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ADVERTISING SALES OFFICE:
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Editor's Note

Motivation. The M word. It implies a motive and is behind everything we do—from struggling out of bed in the morning to turning down that cooing chocolate triple-layer treat after your well-balanced dinner. Learn to bottle it and you'd be living high on the hog—literally.

So what is so elusive about this all-important but oh-so difficult to achieve commodity? Why do some people bound through an 18-hour day of exemplary diet and fitness with an ear-to-ear grin while others grumble at even the mention of a sit-up?

It's not so difficult—really—take it from a slowly reforming grumbler. Oh no, you're saying, here it comes. This is not some merciless pep talk designed to have you pumping weights with a smile...it's a piece of realistic advice. Make it fun.

If you've blown your workout into some monstrous task akin to a rousing torture treatment on the rack, no wonder motivation seems to be in short supply. Try changing your activities (something you enjoy perhaps?), or, if that's out of the question, set small, easily-attainable goals for yourself. When you finally hit that mile mark you'll be so proud of yourself, how you got there won't figure nearly as prominently as having arrived.

This works in diet, fitness and life. Setting goals gives you something to work towards—and, ultimately, something to be proud of.

Take the nutrition makeover volunteers in this issue. Each had a definite goal and after months and even years of trying to achieve them in unorganized or unrealistic ways, they each sought the help of a nutritionist, who helped them prioritize and set them on the right track...to success.

And speaking of misdirection, too many fitness programs fail for the simple reason that the program doesn't fit the candidate. We put together a quiz to help you figure out your fitness style and how to put together a routine to match it.

There's also news on walking (it could be the trend that lasts), a double-up diet to try with a buddy or a beau, the latest in high-energy fitness fashions, an explosive plyometric workout and much, much more.

So take a look at what we've got for you. You might just find the inspiration you need to put the M back in motivation.

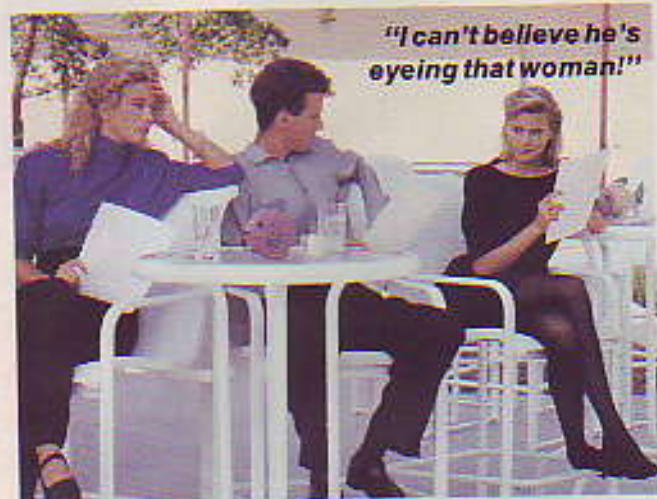


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photographed by Robert Starkoff;
hair & makeup, Quintin Quintero/
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Kate Staples

Diary of a Re

A Tale of Two Steadies by Cindy Pearlman



He says you're a flirt. You say you're friendly. If the two of you were to separately rehash your affair, you might be surprised at the results.

THE FINALE. It is Tuesday night in Chicago and Meg Daley is a vision of gloom. She drops a deep sigh in here; a slight groan in there. She enviously eyes the office cleaning woman and the stragglings of fellow employees as they merge around the cubicles in their company softball uniforms.

She is trapped in front of a computer with her boss breathing down her neck while he edits a biography of some hotshot advertising executive. Her boss is grumbling when the bottom of the screen starts blinking. FLASH ALERT: A message sent via another computer in the room is about to appear.

It reads: "Take a lonely guy to lunch?"

Jeff again. She was still crazy about him. She hated some of the things he did. In a nutshell, he was driving her crazy.

Her boss, an enforcer of decency and morality, took one look at the message and raised an eyebrow.

MONTH ONE. They met at an office party on an afternoon when the so-called Windy City was living up to its claim to fame. She was a senior account executive, a Northwestern graduate from a decent, law-abiding two-car family.

Jeff Walker was new blood, an Atlanta transplant who landed in the office

over a month ago to tackle the celebrity accounts. He was all brawl and drawl in one neat, six foot, 180 pound image of wavy brown hair and baby blues.

He was a slob. In a nice way. Sitting on a stone bench, he cursed as the wind toppled his plate of chip dip onto his shirt. She approached, trying not to laugh.

Another quiet evening at home.

She thought: "We never go out."

He thought: "This is cozy."

She thought: "He looks needy, kind of last. Maybe he's not looking for a relationship, but who cares. Neither am I."

He thought: "She thinks I'm a slob. I'm covered in sauce and Ms. Corporate is probably a pro at fine dining. She does have cute red hair although she wears too much makeup."

"Hiya," he said.

"Welcome to Chicago," she replied, smile fading as the wind knocked her wine glass onto her lap.

MONTH TWO. After a series of encounters the FBI would stamp "planned, overt,

suspect" she asked a co-worker what she would think if, say, Meg asked Jeff to dinner. At a restaurant, of course. Jill shot a thumbs up, stopping to mention that getting too social at this office could be a hazard to Meg's career health.

Meg made a mental note.

LATER THAT WEEK. Accept the challenges of your environment. That would become Meg's new motto in life. With that thought in mind and a load of papers in her hands, she found a flimsy excuse to wander past Jeff's desk where he was knee-deep in records and scribbled notes. A big, slow moving target.

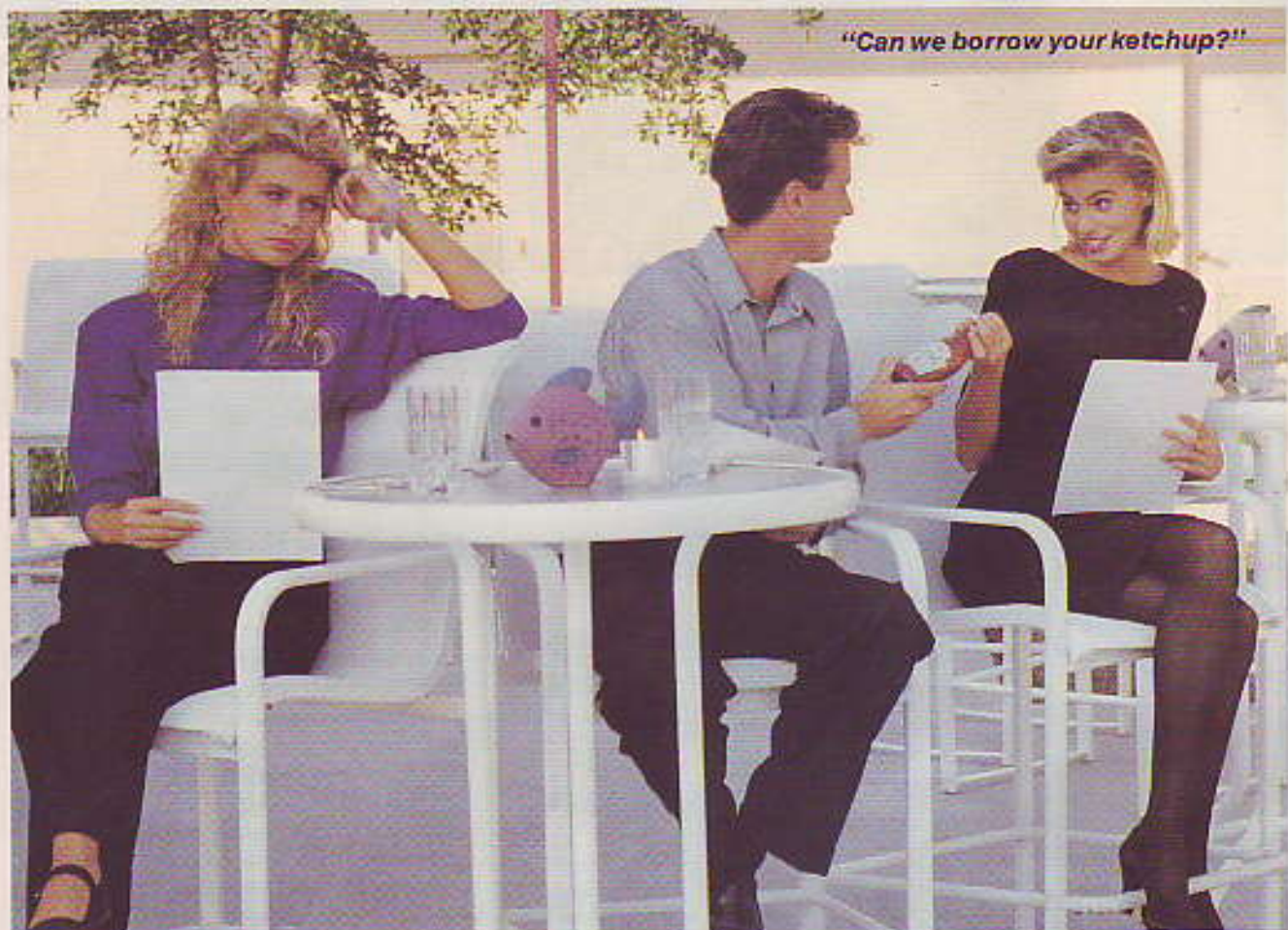
She thought: "Not too organized. I wonder if he's as scatterbrained about keeping dates, anniversaries, phoning his parents, phoning his girlfriend. Nah."

He thought: "Hi there. But make this quick. Gotta work, gotta work. Very busy. Gotta work. The Mistress of Darkness (the boss) is lurking, foaming at the mouth."

"I was wondering," she began, playing with her earrings, "if you were busy on Saturday?" She launched into a prepared speech about how all out-of-towners should get the royal tour of the city. She promised historical spots, choice hotdogs, the city joints.

He thought: "Absolutely."

Relationship



"Can we borrow your ketchup?"

She thought: "He's being polite. He probably hates it when women ask him out."

They planned to meet at noon.

MONTH THREE. Everything starts with a knock at the door. She knocked. He opened the door of his apartment where they were scheduled to have a romantic dinner. Jeff called earlier that Sunday to announce that he was cooking.

He thought: "Time to make the big move."

She thought: "He's going to make the big move."

She rang at eight, dressed in white silk and perfume. They drank wine, snuggled, ate shrimp and he quoted poetry. He kept moving closer while they pawed through the newspaper and landed on a university study that indicated 80

percent of women do not want to have sex on the third date.

"Does that sort of sum up my chances?" he asked, playfully.

"Who can trust statistics?" she replied.

He thought: "Nice line. Does she say it often? Nah. This is what being paranoid is all about. Stop! She likes you. You like her."

She thought: "I can't believe I said that. He thinks I'm loose or a situation comedy writer."

When the conversation roamed to relationships, they both had several gripes.

"I'm tired of guys with Mistake Waiting on their phones," she joked.

"Girls tell you they like you and they don't," he sighed. "You don't know what the hell is going on except that you feel insecure."

"Guys walk into the room and pretend that they're happy to see you when they're equally happy to see 100 other women there," she added.

"I'm sick of girls with single digit SAT scores."

"I'm tired of dating Mel Gibson," she said. "All looks, no substance."

He laughed loud.

MONTH FOUR. They settled in. She spent weekends at his place where they watched "Saturday Night Live" reruns. He had a penchant for the same blue sweats.

He thought: "This is relaxing and I'm saving tons for my condo."

She thought: "Maybe we should go out. There are plays, comedy shows and a cute new bar opened by the office. And

Continued on page 62

PAIR UP AND SLIM DOWN

by Karen Wilk Rubin, M.S., R.D.

If it seems you're always crunching on celery while everyone else eats ice cream, cut out the solo act and grab a partner. You'll not only double your motivation—you'll have twice the willpower.

Who ever said dieting is fun? It's you against a world of delectables and the odds seem stacked at the start. Turning down a slice of double fudge chocolate cake is difficult enough on its own but add the company of a boyfriend who orders a double helping and gloom and doom sets in . . . to say nothing of temptation.

Instead of letting your man drive you crazy with his splurges, get him to hop on your bandwagon. Motivation comes easier in pairs, and so does self-restraint.

To help you get started, here is a week of tasty, easy, low-calorie, nutritious menus for two. Since men usually need more calories, he gets extra at each meal . . . your total calorie count is 1200 per day, his is 1800. But before you grab your partner, here are some tips to help you become a successful dieting duo.

- Keep a daily food record of what, when, where and why (i.e. depression, boredom) you eat. Once you've defined your bad habits, try to help each other break them.
- Establish a dual contract for weight loss. Using the standard height/weight charts, estimate your ideal weight and establish a time frame for reaching it. Set realistic goals; sensible weight loss should be slow and steady.
- Weigh yourself once a week (same day, same time). Chart your progress together and post it on the refrigerator door as an incentive.
- Be supportive. Make a pact not to argue if one of

you "cheats"—too much pressure can lead to anger, resentment and, ultimately, overeating. When you feel tempted to binge, call your partner and fight the urge together.

- Don't let your relationship center around food. Find a new hobby and share it with your partner. Take walks, go to a movie or concert, or shop instead of checking out the new restaurant in town.

- You can still enjoy snacks, but snack on low-calorie, healthy foods like fruits and vegetables. (Sample snacks are included in the following menus)

- Eat a balanced diet with



DIET FOR TWO

a variety of foods daily—lowfat milk and its products, lean meat/poultry/fish/dried peas and beans, fruits/vegetables, and whole-grain breads and cereals. There's more to healthy dieting than counting calories; adequate amounts of nutrients are important too.

• **DO NOT fry foods, since fats are high in calories. If possible, use a non-stick pan without added fat. Steam vegetables to retain nutrients better.**

• **Portions given are per person. For the couple, the food should be doubled.**

*Recipes included

DIET FOR TWO

MONDAY

BREAKFAST:

Women:

1 cup Yogurt Delight (240)
Mix 1 cup plain lowfat yogurt, ½ banana, 1 tablespoon peanuts and cinnamon

½ corn muffin (60)

½ cup grapefruit juice (50)

Coffee/Tea (0)

Men—add to above:

½ cup grapefruit juice

½ corn muffin

1 teaspoon margarine (35)

LUNCH:

Women:

1 Tuna-stuffed tomato (240)—Mix 3 ounces drained, water-packed tuna, ¼ chopped green pepper, 1 stalk celery, chopped, ¼ medium onion, chopped, and 1 tablespoon low-calorie mayonnaise. Cut tomato into wedges without cutting through the base. Scoop in tuna mixture.

1 small roll (60)

½ pear (50)

Diet soda/seltzer

Men—add to above:

½ pear

1 small roll

½ tablespoon margarine (50)

DINNER:

Women:

Spinach & cheese lasagna* (360)

½ cup fruit cocktail (55)

Coffee/tea

Men—add to above:

½ cup fruit cocktail

Tossed salad (30)—Mix 1 cup lettuce, ½ tomato, ¼ carrot with 1 tablespoon low-cal French dressing (20)

TUESDAY

BREAKFAST:

Women:

1 poached, hard- or soft-cooked egg (80)

Grilled cheese (200)—Melt 1 ounce American cheese & 1 teaspoon margarine on 1 slice whole wheat bread

½ cup orange juice (60)

Coffee/tea (0)

Men—add to above:

1 ounce American cheese (100)

1 slice whole wheat bread (65)

(for grilled cheese)

LUNCH:

Women:

Hawaiian chicken salad* (290)

Stuffed into ½ large pita bread (70)

diet soda/seltzer (0)

Men—add to above:

1 tablespoon shelled walnuts (50)

Add to chicken salad

1 cup skim milk (90)

DINNER:

Women:

Beef taco* (295)

½ cup peas & carrots (50)

½ fresh grapefruit (50)

Coffee/tea

Men—add to above:

½ fresh grapefruit

1 cup vegetable soup (70)

WEDNESDAY

BREAKFAST:

Women:

3 blueberry pancakes (4" diameter) from mix (210)

½ cup pineapple juice (60)

1 cup skim milk (90)

Coffee/tea

Men—add to above:

1 blueberry pancake (70)

½ cup pineapple juice

LUNCH:

Women:

Baked cheesy potato* (185)

Topped with 1 ounce plain lowfat yogurt (20)

1 cup spinach-lentil soup* (110)

1 tangerine (40)

Diet beverage/seltzer

Men—add to above:

5 crackers (60)

1 teaspoon margarine (35)

1 tangerine

DINNER:

Women:

Vegetarian chili* (245)

½ cup cooked rice (90)

½ cup asparagus (20)

½ cup juice-packed plums (55)

Coffee/tea

Men—add to above:

½ cup cooked rice

THURSDAY

BREAKFAST:

Women:

1 Oat/orange/raisin muffin* (125)

½ cup apple juice (60)

½ cup cottage cheese (120)

½ cup skim milk (45)

Coffee/tea

Men—add to above:

1 Oat/orange/raisin muffin

½ cup apple juice

LUNCH:

Women:

Salmon pasta salad* (185)

½ bagel (80)

1 teaspoon margarine (35)

1 kiwifruit (45)

Diet soda/seltzer

Men—add to above:

½ cup skim milk (45)

½ bagel

1 teaspoon margarine

DINNER:

Women:

Arroz con Pollo* (265)

(Chicken with rice)

½ cup zucchini (25)

½ cup lowfat vanilla yogurt

(frozen) (100)—with ¼ cup juice-packed peaches (25)

Coffee/tea

Men—add to above:

½ cup cooked rice (90)



FRIDAY

BREAKFAST:

Women:

½ cup oatmeal or oat bran cereal (100)
1 cup skim milk (90)
1 banana
½ cup orange juice (60)
Coffee/tea

Men—add to above:

½ cup cereal
½ cup orange juice

LUNCH:

Women:

2 ounces roast turkey (100)—white meat, no skin
½ ounce Swiss cheese (50)
2 slices rye bread (120)
½ carrot & ½ stalk celery (25)
½ cup juice-packed apricots (60)
Diet soda/seltzer

Men—add to above:

2 ounces roast turkey (100)
½ ounce Swiss cheese (50)

DINNER:

Women:

Fish fillet with lemon-dill* (95)
½ cup cooked spaghetti (110)
with ¼ cup tomato sauce (20)
½ cup string beans (25)
¾ cup ice milk (140)
Coffee/tea

Men—add to above:

½ cup cooked spaghetti

SNACKS

(Choose one daily)

Women

(About 100 calories):

2 cups popcorn (popped) with ½ to 1 tablespoon margarine, melted

OR

1 tablespoon peanuts, shelled, & 2 tablespoons raisins

OR

Skinny milkshake—blend 1 cup skim milk & ½ cup strawberries

Men

(About 300 calories):

1 medium banana & 1 tablespoon peanut butter on 1 slice whole wheat bread; ½ cup skim milk

OR

½ cup cashew nuts & ½ ounce (1 ½ tablespoons) raisins

OR

½ cup ice milk topped with 2 tablespoons walnuts & ½ cup canned, pitted cherries (water-packed)

RECIPES

BREAKFAST:

Oat-Orange-Raisin Muffins

1 c. oat bran
1 c. buttermilk
½ c. raisins
¼ c. orange juice
1 tsp. grated orange zest
1 egg, slightly beaten
½ c. honey
¼ c. vegetable oil
1 c. flour
1 ½ tsp. baking powder
½ tsp. baking soda

Grease muffin tin lightly. Combine

oat bran, buttermilk, raisins, orange juice and zest. Let sit 30 minutes. Mix egg, honey, and oil. Add oat bran mixture and stir well. Sift together flour, baking powder, and soda. Add to oat bran mixture and stir until mixed. Fill muffin cups ¾ full. Bake at 375°F. for about 20 minutes until done. Remove muffins and cool on a rack. Makes 18 small muffins, 125 calories each. (Adapted from CA Raisin Board)

LUNCH:

Hawaiian Chicken Salad

1 c. cooked chicken, diced
1 c. crushed pineapple, unsweetened
½ c. celery, chopped
½ c. onion, chopped
1 ½ T. mayonnaise
1 tsp. lemon juice

Mix together. Makes 2 servings, 290 calories each.

Baked Cheesy Potato

4 Baking potatoes (½ pound each)
12 oz. (1 ½ c.) cottage cheese (regular or lowfat)
2 oz. skim milk
1 tsp. dried chopped chives
dash of pepper and paprika

Preheat oven to 425°F. Wash and dry potatoes. Prick skins with fork. Bake potatoes until tender (50-60 min.). Beat cottage cheese until smooth. Slice tops off potatoes. Scoop out insides of potatoes and add to cottage cheese. Add milk and seasonings, beat until well blended. Stuff potato skins with potato-cheese mixture. Return potatoes to oven. Bake about 10 minutes or until heated and tops are lightly browned. Makes 4 servings, 185 calories each.

Spinach-Lentil Soup

6 c. water
1 c. lentils
2 bay leaves
1 T. olive oil
½ c. onion, chopped
2 cloves garlic, finely chopped
½ tsp. cumin powder
Dash of salt and pepper
1 lb. spinach, chopped

Boil lentils in 4 c. water with bay leaves until soft. Heat oil in another pan and saute onion, stirring frequently for 2 minutes. Add other ingredients, mix well and add to lentils. Add remaining 2 c. water and cook for 15 more minutes. Makes 6 servings, 710 calories each. (Adapted from Amer. Institute for Cancer Research, *International Recipes*)

Salmon Pasta Salad

¾ c. elbow macaroni, uncooked
7 ½ oz. can of salmon, drained
¼ c. celery, chopped
1 c. seedless grapes, halved
3 T. low-calorie mayonnaise

Cook macaroni and drain. Mix all ingredients together. Serve chilled.

Makes 4 servings, 185 calories each.

DINNER:

Spinach-Cheese Lasagna

½ lb. lasagna noodles, cooked
2 medium onions, chopped
4 cloves garlic, minced
3 T. olive oil
2 c. tomato paste
2 tsp. oregano
1 tsp. dried basil
¼ c. chopped fresh parsley (or 1 tsp. dried parsley)
1 c. cooked chopped spinach (frozen)
2 c. lowfat (1%) cottage cheese
8 oz. grated mozzarella cheese (part-skim)
¼ c. grated parmesan cheese

Preheat oven to 375°F. Rinse noodles in cold water so they won't stick together; set aside. Sauté onions and garlic in oil until soft. Stir in tomato paste and seasonings. Heat and stir until sauce is thickened. In a bowl, mix spinach and cottage cheese together. Place a layer of noodles in a shallow baking dish (9" x 9") and cover with ½ of the sauce. Then add ½ of the mozzarella cheese. Repeat these layers twice more. Sprinkle parmesan cheese on top. Bake until heated through and cheese melts (about 20 minutes). Cut in squares to serve. Makes 8 servings, 360 calories each.

Beef Tacos

2 taco shells (6")
6 oz. lean ground beef (10% fat)
¼ c. onion, chopped finely
1 clove garlic, minced
1 tsp. each: Chili powder, salt,

pepper
½ c. lettuce, shredded
½ tomato, diced
¼ c. cheddar cheese, shredded (1 oz.)

Preheat oven to 350°F. Heat taco shells in oven. Remove shells when warm (about 6-8 minutes). While shells heat, brown meat in skillet. Mix in onion, garlic, and other spices. Spoon meat into taco shells. Cover meat with lettuce and tomato, and sprinkle cheese on top. Makes 2

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