



**BLAST OFF**

# Shortcuts to get you *Superfit*

Yes, you can lose it by Labor Day!  
Our experts reveal their superspeedy  
shortcuts to get lighter and tighter  
in just 30 days or less.

**S**ummer may be half over, but, well, there's also half of it left. And what better way to enjoy the sun-filled days yet to come than to feel lighter and brighter, too. If you're holding on to a few extra pounds, letting them go can take you a long way toward feeling happier, healthier and more energized.

Think you can't lose it by Labor Day? Think again, say our health and fitness experts. All you need are a couple of weeks and some secret shortcut advice. Here, our experts weigh in with their superspeedy tips to fast-track health and fitness—starting now.

# Shortcut #1: Go Raw.

One of the fastest ways to lose weight and feel great is to go back to basics with food choices, opting for nutrient-dense organic raw foods. “It is possible to lose up to 15 lb in 15 days when you focus on eating whole, nutrient-rich foods,” says Ani Phyo, whole-foods

## BEST FAT-BLASTING BOOSTS

(Add these to your morning smoothies!)

Up your go-power with plant-based protein powders and green foods. Here are a few of Ani Phyo’s favorites.

- Brown Rice Protein

- Barley or Alfalfa Grass Juice Powder

- Hemp Protein Powder

- Matcha (finely milled green tea that’s packed with antioxidants)

- Spirulina

chef and author of *Ani’s 15-Day Fat Blast: The Kick-Ass Plan to get Lighter, Tighter and Sexier ... Super Fast*. “Give your body what it needs, and the weight will naturally come off.”

The 15-day diet plan that Phyo outlines in her book doubles as a detox program. “Anyone who eliminates empty calories and foods that cause inflammation and swelling, such as dairy, wheat and refined sugar, and instead chooses fresh, whole, nutrient-rich foods will lose weight without even trying,” she says. “Our bodies lean out, getting tighter, and we look like we’ve lost weight almost immediately.” Concerned that it’s

just not convenient (or appealing) to fit raw fruits and veggies into your daily diet? Phyo makes it easy by teaming up supercharged smoothies with savory (and satisfying) nutrient-dense soups and salads to detox, nourish and energize your body—superfast.

**BLAST OFF:** Begin every day with a fortified smoothie. And have soup or salad made with organic raw foods for lunch and dinner. Need an after-dinner snack? Eat leftover soup. “My plan isn’t about deprivation,” says Phyo. “You’re not supposed to feel hungry.”

(For sample smoothie and soup recipes to get started, see Go Raw! recipes at right. Supercharge your own smoothies with Phyo’s fat-blasting boosters above.)



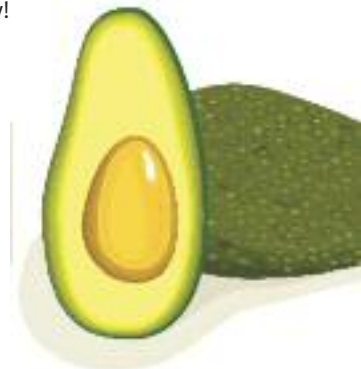
## Go Raw! Recipes

Here, Ani Phyo shares two of the great-tasting raw-food recipes from her new book, *Ani’s 15-Day Fat Blast: The Kick-Ass Plan to get Lighter, Tighter and Sexier ... Super Fast*.

### AVOCADO SHAKE

Avocado is a fruit, rather than a vegetable, and it’s commonly used in desserts and sweets in Southeast Asia. It adds heart-healthy fats, and a rich, creamy texture to recipes without adding cholesterol. The fat in the avocado and the fiber in the strawberries will fill you up in the morning and keep you satisfied longer. Drink up and kick off an awesome day!

- 1 cup strawberries, fresh or frozen
- 1/2 cup avocado flesh, from about 1/2 whole fruit
- Pinch stevia powder, or 1 Tbsp of your favorite syrup, or 1 or 2 pitted dates, optional
- 1 cup filtered water
- 1 cup ice



#### ● THERMO CHARGER:

Replace filtered water with 1 cup brewed green tea, or 1/2 tsp matcha powder in 1 cup filtered water.

#### ● SUPER POWER PACK:

Add 1/2 Tbsp of a “super green,” such as spirulina or wheat grass powder.

Place all ingredients into your high-speed blender, including green tea and spirulina, if using. Blend until smooth. Makes one serving. Will keep two days in fridge.

### COCONUT TOMATO SOUP

I had this soup on my first visit to Phuket, Thailand. I’d never thought to pair the flavors of tomato and coconut, but I was wowed by the combination. This recipe makes for a delicious twist on regular tomato soup or gazpacho. Because I like garlic, I’ll add 1/4 tsp of it to this soup. Feel free to add less, to suit your taste.

- 2 cups tomatoes, chopped, from about 2 whole
- 1 Tbsp virgin coconut oil
- 1 Tbsp miso, unpasteurized, any color
- 1/2 to 1 tsp fresh ginger, grated

#### ● FAT MELTER:

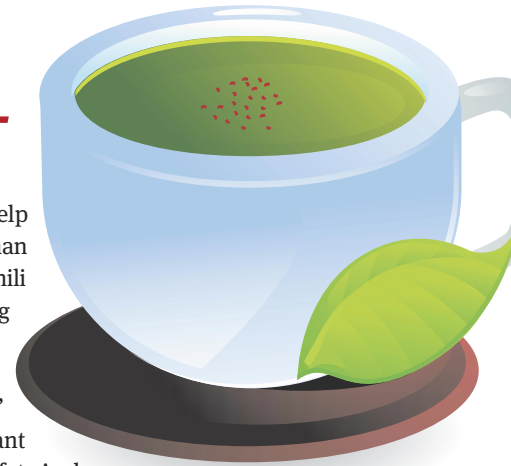
- 1/8 to 1/4 tsp garlic, minced, to taste

Place ingredients, including garlic, if using, into high-speed blender. Blend until smooth. Makes one serving. Will keep for three days in fridge.

## Shortcut #2: *Eat More Belly-Fat-Blasting Foods.*

Some foods, which Phyto calls “rocket fuel,” help rev up metabolism and melt off fat faster than others. Her top picks: “Matcha green tea and chili are great thermogenic foods for boosting metabolism and burning belly fat. The component in chilis [capsaicin] that makes them spicy is the active ingredient in most diet pills,” she explains. “Matcha is a powerful antioxidant that boosts our metabolic rate to burn more fat. And sauerkraut and pickles are fermented probiotics that help aid digestion and elimination of toxins and waste.”

 **BLAST OFF:** Swap low-energy foods with Phyto’s belly-fat blasters. For example, instead of coffee, start your day with a cup of matcha green tea with lemon and a dash of cayenne pepper.



## Shortcut #3: *Tame Your Hunger Hormone.*

“It’s easier to lose weight when you embrace your hunger signals,” says Manuel Villacorta, R.D., M.S., C.S.S.D., author of *Eating Free: The Carb-Friendly Way to Lose Inches, Embrace Your Hunger, and Keep the Weight Off for Good*. “Learn how to regulate your hunger hormone, and you don’t need to worry so much about cutting the carbs.” This “hunger hormone,” called ghrelin, controls many aspects associated with a healthy weight—including hunger (the need to eat) and appetite (the desire to eat)—and works to manage our metabolism and ability to burn fat, but only when the body is fed regularly and well, says Villacorta.

 **BLAST OFF:** Villacorta recommends keeping ghrelin in check with the following everyday steps.

## lose it by labor day **HOTLIST**



**Vega One All-in-One Nutritional Shake** contains 15 gm of plant-based protein, plus 6 gm fiber, omega-3s, antioxidants, greens and probiotics.



**Almased Synergy Diet** combines non-GMO fermented soy and a proprietary enzyme blend to promote protein, carbohydrate and fat digestion.



**Cellucor Super HD** targets belly-fat tissue, suppresses appetite, and helps improve your mood, focus and energy levels.

- **Eat breakfast within an hour after waking**, and then eat again every three to four hours. When starved, ghrelin drives dieters' appetites to binge on high-fat fare that packs on pounds.

- **Don't restrict carbs.** Ghrelin tends to spike when you skip carbs at meals. Villacorta recommends eating meals composed of 45% carbs, 30% protein and 25% fats to fuel your brain and body, prevent sugar cravings and keep your metabolism revved all day long.

- **Get enough sleep.** Based on studies, ghrelin and appetite increase when sleep is reduced to four or five hours a night from the ideal six to eight hours. Restful sleep is more beneficial to weight loss than even a rigorous daily workout at the gym, says Villacorta. So, don't squander your sleep time.



## Shortcut #4: *Don't Restrict Too Many Calories.*

Cut out too many calories and you can slow your metabolism, warns Villacorta. Get into your target range, and you're more likely to not only lose weight, but keep it off sustainably.

**BLAST OFF:** Villacorta recommends using your BMI score as a quick guide to how many calories you can safely cut out every day to lose weight long-term. (Note: To find your score, use the BMI calculator at WellBella.com.)

BMI	DAILY CALORIE DEFICIT TARGET RANGE
BMI greater than 30 ( <i>obese</i> )	1,000 to 1,500 calorie deficit
BMI of 25 to 29 ( <i>overweight</i> )	700 to 1,000 calorie deficit
BMI less than 25 ( <i>For those who want to lose 5 to 10 lb.</i> )	500 to 700 calorie deficit

THINKSTOCK



**Dymatize Nutrition Dyma-Burn Xtreme with Raspberry Ketones** promotes increased metabolic rates to help burn fat, and increases energy levels.



**Ultra Fiber DX** is a 100% natural (non-GMO) time-release fiber matrix that provides the benefits of a high-fiber diet without the negative side effects.




**MHP Dopamite** seeks to increase thermogenesis by activating the fat-burning center of fat cells, as well as increase energy and decrease cravings.

## Shortcut #5: *Get Outdoors.*

If you want to fast-track your fitness, get outside, says fitness expert and ACE-certified personal trainer Kelli Calabrese. “Exercising outdoors keeps our minds occupied on the changing surroundings compared to the monotonous cardio equipment,” she says. “Plus, outdoor exercisers tend to work out longer because the atmosphere is more relaxing, and it’s not possible to hit a stop button.”

Another benefit? “According to a study at the University of Essex, outdoor exercises burn up to one-fifth more calories because of environmental factors, such as wind, cold and heat, as well as having to adjust to the varied terrain,” she says. Bottom line: It takes more energy and muscle to bike or hike in the wind or varied terrain than it does on a treadmill.

 **BLAST OFF:** Enjoy the rest of summer and take your workouts outside. Find a local fitness boot camp to gain the added benefit of group motivation. Even working out in your garden—because you tend to work longer in the garden than in a gym—will burn more fat than short spurts of aerobic activity. Or, try Calabrese’s shortcut moves in your own backyard. \*



### **SHORTCUT WORKOUT MOVES**

Which exercises can accelerate results? Calabrese offers these fast-tracking fitness moves.

**Sculpt abs:** *The “bicycle” while lying down*

**Firm butt:** *Lunges and squats*

**Tone arms and shoulders:** *Old-school push-ups and pull-ups. If you can’t do those, try band rows, biceps curls and triceps extensions.*

Research shows that exercising outdoors burns up to one-fifth more calories.