

## walk down the aisle with confidence

**e**VERYONE WANTS TO LOOK GOOD ON HIS or her wedding day. J.J. Flizanes, a fitness trainer, nutritionist and director of the Los Angeles-based Homebodies, Inc., offers these 10 tips for brides-and-grooms-to-be who want to lose a few pounds before their big day:

1. Pick out a favorite outfit that doesn't fit anymore and use it as a motivator to get back to that size.
2. Start logging your food in a notebook—it's the only way to monitor how much you are eating.
3. Use a heart rate monitor to make your cardio workouts more efficient and effective.
4. Take measurements, including weight, body fat and girth measurements. Then chart your progress.
5. Throw out any food you know you shouldn't have. Don't sabotage your success with temptation.
6. Outline a variety of food choices that are well balanced and

satisfying—stick it on your refrigerator and inside your kitchen cabinets.

7. Schedule your workouts—and commit to them.
8. Get in at least three days of resistance training and four days of cardio per week.
9. Post pictures of wedding ads and bodies that inspire you to remember why you are working so hard. It is possible to make changes. There is no magic solution—just hard work.
10. Hire a personal trainer to keep you motivated and honest.

For more information on Flizanes and Homebodies, visit [www.homebodiesla.com](http://www.homebodiesla.com).

## WEIGHT LOSS IS GOOD FOR HEPATITIS C

OVERWEIGHT PEOPLE WITH hepatitis C may be able to limit—or even reverse—virus-induced liver damage by simply losing weight, according to a new study. Researchers found that 19 overweight people with hepatitis C who lost weight (an average of 13 lb) on a diet and exercise plan had improved markers for liver health in addition to the weight loss. The most impressive findings related to enhanced liver health were a decrease in liver enzymes among participants and a reduction in the amount of scar tissue and fat in their livers. More research is needed to explain the connection between weight and liver health. (*The American Journal of Clinical Nutrition*, 2002; 75: 339S)



## NYPD'S FINEST GET FIT

THIRTY OVERWEIGHT NEW YORK City policewomen lost a total of 432 lb on a weight-loss program that included the diet aid Estrolean (a nutrient- and herbal-based formula designed to curb appetite, balance hormones and boost metabolism). Participants in the study (sponsored by Pinnacle) were put on a 12-week plan that included Estrolean supplementation and visits to top weight-loss and fitness experts. The women's weight-loss goals ranged from losing 15 to 100 lb. All of the women lost weight by the end of 12 weeks. "Our initial pilot study demonstrates that oral administration of Estrolean in combination with regular exercise and nutritional counseling causes significant improvement in body weight reduction in overweight and obese women," notes Steven Lamm, M.D., who supervised the program.

