

Small Steps to Help You Slim Down

You CAN get slimmer in just one week! No, it's not a fad diet. It's taking small steps that'll add up to make a big difference. Here are some weight-loss strategies with proven scientific results, courtesy of CNN:

- **Take a photo.** Dr. Robert Carels is an associate professor of psychology at Bowling Green State University in Ohio. He says that documenting your meals can help you lose up to 5% of your weight. So, snap before and after photos of each meal and download the pictures as a record. Keeping a visual food diary is the best way to see what and how much you're eating.
- **Take a vitamin.** Two different studies in the *British Journal of Nutrition* suggest that taking a daily multivitamin will make you less hungry. People who take one tend to weigh less AND have lower Body Mass Indexes – or BMIs. So pop a multivitamin if you want to kill your hunger. Choose one with at least 100-percent of the recommended daily allowance of vitamins like thiamin, folic acid, niacin, B6 and B12, and zinc. Also, taking 500 milligrams a day of vitamin C will help you burn **30%** more fat when you work out. You should try to eat at least three servings a day of vitamin-C rich foods like citrus fruits, broccoli, and cantaloupe.
- **Have a gab session.** You'll lose weight faster if you talk while you walk. Dr. Tim Lohman is professor emeritus at the University of Arizona in Tucson, and an expert on how exercise affects the body. He says that an exercise buddy can help you **show up** for your workouts, so you melt fat faster. The buddy system works best if it's someone you're already friends with, and you can meet at least once a week.

The fact is - fad diets don't work. So try the proven methods instead: snap photos of your meals, take a multivitamin every day, and get a work-out buddy.