

# Introduction

Before you learn about my plan for staying strong, slim, and sexy in your 30s and beyond, let me tell you a bit about me. As a nutritionist and health reporter, I spend a lot of time teaching individuals how to eat to stay young and healthy. Still, while many people think I meet my “nine-a-day” quota of fruits and vegetables, always say “no” to desserts, and hit the gym five days a week, the reality is my lifestyle is far from this type of perfection. In fact, I am conscious of my weight, I have a big sweet tooth, and I struggle with getting to the gym. (Oh, and I rarely have time to cook during the week.) On top of all that, I’ve hit the big 3-0. You know what that means: more responsibilities, more challenges, and more health changes going on. A pound or two (or three or four) here, gray hairs over there, lines on your face that you swear weren’t there a week ago. Sound familiar? If so, you have plenty of company. The good news is that there are things you can do to maximize your health and beauty, and I’m here to share with you all I’ve learned. Despite my less-than-perfect lifestyle, I have managed to keep my weight down and look my best by eating an antiaging diet that still includes sweets (and by taking jazz-funk classes). So, get ready to learn how to become a more fit, fabulous, glowing you!

## Reaching the Big 3-0

Welcome to the 30s club! By now, you probably have acquired valuable knowledge about who you are and what you want in life. After all, this is the decade immediately following the soul-searching 20s, when you made your first decision about which path your life would take. Nevertheless, my guess is that you’re a bit confused—not just about general life stuff

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that continues to come your way, but also about one of the most important subjects of all: how to best take care of your body and your health. As career responsibilities and personal relationships consume more time and energy at this stage of your life, maintaining a healthy lifestyle and a svelte figure becomes more and more challenging.

I don’t have to tell you that your body is signaling the age change. You feel it in your sluggish metabolism—or your inability to eat half a box of Mallomars and stay at your current weight on the bathroom scale. You’re aware of all those not-so-sexy changes going on—no longer can you eat a bag of potato chips for hold-me-over snacks and scarf down pizza slices for dinner while still fitting into those slender Levi’s. Nor can you go for handfuls of jelly beans or licorice ad libitum without gaining a single pound—even if it’s a temporary pound. Perhaps you have tried shedding 5, 10, maybe

15 pounds several times but can't seem to find the formula that will *keep* the weight off. Or maybe you're not sure which foods give you the best energy and simply allow you to look your best.

You might have recently given birth to the most precious little baby, and the pounds you gained during pregnancy just don't seem to come off as quickly as you would like. Maybe you're thinking about a new addition to your family, but you want to drop 10 pounds first and quickly begin an eat-healthy insurance diet. Perhaps you're worried about being able to shed 5 pounds in time for your one, two, or five-year wedding anniversary, when your husband is planning an escape that requires packing your slim and sexy lingerie.

Maybe this is the first time you're struggling with weight loss, or it's just become noticeably harder, and you're afraid that given your chaotic lifestyle, your slim figure will slip by as fast as your 29th year did! Speaking of your 30th birthday, you probably realized that the hype associated with leaving your 20s behind was blown out of proportion. Looking back,

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you now see that there was really nothing to fear. In fact, the 30s may have brought along a sense of clarity that the 20s could never offer.

## Many Happy Returns

I want you to know that the same applies to your health. With the right advice, you can adopt a much clearer, more mature outlook on your health—an outlook with longevity and staying power. It's no longer about doing a crash workout to look good in your bikini for the weekend at the beach. It's about a healthy, happy, more mature you, whose beauty has staying power. And don't fret: you can absolutely achieve slimness, even during this busy time. Take it from someone who is always searching for answers and solutions in this healthconscious yet hectic world. I'm going to tell you how to stay strong, slim, and sexy—now and for the rest of your life. Get ready for a real-life nutrition plan to keep you looking and feeling your best throughout your exciting years ahead.

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