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## The Burn Rate

The more frequent your workouts, the faster your weight loss—the equation is simple; the effort sometimes isn't. So we asked our Total Makeover trainers for easy, manageable ways to shape up outside of the gym.

**STEP IT UP:** You know choosing the stairs over the elevator or the escalator burns calories—but don't stop there, says Pierre Garcia of New York City's Peak Performance. "You can even exercise in the stairwell, by doing a set of squats on each landing," he says. "The point is to keep moving."

**BAND TOGETHER:** Bring elastic resistance bands to work and do a few lunchtime leg extensions under your desk, suggests Nikki Noya of the Sports Club/LA in New York City. Or, attach bands to a door at home and exercise while you watch TV.

**JUMP TO IT:** Not only is skipping rope an activity you can do



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## Weight-Loss List

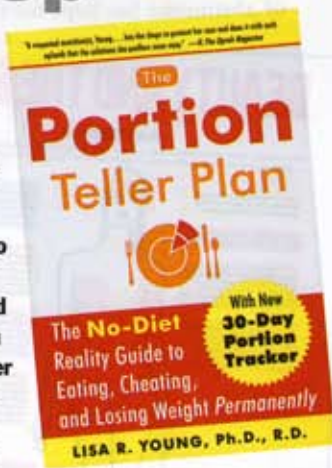
Diet coach Stephen Gullo practically has his own weight-loss language, and we're eager to become fluent. Our latest vocab word: "OptiCarbs"—low-calorie foods that keep you satisfied and stave off cravings. Add these to your grocery list:

- Green and white low-starch vegetables such as cucumbers, spinach, broccoli, cabbage, asparagus, mushrooms, celery, lettuce, and green peppers.
- Grapefruit. Studies have shown that it accelerates the body's capacity to lose weight.
- High-calcium dairy products, especially yogurt and non- or low-fat cheese and milk.
- GG Scandinavian Bran Crispbread. They give your body 0 net carbs, while supplying more fiber and fewer calories than any other crackers, Gullo says.



## Sizing It Up

Successful dieters develop a gimlet eye—and can identify the correct portion size at every meal. In *The Portion Teller Plan* (Morgan Road Books), New York City nutritionist Lisa R. Young compares foods to everyday objects. A serving of meat, fish, or tofu is the size of a deck of cards; two tablespoons of salad dressing equal a shot glass; and a baked potato should be as large as a computer mouse. Join Total Makeover at [allure.com/makeover](http://allure.com/makeover) and print our portable portion guide. Plus, enter for your chance to win one of 25 copies of Young's book!



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