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fitness

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Read Her Story & Watch Her Succeed!

Danielle Donato, 29, is an administrative assistant on an executive mission: melting off 26 pounds. FITNESS hooked her up with a trainer, a nutritionist and a psychologist who are committed to helping her get fit and healthy.

“MY FITNESS GOALS”

● **To get more stamina.** “When I run for the train to work in the morning, I get really winded. It’s the same thing when I go up the stairs. I’m a bubbly person, but I feel so sluggish.”

● **To move more and drop some pounds.** “The weight started piling on about two years ago. I took an office job at which I was always sitting down and became more and more inactive. Before that, I worked in marketing, so I was always running around the office, which kept me at a trim 120 pounds. I was never a gym fanatic, but I had an active lifestyle. Now I’m an operator (in a bathing suit showroom, no less), and I hardly leave my desk. It’s not that I don’t have time to exercise; I’ve just gotten so busy.”

My dream is to be an energetic, healthy 29-year-old.”

What her trainer says: “If Danielle replaces her chair at work with a stability ball, she can sit more ‘actively’ by engaging her core muscles. She also needs to be inspired to get up and move every day. Try anything—like marching in place or doing jumping jacks while watching television. The more you move, the more you look forward to exercising.”

—*Rafael Rodriguez, National Academy of Sports Medicine–certified pro trainer, New York Sports Club, Staten Island, NY*

“MY SELF-ESTEEM GOALS”

“I’ve always had a positive body image. My mother instilled self-love in me at a young age, and I’ve held on to it. But if I looked better, my spirit would radiate even more. When I compare my body now with where it was two years ago, I’m not happy with

what I see—pudgier here, droopier there. I try not to be a vain person. Character matters most to me. But I do want to look hot in a bathing suit.”

What her psychologist says: “Danielle must sustain self-confidence during the entire weight-loss process. The more optimistic she is, the more resilient she’ll be to setbacks, which we all encounter.”

—*Rene Zweig, Ph.D., clinical psychologist, director of the eating disorders and weight management program at the American Institute of Cognitive Therapy, New York City*

“MY DIET GOALS”

“I’m not an emotional eater. I don’t binge in an attempt to cope with stress. I just make bad choices. Greasy, crunchy snacks are hard for me to resist. I munch on french

fries or chicken fingers a lot after work. And I have an ongoing love affair with cookies. I’ll eat a fistful of them without thinking twice.”

What her nutritionist says: “I suggest Danielle start a food log to make herself aware of what she eats and when. She doesn’t have to give up cookies and french fries. But she can learn to eat smarter, more consciously and in smaller portions.”

—*Lisa Young, Ph.D., R.D., New York City–based author of The Portion Teller Plan*

Danielle’s Stats Now

height	5'3"
weight	146 lb.
body fat	34.4%
chest	38"
arm	14"
waist	33"
hips	39"
thigh	22"
weight to lose	26 lb.



“This month, I Will...”

- ... Ditch my desk chair at work and buy a stability ball.”
- ... March in place during commercial breaks of *Nip/Tuck*.”
- ... Maintain a positive attitude.”
- ... Begin a blog to keep on track.”