

ON COVER STORY

Diets!

SPRING



As the weather warms, get ready to borrow...

10



NOW



12

TIPS FROM CELEB NUTRITION AND FITNESS EXPERT LISA DEFAZIO

1. Keep Popchips, trail mix and other healthy snacks on hand.
2. Steer clear of cheese.
3. Cardio is important, but it doesn't have to be all-or-nothing. Ten-minute bursts are great!
4. Keep intense cardio during the off-season. "Don't use cardio as a punishment."
5. Drink plenty of water, especially in the "heat" months, to keep your skin hydrated.
6. Get your daily calcium from milk, yogurt, and cheese.
7. Avoid refined carbs like white bread, pasta, and rice.
8. Pick up a pack of Popchips, trail mix, and other healthy snacks to keep your energy up.
9. Some things can help you lose weight, but they're not magic. Focus on healthy habits.
10. Eat all the fruits and vegetables you can!



#1 pick!

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