

Don't be
such a girl!
Here's your
no-diet and
hit-the-gym-
hard fitness
program.

Lose It Like a Man

Don't you hate how he can just drop the pounds? We've got his secret here: eight ways to gender-equality weight loss.

BY CARRIE ANTON TRAINING PHOTOGRAPHY PAUL BUCETA FOOD PHOTOGRAPHY EDWARD POND

CLOTHING ADIDAS SHOES PUMA GLOVES HARBINGER



Why does it seem men can lose weight faster than women? In fact, biology shows it's true. "On average, men have one-third more muscle mass than women," says Melina Jampolis, MD, author of *The No Time to Lose Diet* (Thomas Nelson, 2007), a board-certified internist and physician nutrition specialist. "Each pound of muscle burns 35 to 50 calories per day, making a caloric deficit easier to achieve for men. For example, if a man needs 2,500 calories to maintain and he cuts 500, he can lose a pound per week. If a woman needs 1,800 to maintain, she has to cut down to 1,200 calories per day, which is not a lot of food."

To make matters worse, Dr. Jampolis explains that female hormones wreak havoc by causing hunger and carb cravings to skyrocket in the second half of a woman's menstrual cycle.

So what's a girl to do? Steal from the boys – that's what! As the saying goes, when you can't beat 'em, join 'em. So while it's simply not fair that men seem to lose weight as they camp on the couch with a pizza and six pack (beer, not abs), it doesn't mean you can't do the same; well, almost. Here are hints taken from the Y-chromosome species transformed to work for you. (But don't tell them – it'll just go to their heads.)

1 Eat!

It may seem backward, but to lose weight you have to eat – and not just a celery stick here and a bagel there. "The typical American diet is full of simple carbohydrates which, when coupled with inactivity, leads to weight gain," says Thomas Von Ohlen, MS, clinical nutritionist and author of a healthy eating e-book on HealYourBodyNow.com. "While men gravitate toward protein to make them feel satisfied, women naturally gravitate toward the bad carbohydrates. By adding protein at the time of carb intake, you will cut the amount of insulin released in half, which studies have shown can help reduce fat storage." Instead of

starving yourself throughout the day, man up to the table and pair your "girly" fruits and veggie sticks (the good complex carbohydrates) with low-fat protein options such as cottage cheese or an egg white omelette.

2 Spice it up

It's long been suggested that eating capsaicin (found in chili peppers) leads to a process called thermogenesis – or heat generation – which helps burn calories and keep unwanted weight in check. A 2006 study conducted by the University of Tasmania in Australia kicks up the heat showing that a hot helping of chili may be just the thing to melt pounds away. The study reports that adding chili to your diet may help reduce obesity and related disorders.

To pack some heat in the foods you eat, Von Ohlen suggests experimenting with spices that enhance metabolism such as cumin seed, turmeric, coriander, mustard seed, cayenne pepper and ginger. Here are two recipes to get you started with this new flavor palette:

FIESTA BURGERS: Combine one pound of lean ground beef with two teaspoons of cumin seed and half a can of corn (drained). Mix together and form patties for the grill. Top with a fresh salsa of chopped tomatoes, onion, tomatillos, serrano peppers, and a dash of vinegar.

KICKIN' CHICKEN: Ground two tablespoons of mustard seed and one tablespoon of fennel seed and sprinkle over uncooked chicken breasts. Spray a pan lightly with non-stick cooking spray and cook seasoned chicken until no longer pink on the inside.

3 Fix it!

When smoke is billowing from beneath the hood of the car, many women call their mechanics, whereas men pop the tops and get their hands dirty – even when they don't know what they're doing. Adopt this same "fix it" attitude when it comes to losing weight. "My male clients seem to set a specific to-do list and use the list to tackle their weight loss goals," says Molly Morgan, RD, CDN, owner of

Creative Nutrition Solutions. "Think of it as you would the steps to complete a project around the house, which works because it simplifies the process."

If your bigger goal is to lose 15 pounds for your high school reunion in three months, avoid tunnel vision on how many pounds that is per week. Instead, make a list of smaller action-items that are more manageable. Morgan offers the following as examples:

- **Boost metabolism by eating more small meals throughout the day.**
- **Only have one helping at dinner.**
- **When eating out, ask for double veggies instead of a starchy side dish.**
- **Switch to light beer when drinking socially with friends. Or lie and say you drank the night before and you could only handle water.**

4 Be simple

Remember your college boyfriend's fridge – complete with its assortment of condiments, half-gallon of juice, eggs and some leftover take-out food. That is proof enough that most men don't over think what they eat. "Men do not plan out elaborate meals which leave them with lots of leftovers," says Von Ohlen. "Instead, men enter the grocery store focusing on the essentials, and while that used to include chips and beer, today they are more health conscious and look closer at healthy food staples, such as lean proteins, low-carb side dishes and veggies."

Men also focus on making it easy, which is proof that eating healthy doesn't take much time. "Grilled foods tend to have less calories than kitchen-prepared foods because on the grill there are likely less sauces and added fats," says Morgan. But if beans and a slab of meat aren't your thing, "girl up" your grilling with these easy barbecue recipes that make for simple solution when slimming down. Avoid fatty chunks of meat and sausages, and instead grill:

SEAFOOD. Try salmon, a dash of lemon and a fresh sprig of dill wrapped in aluminum foil.

CHICKEN. Marinate chicken breasts in

low-fat Italian dressing.

VEGGIES. Skewer chunks of zucchini, summer squash, onions and green pepper. Lightly brush on olive oil and sprinkle with a pinch of sea salt.

FRUIT. Spray pear halves with a nonstick spray and grill over a medium heat until brown in spots (about two minutes per side). Slice and serve with your favorite salad or with frozen vanilla yogurt for dessert.

5 Don't crave chocolate

While hormones play a big part, Von Ohlen points out that men also don't crave sweets in the same way women do because of increased protein in their manly steaks and burgers. Look for ways to incorporate lean meats, such as chicken and fish, into your daily meal plans. Morgan also suggests other non-meat protein-powered options:

- **A half-cup of cottage cheese adds about 10 extra grams of protein.**
- **Start your day with a shake that's packed with at least 13 grams of protein. In a blender, combine one cup low-fat chocolate milk, one tablespoon peanut butter and half a frozen banana.**
- **At dinner add one cup of black beans as a side dish, which counts as a vegetable and provides about seven grams of protein, the equivalent of one ounce of meat.**
- **To satisfy a sweet tooth with protein, try a small handful (seven ounces) of honey-roasted peanuts, one Luna Chai Tea Bar (10 grams) or one 315-milliliter carton of PowerBar Recovery Creamy Chocolate Shake (13 grams).**

6 Don't fad diet

A University of Nebraska study found that only 29 percent of men (versus 58 percent of women) believed they actually needed to lose weight. The study also revealed that women are twice as likely to have dieted. "Diets – specifically fad diets – tend not to work because people can't stick with them," says Morgan. "Before

starting any diet, ask yourself, 'Can I see myself eating this way a year from now?' If the answer is 'no,' then the diet plan likely won't lead to long-term results and old habits will sneak back in."

7 Worship your female shape

When the scale reads higher one week, or you have a bad day that leads straight to a bag of cookies, don't beat yourself up. Missed weight goals happen – even to men! "Most men do not get as down on themselves when the scale tips in the wrong direction," says Jampolis. "I believe it is because men are less conditioned by society to reach a goal weight. Really, when was the last time you read about Brad Pitt's weekly weight loss or gain on the tabloid covers?"

In all shapes and sizes, we are adored by men. When added pounds start to mess with your mind, try these tips to lead you back to loving yourself:

Stay the course. Don't see a missed weight goal as an open invitation to ditch the diet plan.

Roll with the punches. You rarely see a man berate himself on his weight – it doesn't happen often. So forget about what the scale reads and move on.

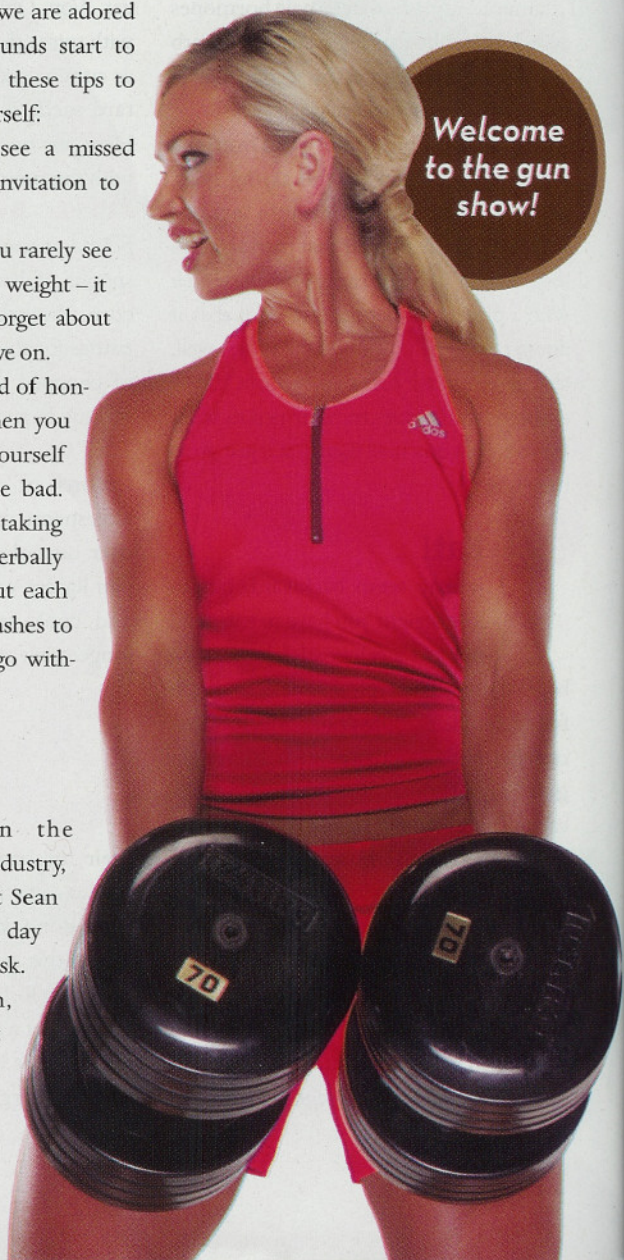
Focus on the good. Instead of honing in on trouble zones when you look in the mirror, train yourself to see the good before the bad. Boost your body image by taking a few minutes each day to verbally profess what you like about each body part. From your eyelashes to your toes, no part should go without a compliment.

8 Gamble to lose

Working in the computer industry, 32-year-old Illinois resident Sean Gillette spends most of his day inactive, sitting behind a desk. As the pounds packed on, Sean made a summer pact with his pals to lose 25 pounds by December 25.

While positive peer pressure would help, to further sweeten the deal each friend threw in \$25. Whoever lost it first won the purse. "My friends and I play poker, bet on horses and enter football pools," says Gillette. "It just made sense that we'd gamble on our weight loss too."

If you and your gal pals are not into gambling, try group activities to entice one another to reach your goals. For example, take *The Biggest Loser* approach, but instead of sharing your weight with the world, have each person write down her weight on a sheet of paper, anonymously. Get an impartial party to add up the totals and, from there, create one goal weight for the group to lose. When you all reach it, treat yourselves to a movie night, a spa day or a weekend getaway.





- 1 cup 1% or nonfat plain kefir (try Lifeway) or $\frac{1}{2}$ cup skim milk and $\frac{1}{2}$ cup nonfat Greek yogurt
- 1 scoop vanilla protein powder
- $\frac{1}{2}$ cup frozen strawberries
- 1 small banana
- $\frac{1}{2}$ tsp vanilla extract
- 4 mint leaves
- 1 tsp ground flaxseed

1. In a blender, combine kefir, protein powder, fruit and vanilla extract and blend until smooth.
2. Next add mint leaves and flaxseed and blend again.
3. If thinner consistency is desired, add a splash of skim milk or water and blend for 10 more seconds.

Calories: 353, Total Fats: 3 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 40 mg, Sodium: 160 mg, Total Carbohydrates: 50 g, Dietary Fiber: 8 g, Sugars: 32 g, Protein: 33 g

The Ultimate Protein Shake

Have this for breakfast after your morning workout.

Ready in 5 minutes • Makes 1 serving



- 3 slices Tofurky Roasted Turkey
- 2 slices Tofurky Italian
- 1 slice Jarlsberg Light Cheese
- 1 whole grain Kaiser roll
- 1 red onion slice
- 1 tomato slice
- 1 lettuce leaf
- 1 tbsp low-fat mayonnaise
- 2 tbsp ketchup
- 2 diced jalapeños (jarred)

1. Place meat and cheese on one side of sandwich roll along with red onion, tomato and lettuce.
2. Mix mayonnaise, ketchup and diced jalapeños in a small bowl. Spread on the other half of the roll, and serve.

Double Meat Sub

Pile on the protein and use both hands to eat.

Ready in 5 minutes • Makes 1 serving

Calories: 323, Total Fat: 16 g, Saturated Fat: 4 g, Trans Fat: 0 g, Cholesterol: 20 mg, Sodium: 1523 mg, Total Carbohydrate: 27 g, Dietary Fiber: 8 g, Sugars: 7 g, Protein: 22 g

Get pumped

Eating like the guys is only part of it. To lose weight, don't forget to give their workout tricks a try:

MAKE EXERCISE A GAME. It doesn't feel as much like exercise when you have your friends in tow. Take a cue from the guys and play basketball, football and softball with your BFFs. Get the book club outside for a weekend hike, play tennis with a friend or visit Active.com to find team sports going on near you.

HAVE LONGER THAN A DAY TO PLAY?

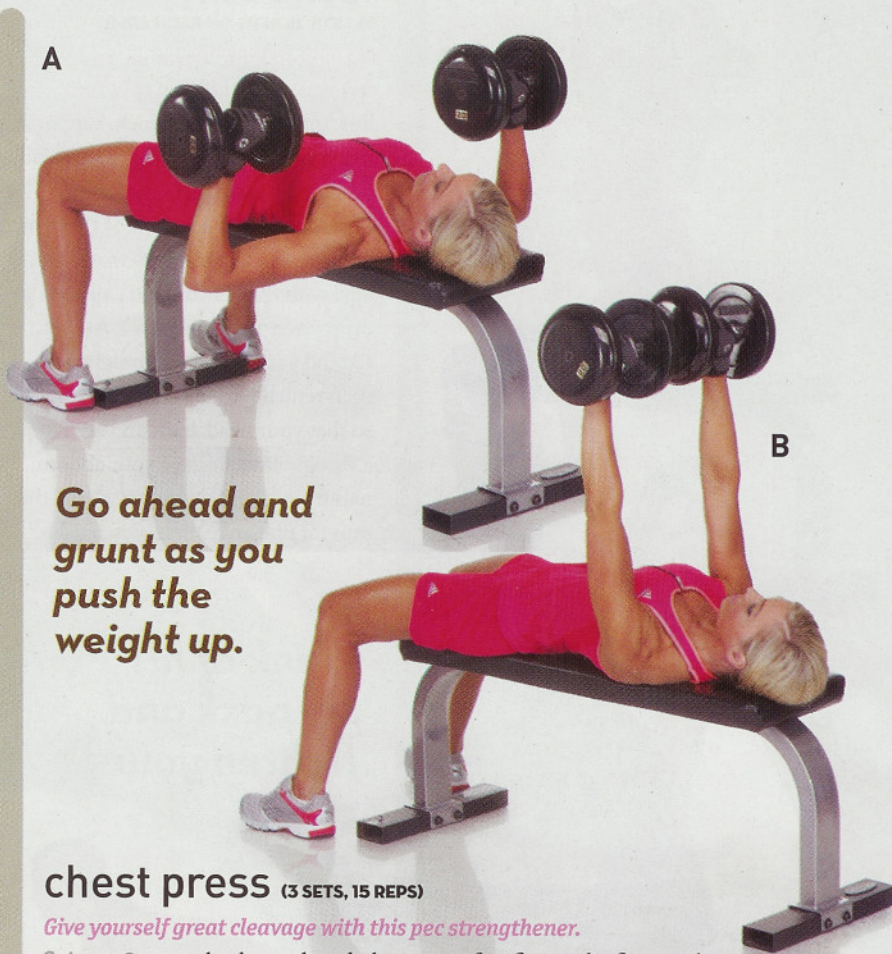
Grab the girls and head to camp. Learn to surf at a two- or five-day camp in California with the Surf Divas (surfdiva.com) or hit the slopes of Jackson Hole in Jackson, Wyoming. Three-day women-only ski camps for 2008 take place in January and March (jacksonhole.com). Check out page 104 for more ideas. *Oxygen* features a fit destination each issue in the Fit Travels column too.

SET GOALS THAT FOCUS ON YOUR FITNESS INSTEAD OF YOUR FIGURE.

Get an ego. Guys always seem to want to do things faster, harder or better. "Men are concerned about getting stronger and filling out their chests, backs and arms," says Michael George, CPT, celebrity-fitness expert to stars such as Meg Ryan and Reese Witherspoon. "My advice to women is to stop obsessing about weight and focus more on feeling better about yourself and your body. The weight will come off in time; obsessing about it will not make it come off any quicker and can actually slow down or reduce results due to frustration and lack of continued motivation."

WORKOUT OUTSIDE YOUR COMFORT ZONE.

Whether you know your way around the weight room or not, strength training is the way to lose the fat. "Women need to stop being afraid of bulking up – that is a fallacy," says George, who notes that his female clients who've embraced strength training as part of a weight loss program achieved their goals faster and maintained their physique for the long term.



Go ahead and grunt as you push the weight up.

chest press (3 SETS, 15 REPS)

Give yourself great cleavage with this pec strengthener.

Set up: On your back on a bench, keep your feet flat on the floor and your abdominals engaged. Hold the weight at shoulder level, slightly wider than your shoulders. **Action:** Push the weight up over your chest, and breathe throughout the movement. Don't move your back or lift your head or shoulders. Try to increase the weight with each set.

MUSCLES TARGETED: PECTORALIS MAJOR
SYNERGISTS: ANTERIOR DELTOIDS, TRICEPS

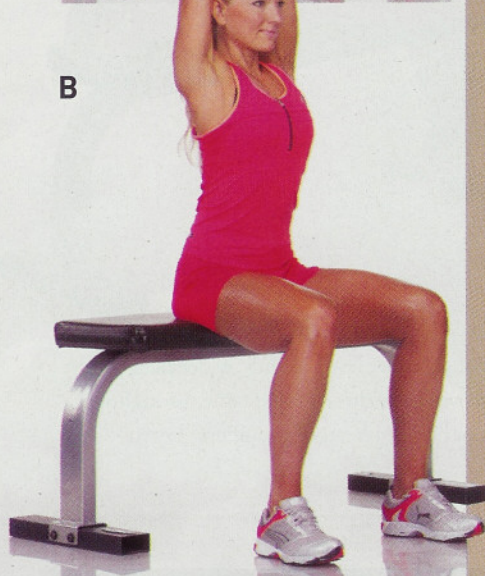
THE MAN'S WORKOUT

To "man up" your program, don't just do cardio, pick up the weights.

DAY	BODY PARTS	MOVES	SETS	REPS
▶▶ ONE	Chest and Arms	Chest Press	3	15
		Triceps Extension	2	20
		Kickback	3	15 each arm
▶▶ TWO	Legs	Heavier Squat	3	20
▶▶ THREE	Back and Arms	Lat Pulldown	3	15
		EZ-Bar Curl	3	20
		Preacher Curl	2	15 each arm



A



B

triceps extension

(2 SETS, 20 REPS)

Don't be afraid of building muscle, it will speed up your metabolism.

Set up: Sit upright and position a dumbbell overhead with both hands under the inner plate. Tighten your abs and keep your feet on the floor. **Action:** With your elbows pointed toward the ceiling, raise and lower the dumbbell behind your head by extending your elbows. Keep your arms close to your head.

MUSCLES TARGETED: TRICEPS

kickback

(3 SETS, 15 REPS ON EACH ARM)

He may do it for bigger arms, but you'll look hot in a tube top.

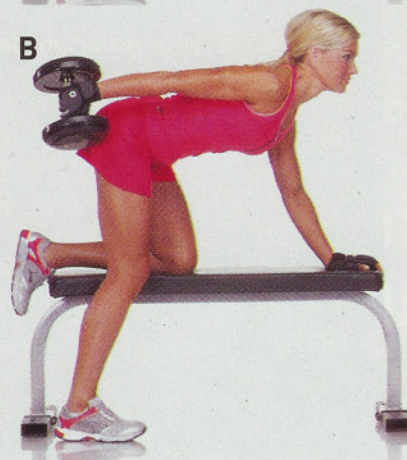
Set up: Kneel over a bench, supporting your upper body on one arm and holding a dumbbell in the other. Position your upper arm (of the arm holding the dumbbell) so that it is parallel with the bench. Don't allow it to drop lower than your back. **Action:** Extend your arm back straight and then return it to the original position, so that your head, back and arm form a straight line. Engage your abdominals throughout the move. Do all the reps for one arm, then switch sides.

MUSCLES TARGETED: TRICEPS

Think of his six-pack and tighten your core.



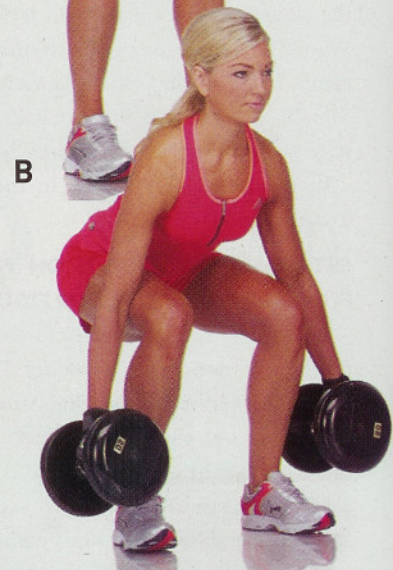
A



B



A



B

heavier squat

(3 SETS, 20 REPS)

Women tend to be naturally stronger in their lower body, so increase the weight in your squats to lead to better results for your rear.

Set up: Hold the weights with your palms facing inward. Staring ahead with your feet in a shoulder-width stance, stand straight with your abs tight. **Action:** As if about to sit into a chair, lower your body by bending your knees. Go until your thighs are parallel to the floor. Don't go any lower as to avoid compromising the knee joint. And keep your heels on the floor.

MUSCLES TARGETED: QUADRICEPS
SYNERGISTS: GLUTEUS MAXIMUS, ADDUCTOR

Spicy Boneless Hot Wings & Creamy Feta Dip

Add flavor to your diet and speed up your metabolism.

Ready in 25 minutes • Makes 4 servings

Calories: 200, Total Fat: 10 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 66 mg, Sodium: 661 mg, Total Carbohydrate: 5 g, Dietary Fiber: 4 g, Sugars: 1 g, Protein: 31 g

WINGS:

- ½ cup ground flaxseed
- 1 ½ tsp red and black pepper seasoning (use 2 tsp for extra spicy wings)
- 1 tsp dried roasted garlic or ½ tsp garlic powder
- 1 tsp minced onion seasoning
- 2 egg whites
- 1 lb chicken breast fingers
- 6 tbsp hot sauce

1. Preheat oven to 350°F.
2. Combine flaxseed, red and black pepper, garlic and onion seasoning in a bowl.
3. In another bowl big enough to dip the chicken fingers, crack eggs whites. Dip chicken fingers in egg whites then cover in flaxseed seasoning. Place on baking sheet. Bake in oven for 5 minutes.
4. Remove and spread hot sauce on the back and front of the chicken fingers. Return to oven, baking 10 minutes more or until the middle of the chicken is no longer pink.

DIP:

- ½ cup nonfat Greek yogurt
- 1 tsp Dijon mustard
- ½ minced garlic clove
- ¼ cup reduced-fat feta cheese

1. In a bowl mix together yogurt, Dijon mustard and garlic clove.
 2. Stir in feta cheese.
- Each serving is about 2 tablespoons.

Calories: 32, Total Fat: 1 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 3 mg, Sodium: 149 mg, Total Carbohydrate: 2 g, Dietary Fiber: 0.5 g, Sugars: 1 g, Protein: 5 g





- 1 lb flank steak
- 1 garlic clove
- 1 tsp unsweetened cocoa powder
- 1 tsp coriander
- 1 tsp roasted garlic
- 1 tsp black pepper
- 1 tsp brown sugar
- ½ tsp red pepper flakes
- ½ tsp kosher salt
- ¼ tsp cinnamon
- ¼ tsp ginger

Flank Steak with Coco Spice Rub

A hearty meal that will keep your cravings in check.

Ready in 15 minutes • Makes 3 servings

1. Slice a thin slit across the length of the beef.
2. Thinly slice garlic clove into slivers. Place into slit of beef.
3. Combine remaining ingredients in a bowl and stir with fork until evenly mixed. Brush both sides of beef with rub. Spray grill with cooking spray and grill beef for about 5 minutes on each side or until desired doneness.

Calories: 296, Total Fat: 11 g, Saturated Fat: 5 g, Trans Fat: 0 g, Cholesterol: 74 mg, Sodium: 407 mg, Total Carbohydrate: 4 g, Dietary Fiber: 1 g, Sugars: 2 g, Protein: 43 g



lat pulldown

(3 SETS, 15 REPS)

Sure, men don't have hips, but a V-taper can really slim a physique.

Set up: Choose a wide bar and hold it with a wide grip. Sit at a pulley machine with your knees under the pads and your feet flat on the floor. Adjust the pads to your height. Look forward. **Action:** Retract your scapulas, and pull down the bar to your chest. Be sure to sit stationary, leaning back only slightly from the hips.

MUSCLES TARGETED: LATISSIMUS DORSI
SYNERGISTS: RHOMBOIDS, TERES MAJOR, TRAPEZIUS, BICEPS

When guys plateau, they vary their workout. Try the move below, too.

Variation



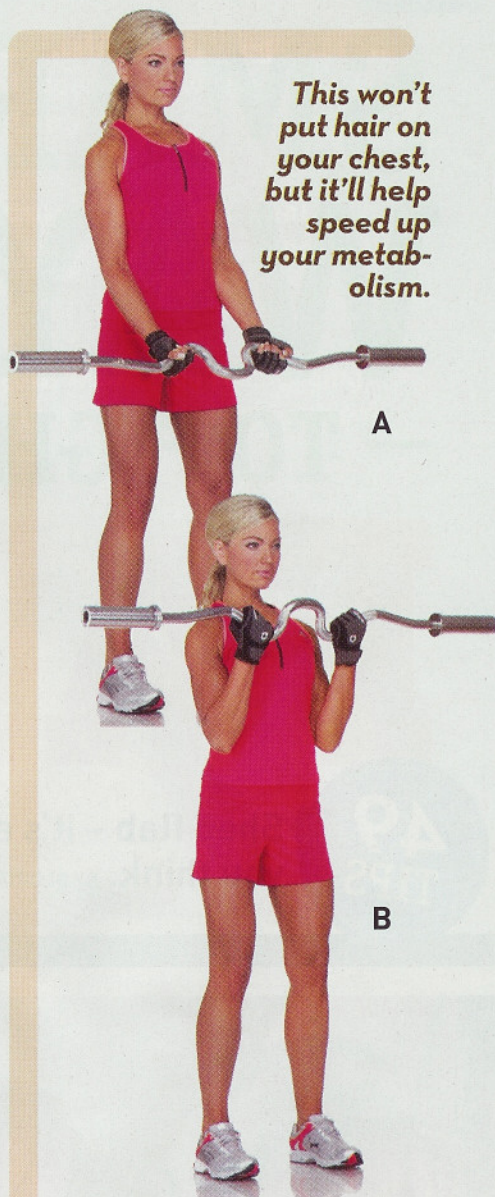
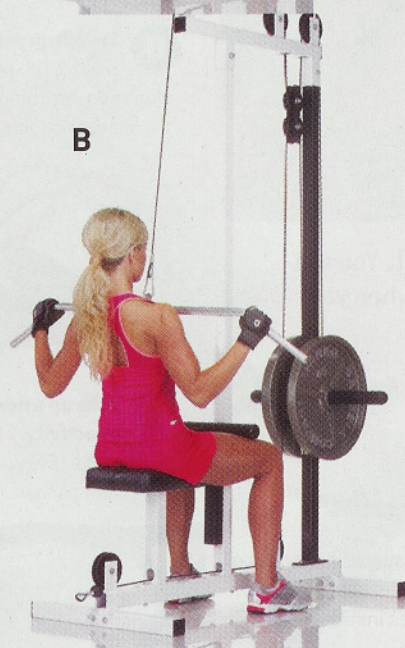
preacher curl

(2 SETS, 15 REPS EACH ARM)

Make gym-time a religion. But, don't be fooled by the name - women are welcome on this preacher's bench.

Set up: Place your arms at an angle on a preacher curl stand. (You can sit behind an exercise ball, leaning your arms on the front of the ball.) Hold a dumbbell in each hand with your arms almost fully extended. **Action:** Curl your forearms up toward your biceps until the forearms are vertical with your upper arm. Don't bend your wrists. To advance this move, alternate your arms when curling.

MUSCLES TARGETED: BICEPS
SYNERGISTS: BRACHIALIS, BRACHIORADIALIS



This won't put hair on your chest, but it'll help speed up your metabolism.

EZ-bar curl

(3 SETS, 20 REPS)

The EZ-bar targets numerous muscle groups of the arm.

Set up: Stand straight with your feet in a shoulder-width stance and your abdominals engaged. Grab the angled areas of an EZ-bar with an underhand grip. **Action:** Curl your forearms up and down while keeping your upper arms and elbows close to your sides. Avoid locking your elbows at the bottom and digging your shoulders in to your sides to bring the weight up.

MUSCLES TARGETED: BICEPS
SYNERGISTS: BRACHIALIS, BRACHIORADIALIS