

IT'S GOOD TO BE YOU!

Women's Health

THE EASIEST 5 LBS
YOU'LL EVER LOSE!

THE BEST SHAPE OF YOUR LIFE!

SURF IT: THE WEB'S
SMARTEST HEALTH SITES

100 BEST PACKAGED
FOODS FOR WOMEN

STRESS (A LOT) LESS!
TAP YOUR SECRET SOURCE

THE **ONLY**
JEANS YOU'LL
NEED THIS
FALL (seriously!)

1) www.womenshealthmag.com





Q&A

Take a Load Off

By Lisa Drayer, R.D.

Fuel the Fire

Could the extremely low-calorie diet I followed as a teenager have damaged my metabolism?

—Kami A., Waltham, MA

Research has shown that yo-yo dieting does not affect metabolism. More likely, you're experiencing a natural decline caused by age-related muscle loss, which begins in your late 20s or early 30s. To rev your engine, follow a 1,400-calorie-a-day diet and include at least 3 ounces of protein in every meal. (Protein preserves muscle mass, so it keeps your metabolism running at top speed.) You can boost your results by lifting weights twice a week.

Baby Fat

Is being thin hurting my chances of getting pregnant?

—Mary L., Boulder, CO

It's thought that a minimum of 17 percent body fat is needed for normal ovulation.

If you fall below that, try consuming an extra 200 calories every day in the form of healthy fats like peanut butter and nuts. And if you exercise, cut back on the intensity or duration of your workouts. Be sure to talk to your ob-gyn too.



Light Off Her Feet

I'm a runner and weight lifter about to have foot surgery. How should I eat while recovering on the couch?

—Charlene O., Fort Worth, TX

Trim 500 calories a day to offset your decrease in activity. The healthiest way to do that: Cut out sweets and starchy foods like breads and pasta (it's not forever!) and pile on fruits, vegetables, and muscle-saving lean proteins, such as turkey, fish, or skinless chicken.



Womenshealthmag.com/
takealoadoff Go here to quiz nutrition expert Lisa Drayer today. And visit her Web site at lisadrayer.com.