42%
AMOUNT OF SUCCESSFUL DIETERS WHO SAY MAINTAINING THEIR WEIGHT WAS EASIER THAN LOSING IT.

CRACK THE WEIGHT-LOSS CODE

Get lean, stay lean BY BRANDON GUARNERI

There's no mystery to weight loss. Guys who do it successfully just figure out what works for them, and they stick to it. Nobody knows that better than the researchers at the National Weight Control Registry, a group that tracks the successes and failures associated with long-term weight loss. (Find 'em online at nwcr.ws.) The group has monitored more than 6,000 men and women since 1994 and has learned that if you want to lose weight—and keep it off—you need to adopt these six habits.

1) Do Breakfast

separate your portions for later meals. (Flip to Fit Food, page 43, for some lean ideas to get you started.)

3) Get Inspired

Nearly 80% of those surveyed could vividly recall a point in their life that triggered their desire to lose weight: needing to buy a bigger pair of pants, being told to purchase two seats on an airplane, being warned by a doctor that their weight was threatening to kill them. **Whatever your rock-bottom moment becomes, keep it fresh in your memory** and use it to stoke your motivation when you don't want to train.

4) Use the DVR

90% of Registry participants who've kept their weight off regularly do both. Snack on more veggies, avoid sweets, and stop missing your workouts.

6) Know Your Numbers

You have to change the way you live. That means **monitoring everything from calories to your weight.** "If you wait until your clothes are too tight, you may have already gained several pounds," says Thomas.

End Result: Embrace these credos, work hard, and you'll be the envy of the office and no doubt the object of the ladies' desires.

THE CHEAT SHEET

HOW TO EAT OUT

Restaurant menus can be tricky, especially if you're starving. To avoid blowing your regimen, look out for dishes loaded with hidden calories from thick sauces, cheeses, or anything with gravy. Don't let seemingly simple options like risotto fool you, either. "They're generally fattening and have lots of butter, even though many people think they're just rice dishes," says Lisa R. Young, Ph.D., R.D., a professor of nutrition at New York University and author of *The Portion Teller Plan*. Young tells us which menu words are culinary red flags and which ones mean it's OK to go ahead and place your order.

AVOID Alfredo, fried, "cream of," double or triple, Parmesan, chowder, bisque, refried, tempura, risotto, stew, casserole

GO FOR Grilled, baked, sautéed, steamed, oven-fried, roasted, oven-roasted, marinara, primavera

SECRETS

Men's Fitness

don't have service or just don't feel like sorting through dozens of tiny screens' worth of data? The answer is the *CalorieKing Calorie, Fat & Carbohydrate Counter* (2010 edition). Toss the book in your backpack or briefcase and you'll have instant access to data on most groceries, snacks, and meals served in more than 200 fast-food spots and chain restaurants—no annoying keypad typing required.

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