optimum results, you'll need to take action and truly be accountable. Once you begin to see that real change is possible—and the new and healthier you is in sight—there'll be no stopping you!