

the missing drink



How can people work out constantly and still not lose weight? It's more common than you might think, and one fitness trainer is doing something about it. Over the course of a decade at New England's largest health club, Michael Atwood has seen his share of clients who can't shed pounds. He believes at the core of the problem are two gross miscalculations: people underestimate the calories they consume and *overestimate* the number they're burning at the gym. In his upcoming book, *The Health Club Diet: The Missing Piece of the Fat Loss Puzzle*, Atwood exposes the dietary pitfalls he sees and offers up a plan for sustainable weight loss. Start putting

Atwood's wisdom into action with these simple tips:

- **Watch what you drink.** It takes 45 minutes on the treadmill to burn the calories in a typical energy drink, so Atwood recommends drinking nothing but water throughout the day. For extra flavor, reach for a flavored, no-calorie sparkling water. Coffeeshops are famous calorie traps, so trade that venti mocha Frappuccino (500 calories) for a tall nonfat caramel latte (90 calories).
- **Suppress your appetite naturally.** Protein and fiber keep you full longer, so include both in every meal—especially breakfast. Skip refined starches like white rice and pasta, which are digested quickly and make you feel hungry sooner.
- **Restaurant warning: Proceed with caution.** Atwood offers specific menu-navigation suggestions for restaurant chains (starting with Macaroni Grill's grilled skinless chicken breast with broccoli, a much wiser choice than the 920-calorie grilled chicken Caesar salad), plus general recommendations for a variety of cuisines.

The book also contains exercise tips, recipes and a progress tracker to keep you honest. Atwood promises results within six weeks, but more important, he insists that if you stick with his plan, all your hard work at the gym will continue to pay off for years to come.

—Deirdre Shevlin Bell

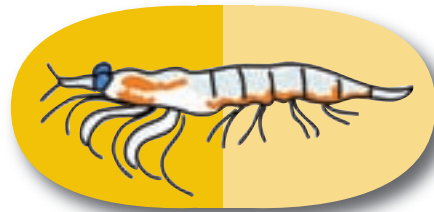
inner rewards

With websites dedicated to every conceivable special-interest group (*catsinsinks.com?*), what could possibly be left? How about a health and fitness social-networking site—with serious editorial? “Think of us as a cross between iVillage, Yelp and e-Bay for wellness and beauty,” says Julie Elaine Brown, a former P+G exec and the founder of the December 2008 launch *innerrewards.com*.

The site is still in the beta phase of its rollout and plans to move full-speed ahead in April. But it already has more than 500 feature articles on subjects ranging from Pilates to organic food to stress reduction. Being digital rather than print allows for video demonstrations and interactive platforms among users. Sign up for free at *innerrewards.com*—and stay tuned!

—Suzanne Gerber

take a krill pill



Move over, Granny Smith: It's a dose of krill oil a day that'll keep the doctor away. Or at least that's the verdict from researchers at Schiff Nutrition Group. They recently conducted a randomized, double-blind, placebo-controlled study on 90 patients aged 30 and 70 with rheumatoid arthritis or cardiovascular disease to measure the effectiveness of MegaRed Omega-3 Krill Oil. After just one week of taking a daily softgel (made from omega-3-rich krill oil and the potent antioxidant astaxanthin), subjects displayed a statistically significant reduction in joint pain and stiffness, as well as a notable decrease in C-reactive protein (CRP), an indicator of inflammation and cardiovascular risk. The CRP continued to decline as the weeks went on. On top of that, the study found the krill pill to be three times more absorbable than standard fish-oil supplements.

Sound fishy? It shouldn't, as this research was published in the *Journal of the American College of Nutrition* (2007) and *Alternative Medicine Review* (2004). And a nice touch: The supplement contains natural vanilla to counter odors. Possibly the best part of all is that shrimp-like krill are one of the world's most abundant organisms (\$18.99 for 90 softgels; *schiffmegared.com* for stores).

—Amanda Altman

spiritual muscles

Modern medicine is adept at measuring the vital signs of physical health, education theory offers different approaches to gauging analytical intelligence, but how do we evaluate emotional wellness—and use that information to achieve emotional freedom?

Judith Orloff, MD, a self-described energy psychiatrist in Southern California, has been pondering those very questions for decades. The sensitive but incisive author has just published her fourth book, *Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life* (Harmony Books, 2009). The radical premise of the book is that emotional



challenges are actually opportunities for spiritual growth, and that understanding our own emotional archetypes is the first step toward finding inner balance and lasting happiness.

“Seeing emotions as a training ground for the soul frames every victory over fear, anxiety and resentment as a way to develop your spiritual muscles and be better able to live and cultivate goodness,” says Orloff. In writing this book, she drew on personal experience, hundreds of clinical cases and her strong intuition. Her empathy and humor are evident on every page of this important psychological page-turner. My only disappointment is that there wasn’t more. —S.G.

nix the nosh

Ever wonder why some trainers still tell you to eat six small meals a day, have a high-carb snack after working out (“to refuel the muscles”) and to carb-load every time you go for a run? It’s because they were steeped in the bodybuilding-gym culture of the ’60s and learned from the training manuals of competitive athletes. But unless you’re training for a marathon or an Ironman competition, that advice is precisely the wrong thing for the average exerciser, especially one who’s looking to lose weight.

In a recent study volunteers were given a high-carb mini-meal immediately after exercising on a treadmill for an hour. The results: Insulin efficiency—the ability to clear sugar from the bloodstream—was completely wiped out. A separate study tested high-carb mini-meals against low-carb ones and found the low-carb meal did the least damage. “If people are going to exercise to benefit their health, they should not be eating back the calories immediately, or within a couple of hours, of finishing,” says Barry Braun, PhD, director of the Energy Metabolism Lab at the University of Massachusetts Amherst. But a light snack containing proteins, carbs and fat *before* you work out should hold you for a few hours.

—Jonny Bowden, PhD, CNS



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