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Fighting Temptation

Most food cravings last just 4 to 12 minutes—but they can feel like an eternity when you're dieting. Besides eating every three to four hours and clearing your cupboards of junk food, the best way to avoid temptation is to distract yourself. Try these diversionary tactics: **PAINT YOUR NAILS** To prevent smears and smudges, you'll have to refrain

from rummaging through the fridge for at least 20 minutes.

APPLY A MASK Chances are you won't want to feed your face while it's covered in a layer of clay.

SHOP ONLINE Keep your hands busy by checking out your favorite stores. Buying clothes in your goal size is extra motivation to skip a snack.

Weight-Loss Mottos

Losing weight is as much a mental challenge as it is a physical one. To keep clients motivated—and to see them through moments of weakness—weight-loss coach Stephen Gullo encourages the recitation of motivational mantras. Add some of these phrases to your repertoire:

"THIN STARTS IN THE SUPERMARKET."

You can't consume what you don't buy.

"IF YOU FAIL TO PLAN, YOU'RE

PLANNING TO FAIL." Planning meals and having healthy options on hand—at home, work, and while traveling—is the best way to keep

from cheating on your diet.

"THINK HISTORICALLY, NOT JUST CALORICALLY."

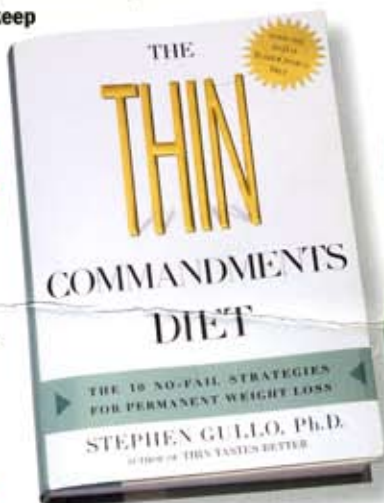
If you learn to recognize what compels you to eat, you can adjust your response to the situation.

"THE MORE YOU SAY 'TOMORROW,' THE MORE

YOU'LL WEIGH TOMORROW." The longer you postpone or cheat on your diet, the harder it will be to get back on track and reach your goal.

"DO I LIKE IT ENOUGH TO WEAR IT?"

Being a healthy weight is more gratifying than the fleeting enjoyment of any food. If you'd like more words of encouragement, sign up for Total Makeover (allure.com/makeover). We're giving away one 45-minute phone consultation with Gullo (a \$1,000 value), plus 25 copies of his book *The Thin Commandments*.



Downsize Your Diet

Miscalculating calories is the quickest way to derail a diet. Sharpen your skills with a quiz from Lisa R. Young's *The Portion Teller* (Morgan Road Books).

1. A typical deli bagel has the same number of calories as about ___ slices of bread?

a. 2 b. 3 c. 5 d. 8

2. Take-out Chinese food comes with rice. How many cups does the carton hold?

a. ½ cup b. 1 cup c. 2 cups d. 3 cups

3. A medium popcorn at the movie theater contains:

a. 4 cups b. 7 cups c. 12 cups d. 16 cups

4. How many standard servings does an average restaurant entrée contain?

a. 2 b. 4 c. 6 d. 8

Answers: 1. c, 2. c, 3. d, 4. c



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