

Thin Secrets Get There and Stay There

You could starve yourself and slave away on the treadmill for hours, but a more time-efficient and less agonizing fitness strategy proves more effective in staying lean and happy for life.

DENOUNCE THE "DIET"

"A stronger body has a greater caloric need and higher metabolic rate, so you can feel free to enjoy plenty of nutritious food without feeling guilty," says Atlanta fitness guru, Brian Murray. This, in turn, provides more energy to get even more active. "Muscle requires approximately 50 calories per pound each day to maintain," says Murray.

Fat, on the other hand, requires only 2 calories per pound. To get strong and stay thin, Murray recommends working more with weights at a high intensity, providing heart pounding cardio benefits in concert with muscle development.

GO SLOWER, GET THINNER

The average person loses 15 pounds of muscle between the ages of 20 and 50. Proper strength training reverses this dynamic by challenging the muscles intensely, therefore increasing fat-burning and stimulating youthful hormones that keep us thin. With super-slow motion strength training, a popular fitness trend on the West coast, specific movements are done with the greatest demand on the muscles in the shortest amount of time.

"Twenty minutes is all you need to blast away fat and change the shape of the body," says Murray, who offers his own version of this super slow-mo approach, "the mPower Method," to clients in Atlanta.



WHAT TO EAT

Calorie restriction equals thin-body sabotage. Instead, think whole, unprocessed foods only, with emphasis on protein and fiber. Refined food (watch out for "enriched" flour) makes you hungry and weak.

"Complex carbohydrates in fruits, vegetables, whole grains and dairy products (organic please), on the other hand, are broken down slowly and diffuse into the bloodstream more gradually without triggering fat-making hormonal chaos (like refined foods)," explains Dr. Luise Light, author of "What to Eat".

Most importantly, slow down and savor the flavor and texture of healthy food. Engage your awareness of its wholesome goodness - you'll eat less and have the energy to tackle those weights.

Angela writes on all things healthy and indulgent at www.angelicindulgence.com. Brian Murray offers mPower in a state-of-the-art Sandy Spring facility. www.strengthforlife.net.



Red Grapefruit Lowers Bad Cholesterol

Red grapefruit lowers LDL (bad) cholesterol even in people who don't respond to statin drugs, such as Lescol and Lipitor, says Shela Gorinstein, PhD. In a recent study, after eating one red grapefruit a day for four weeks, people whose cholesterol levels had failed to respond to statins lowered their LDL by 20 percent. People who ate white grapefruit did not benefit as much. But beware - chemicals in grapefruit can interfere with enzymes that break down certain drugs in your digestive system, such as Celebrex and Mevacor. Ask your doctor before changing your diet.