

WEIGHT LOSS

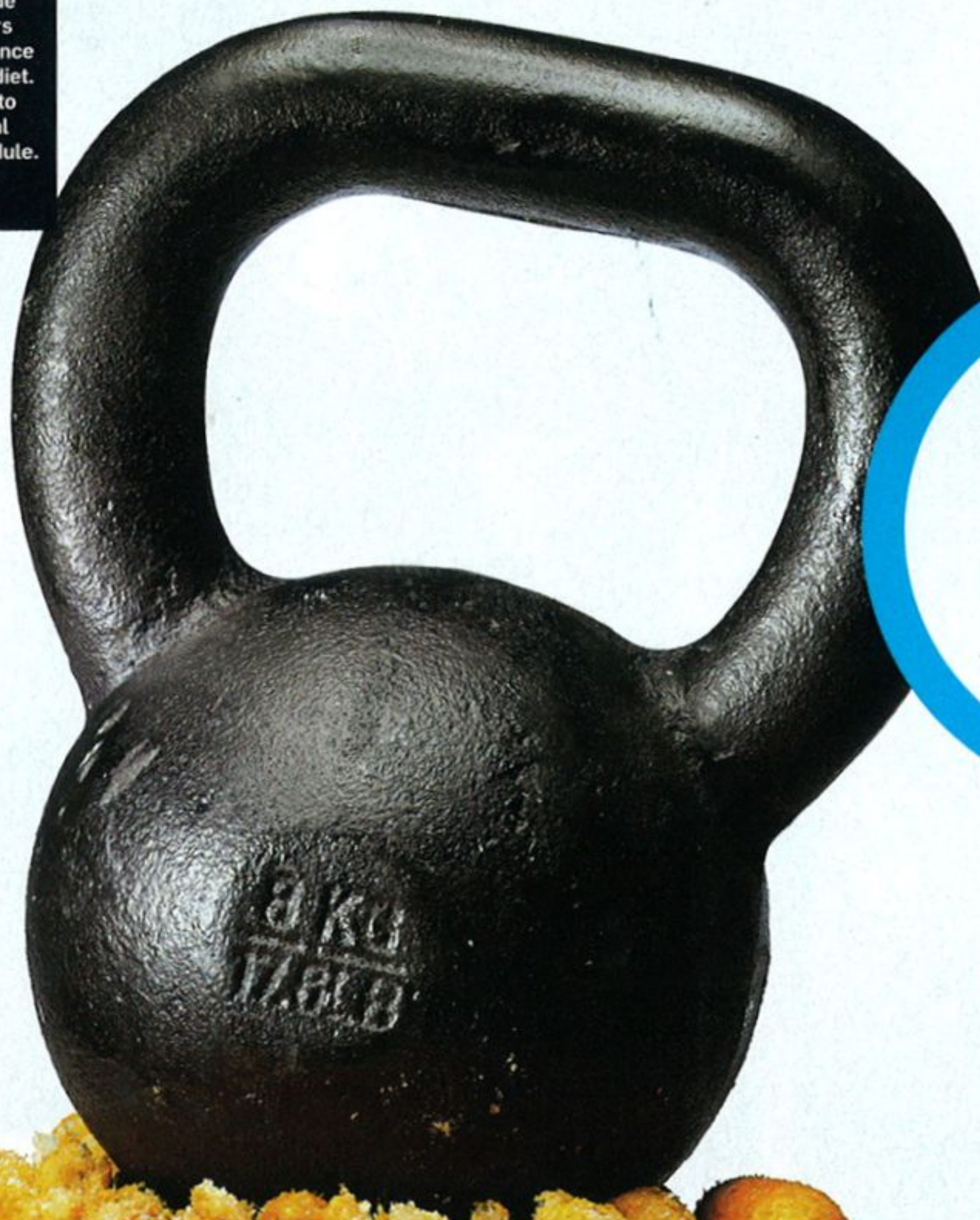
BULLETIN

Edited by Maria Masters

CRUSH CALORIES

Ever pigged out watching *The Biggest Loser*? Just thinking about a workout might make you eat more, a new study in the journal *Appetite* reveals. Researchers found that people who read a story about exercise served themselves 340 more calories at a subsequent snack than those who didn't read about physical activity.

Lesson: Don't let outside factors influence your diet. Stick to a meal schedule.



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NUMBER OF POUNDS LIGHTER YOU'D BE IF YOU LOST A POUND A WEEK BETWEEN MEMORIAL DAY AND LABOR DAY

ON OUR RADAR

Clean air, smaller waist

Bad air may hurt your diet. Researchers at Ohio State University found that mice exposed to air pollution developed more abdominal fat, higher blood-sugar levels, and more insulin resistance than mice who breathed clean air. Pollutants may trigger an increase in the number and size of fat cells.

SIMPLE SECRETS FOR KEEPING WEIGHT OFF

A study of successful dieters found that they avoid empty calories, stick to an exercise program, and . . .

- 92% Exercise at home
- 78% Eat breakfast every day
- 75% Weigh themselves at least once a week
- 63% Watch less than 10 hours of TV a week
- 54% Burn more than 2,000 calories a week through exercise
- 40% Exercise with a friend
- 29% Include strength training

Source: American College of Sports Medicine Health & Fitness Journal

THE POWER OF PROTEIN

Whey and casein protein powders are your secret weight-loss weapons, boosting calorie burn for several hours. A new Swiss study

finds that whey provides the bigger boost, while casein is better than whey at delaying hunger because we digest it more slowly. Try whey powder in milk, since 80 percent of milk's protein is casein.

LOSE MORE SLOWLY

If you lose weight too fast, you also lose the muscle you need to burn calories at rest. The ideal rate of weight loss is about 1 pound a week, a Norwegian study reveals. Male athletes who lost a pound a week built lean muscle mass, while those who lost nearly 2 pounds a week didn't.

FOOD COURT

The crime

1,040

Number of calories in a BK Double Stacker with large fries

The punishment

11.5

Number of miles you'd have to walk at a moderate pace to burn off 1,040 calories

