



Our easiest-ever
walk-off plan!

WALK OFF 36 LBS WATCHING TV!

Stepping in place during commercial breaks has already helped readers shed up to 11 pounds in a week!

If you love watching TV almost as much as you love fitting into skinny jeans, we've got great news: University of Tennessee scientists have discovered a flab-melting miracle that works as you watch your favorite shows! No matter what you tune in to—from *Good Morning America* to *Grey's Anatomy* or *Dancing with the Stars*—"just get up during commercials and step in place or walk around the house," urges lead researcher Jeremy Steeves, Ph.D. "Our study shows you'll end up being active for about 25 minutes every hour and burn as many calories as if you walked a mile. You'll also nearly *double* your metabolic rate compared to sitting the whole time!" Folks who tried the strategy in a UT lab "were shocked by how easy it felt," reports Steeves, who points out this approach is absolutely free, safe for virtually anyone, done in the privacy of your home and a cinch to fit into your normal routine. What's more, it's only done during commercials, so you can still give full attention to *Mad Men's* drama or *The Voice's* high notes. "It's a relatively small behavior change," Steeves adds, "with the potential for very big benefits!"

Tune in, trim down

There's no need to get fancy. Participants in the UT study simply moved during commercial breaks, averag-

ing a moderate 100 steps a minute. Steeves encourages people to do this during at least an hour of programming daily.

Does "TV walking" work without a diet? Probably. Even so, experts agree that cutting calories can double or even triple the amount you lose. Walking guru Leslie Sansone recommends the no-fuss plan, *right*, which dishes up an energizing mix of ordinary foods for about 1,400 calories per day. Combined with TV walking, "it's the perfect plan for me," says Nevada *Jeopardy!* lover Kathryn Gilman, 34, down nine pounds in a week. "I didn't have to change my life to use it—and the weight seemed to fall off!" Maine *American Idol* fan Cody Mumma, 32, agrees. "I lost nearly 11 pounds in seven days!" Adds Ohio *NCIS* fan Tracey Ellis, 45, who also dropped nine pounds: "I think it will work for anyone!"

Fact!
The average American watches five hours of TV per day. That adds up to nearly 125 minutes of commercials!





**Tina lost a
jean size in
7 days!**

"It's so easy to plop on the sofa and zone out. I love that this got me up and moving," says North Carolina mom Tina Rainey, 41. "And I can't believe I walked a mile while watching *CSI*!" In just a week, Tina walked off four pounds and went down a jean size. "Commercials don't feel like a waste of time any more!"

Tina's best tip: Walk around!

"Instead of just stepping in place the whole time, I also moved around the house. It was definitely easier for me."

3 huge benefits!

TV walking offers real advantages over traditional strolls:

● **You eliminate the number-one exercise excuse.** Surveys show that

"lack of time" is the reason most of us aren't active more often. But you don't have to make time for TV walking. "It's tucked into your usual routine," says Steeves. Moms can do it as their kids play or sleep nearby. Kids can join in! "It's also great for people who physically can't exercise for long periods."

● **You flip a get-slim switch!** "Watching TV can be a very strong cue to be inactive. You sit down and might not budge for hours. Plus, food commercials cue us to eat as we sit there," notes Steeves. A TV walking habit can turn it around. "Commercials become a reminder to move, turning a fattening cue into a slimming one!"

● **You trick your brain!** Research shows short bursts of exercise work just as well as one long bout yet feel significantly easier. So people are more likely to stick with them—a key factor for losing big, says Steeves.

Whether you walk during commercials or nonstop on a treadmill, minute for minute you're burning the exact same calories. So if TV walking appeals to you, go for it! Says Sansone: "I know for sure this strategy can help people slim down. Be consistent, and your potential to lose is endless!" Given that readers are already dropping nine or more pounds in a week, we figure many of us can be up to 36 pounds slimmer by summer!

Surprise! TV can get you healthier!

Research shows that laughing during sitcoms like *Modern Family* and *New Girl* helps reduce blood pressure, lower blood sugar, even boost immunity! Prefer classic sitcoms? One informal study gave top laugh-per-minute honors to *Friends*, *All in the Family* and *I Love Lucy*!

Tip!
To blast extra calories while stepping in place, keep pace with Leslie Sansone's free advanced workout. Go to WalkAtHome.com and click the "Try it!" button!

TV Walkers' Miracle Diet!

After years of experimenting, WalkAtHome.com's Leslie Sansone is convinced 1,400-calorie menus like these will help walkers take weight off fastest. When readers used them in combination with an hour of "TV walking"—for a total of 25 active minutes daily—they shed up to 11 pounds a week. While using this plan, drink as much water as you like. Add ultra-low-cal extras (spices, vinegar, Splenda) in moderation. A daily multivitamin with calcium is recommended. Get a doctor's okay to try any new plan.

Breakfast

choose one daily



2 eggs, any style
2 slices whole-grain toast,
4 tsp. fruit spread
1 cup fat-free milk or lite yogurt
1 cup cooked old-fashioned oatmeal prepared with 1 cup fat-free milk and 2 tsp. brown sugar
1 hard boiled egg

Lunch

choose one daily



Tortilla pizza: 1 whole-wheat tortilla, 2 Tbs. tomato sauce, 3 Tbs. mozzarella, 1 oz. lean deli ham
Unlimited mixed green salad,
1 Tbs. olive oil, vinegar and seasonings to taste
1 cup berries
1 cup broth-based vegetable soup
3 oz. turkey breast, 1 slice whole-grain bread, 1 Tbs. olive-oil mayo
1 piece fruit
3 oz. can tuna packed in olive oil
4 whole-grain crackers
Unlimited veggie sticks
1 piece fruit

Dinner

choose one daily

4 oz. salmon or any fish
Unlimited grilled/broiled vegetables with 1 Tbs. olive oil
1/2 cup brown rice
4 oz. lean steak
1 small baked potato, 2 Tbs. lite sour cream
Unlimited mixed greens, 1 Tbs. olive oil and vinegar to taste

4 oz. chicken breast, seasoning to taste
1/2 cup cooked whole-grain pasta tossed with unlimited vegetables, 1 Tbs. olive oil and garlic to taste



Snacks

enjoy daily

1 piece fresh fruit
1 cup milk or lite yogurt



Create your own menus!

If you prefer to come up with your own meals, just follow these simple guidelines:

- ❑ **Unlimited vegetables** Choose a variety of colorful veggies each day
- ❑ **9 servings lean protein**
1 serving is equal to 1 egg;
1/2 oz. cheese; 1 oz. chicken breast, lean beef or fish
- ❑ **3-4 servings whole grain**
1 serving is equal to 1 cup oatmeal;
1 slice whole-grain bread; 1/2 cup whole-grain pasta or brown rice; or 1 whole-wheat tortilla
- ❑ **4 servings good fats** 1 serving is equal to 1 tsp. olive oil
- ❑ **2 servings dairy** 1 serving equals 1 cup fat-free milk or 1 cup lite yogurt
- ❑ **2 servings fruit** 1 serving equals 1 piece fresh fruit, 1/2 cup sliced fruit or 1 cup berries

Menus adapted by Neva Cochran, R.D. Photos: iStockphoto (2); ABC/Photofest; Frank Ockenfels/AMC; courtesy of American Broadcasting Companies; Adam Larkey/Getty Images; Nell Redmond/IKONIK; Fotolia.com; Heath Robbins/Stockfood; Food Collection/Agfotostock.com.