

# Town & Country WEDDINGS

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## THE BEST FOR THE BRIDE



## Fitness Secrets and Lies

For women trying to lose a few prenuptial pounds, strategies for how to get in shape are everywhere—but the advice often isn't correct. We've cut through the fat to set the record straight. BY CARA KAGAN

**MISCONCEPTION** Following an extremely low-fat diet is a surefire way to lose weight.

**REALITY** "Plans that are too low in fat can backfire," says Joy Bauer, author of *Food Cures* (Rodale; 2007). "Your body needs fat to regulate your appetite; without adequate amounts, you may not feel full. If you're always hungry, you might wind up overeating." Low-fat diets affect many aspects of your health, since fat helps you process two important vitamins: A, which makes your skin glow, and D, the key to strong white teeth.

**MISCONCEPTION** Omitting all carbs from your diet is a good way to shed pounds quickly.

**REALITY** "You will lose weight initially because carbohydrates make you retain water, but it's quite hard to stay on these programs," says New York nutritionist **Oz Garcia**. In fact, "they can increase your desire for carbohydrate-rich food." To help keep the brides he works with healthy—and make them less apt to binge—Garcia recommends replacing breads and pasta with such carbs as brown rice, millet, quinoa, squash and yams, which are digested more slowly and are therefore more filling.

**MISCONCEPTION** Fasting and extreme dieting are fine for the short term and will yield significant results.

**REALITY** Not eating or limiting yourself to certain foods, even for a short period, can put your body under tremendous stress, Garcia explains. Crash-diet plans (from the Cabbage Soup Diet to the Master Cleanse liquid fast) can cause adherents to suffer from digestive problems, dehydration and blemish flare-ups. They're also likely to leave the bride looking haggard and feeling burned-out when she walks down the aisle.

**MISCONCEPTION** If your weight isn't dropping, you're not making any progress.

**REALITY** "Many women get discouraged if they don't see the numbers on the scale falling rapidly," says Traci Peterson, a personal trainer at the Equinox Fitness Club in Chicago, where she teaches a Bridal Boot Camp class. "But realistically, you should lose only one and a half to two pounds of fat a week." Instead of measuring your success by what the scale says, Peterson suggests stepping off it and