



WARDROBE STYLING BY SARAH PARLOW; HAIR AND MAKEUP BY SUZANNE KATZ WITH KRAMER + KRAMER; JACKET BY LIJA; PANTS BY LORNA JANE; SNEAKERS BY REEBOK

# GET YOUR BODY BACK

*Fire up your metabolism and tone every zone with this cutting-edge plan designed to supercharge your 40+ body. You'll lose up to 20 pounds in 6 weeks—and get your mojo back, too.*

BY JENNA BERGEN SOUTHERLAND • PHOTOGRAPH BY CHRIS FANNING

Why are these women so happy? Because they got fit, firm, and energized in 6 short weeks—and you can, too. Our program combines supereffective (totally doable) Get Your Body Back workouts—created by fitness expert Chris Freytag—with the revolutionary eating plan from the new book *The Sugar Smart Diet* (Rodale, 2014). Within the first few days, food cravings disappear, jeans loosen, and energy levels soar. Soon, your core, butt, back, and upper arms become tighter and more toned, and stubborn belly fat melts away. All it takes to get started: a little more strength training and just a little less sugar. (Yes, you can still have chocolate.)



Heather Flies, 40  
**"I'll never yo-yo diet again."**  
Pounds lost: 13.6  
Inches lost: 9.5

Vickie Ruegemer, 46  
**"I'm pain-free."**  
Pounds lost: 15  
Inches lost: 7



Kathy Donlin, 51  
**"I have all-day energy."**  
Pounds lost: 5  
Inches lost: 6.5

Joni Heinsch, 51  
**"I dropped three sizes."**  
Pounds lost: 33  
Inches lost: 11

Signe Hensel, 50  
**"I fit back into my jeans."**  
Pounds lost: 7  
Inches lost: 6.5

PRODUCTION BY STEVE BROOKS; WARDROBE STYLING BY JANINA CHIN; HAIR AND MAKEUP BY JOY PHILLIPS

# We Did It—And

PHOTOGRAPHS BY CALLIE LIPKIN

# So Can You!



**Heather Flies, 40**  
**Junior high pastor and motivational speaker**  
**Pounds lost: 13.6**  
**Inches lost: 9.5**

**Kathy Donlin, 51**  
**HR manager**  
**Pounds lost: 5**  
**Inches lost: 6.5**

I've always considered myself relatively healthy. I ran 3 miles 4 times a week with a friend and rarely ate desserts, aside from the occasional scoop of ice cream. But what worked in my 40s wasn't enough once I hit my 50s. I felt sluggish and exhausted by the time I got home from work, and I noticed that running no longer kept off the weight. Pounds started to slowly

***"I have all-day energy."***

accumulate around my hips and thighs, and my upper body felt weak. And once you start feeling weak, that's when you

begin feeling old. I have four kids and attend lots of sporting events, so I grabbed packaged snacks or on-the-go dinners a few nights each week. I knew I needed to eat less processed food and start strength training, but I didn't know how to get started.

**Why I love this program:** It's so easy to follow. Everything is planned out for you, so there's no confusion, and it doesn't feel like it's a job trying to figure out what to do or eat.

**What surprised me:** I never realized just how sweet fruit actually tastes! When you eliminate unnecessary sugars, the flavor of fruit is enhanced, and you

stop missing the junk. **How I fit it into my life:** I found great options, like packets of hummus or guacamole or bags of almonds, to bring along while driving my kids to activities after work. The snacks held me over until I was able to prepare a healthy meal.

**My go-to sugar-smart swap:** Ice cream was my biggest vice, so I traded it for creamy Greek-style yogurt topped with strawberries or cocoa when I wanted something chocolatey.

**My biggest payoffs:** I feel like I turned back the clock. I no longer feel exhausted at the end of the day, and the extra weight around my hips and thighs is gone.

***"I'll never go-go diet again."***

I had tried every diet from Atkins to Weight Watchers. It finally got to the point where I refused to waste another moment thinking about my weight, and I vowed to get healthy.

**Why I love this program:** It really reduced my cravings for sugary, high-fat foods. It also got me to do strength training in addition to my usual cardio workouts, and that made a huge difference for me.

**What surprised me:** There is so much sugar hiding in foods that I used to think were healthy.

**My go-to sugar-smart swap:** Instead of a candy bar, I wrap a slice of turkey breast around a stick of part-skim string cheese.

**My biggest payoffs:** I feel great, and I went from a tight size 18 to a roomy 16.



**Joni Heinsch, 51**  
**Children's ministry director**

**Pounds lost: 18 in 6 weeks; 33 in 12 weeks**  
**Inches lost: 11**

Over the past few years, my weight climbed steadily. I was in a slump, but life was busy. I watch my grandkids Monday through Friday, and in between running them to preschool and other activities, I wound up eating most of my meals in the car. We'd zip through a drive-thru for lunch, or I'd heat up chicken nuggets. The breaking point came when I found out that my blood pressure was so dangerously high—140/100—that my doctor wanted to put me on medication.

**Why I love this program:** It made me feel like a million bucks. And it's not about restricting yourself. It's about being aware of sugar so that

**"I dropped three sizes and lowered my blood pressure naturally!"**

you can enjoy it when you want and avoid it the rest of the time.

**What surprised me:** If you're eating the right foods, you can pretty much eat all day. I was also amazed at how much

**Signe Hensel, 50**  
**Synchronized swimming coach**  
**Pounds lost: 7 Inches lost: 6.5**

Even though I was already a pretty clean eater, my weight had started creeping up over the past few months—and it was all going straight to my belly. Exercising wasn't really happening, either.

**Why I love this program:** It's flexible and doable—it becomes part of your lifestyle.

**What surprised me:** How quickly I saw improvements with the workouts—they're a challenge, but you build strength quickly.

**My go-to sugar-smart swap:** Instead of snacking on chips or crackers, I'll have a small apple with almond butter—it feels like a treat.

**"I fit back into my jeans."**

**My biggest payoffs:** Everything is better—my mood, my clarity, my sleep—and I can fit back into my clothes.



energy morning workouts gave me—they're better than coffee!

**My go-to sugar-smart swap:** I used to drink six cans of diet soda a day; now I drink lemon water instead. If I want candy, I'll

reach for grapes—they're so sweet that I don't need anything else.

**My biggest payoffs:** My face looks fresh, my hair shines, and I'm fitting into a size 12. Best of all, my blood pressure is finally back to normal!

**Vickie Ruegamer, 46**  
**Pharmaceutical sales rep**  
**Pounds lost: 7 in 6 weeks; 15 in 12 weeks**

**Inches lost: 7**  
Most of the year I follow a low-carb diet. Then summer hits: I relax and my pants get tight.

**Why I love this program:** It showed me that I don't have to feel guilty about eating healthy carbs like black beans and bananas—it's the added sugars that I should be avoiding.

**What surprised me:** I'd never lifted weights before, and I was amazed at how much better my body felt. My taste buds changed, too. Tomatoes tasted so sweet that they felt like a treat.

**My biggest payoffs:** I lost weight—plus, the neck pain that I've struggled with for years has disappeared. **12**



**"I'm pain-free."**

1

Collagen in skin breaks down, resulting in fine lines and less glow. Dodging added sugars helps skin stay radiant and firm by minimizing inflammation that accelerates the aging process.

8

## Reasons to Tone Up and Eat Clean

Hit 40 yet? 50? Meet your new BFFs:



A set of hand weights and a copy of *The Sugar Smart Diet*

2

Feeling foggy? It could be sugar brain. New research found an association between reduced memory and high blood sugar. Stay sharp by avoiding sugar bombs like bottled salad dressing and sliced bread.

3

By 30, you can start to lose half a pound of muscle each year, slowing your metabolism. And after 50, the rate doubles. But doing just two or three strength workouts each week can reverse that trend.

5

Stress, changing hormones, and sugary foods can make your midsection a magnet for belly fat. Keep abs flat by eating clean and challenging your core. (Try Dolphin Dive on p. 111.)

4

New research suggests that large amounts of sugar may damage heart tissue. Help keep your heart healthy by opting for low-sugar alternatives, such as naturally flavored seltzer instead of soda.

6

Too little movement and too much sugar jacks up blood sugar, turning you into a prime target for diabetes. To reduce your risk, make simple sugar-smart swaps—like choosing plain yogurt over flavored—and keep your body in motion!

7

Achy joints? Pick up the weights and drop the candy. Regular strength training has been shown to cut knee pain by 43%, and curbing sugar intake is a natural way to reduce inflammation.

8

Just like any other muscle, your glutes operate on the “use it or lose it” principle. Keep your backside from heading south—and your entire body strong—with our 10-Minute Toners on p. 108. A few minutes a day adds up to big results.

*Chris Freytag, fitness expert and creator of our Get Your Body Back toning plan, is slim, sexy, and strong at 48!*

# Get Your Body Back in

# 10 Minutes a Day

## 10-Minute Toners: Workout A

### Row the Boat

**Targets:** core

Start seated with knees bent and feet flat on floor, holding 1 weight with both hands in front of chest. Keeping spine long and abs tight, lean back slightly and

lift feet a few inches off floor. (To modify, keep feet on floor.) Slowly twist torso to right and bring weight beside right hip (a). Return to center (b), then slowly twist to left and bring weight beside left hip (c). That's 1 rep.



### T Push-Up

**Targets:** chest, arms, shoulders, core

Start in push-up position, arms straight, 1 weight on floor between hands (a). (To modify, bring knees to floor.) Bend elbows until chest nearly touches floor (b), then press back up. Pick up weight

with right hand (c) and rotate torso to right, coming into side plank with right arm above right shoulder (d). (To modify, bring left knee to floor.) Lower dumbbell to floor, then return to push-up position (a) and repeat on opposite side. That's 1 rep.



**HOW TO DO IT:** Work up to 3 sets of 12 reps of each move. On busy days (and when you're just starting out), alternate between workouts A and B. When you're ready to kick it up a notch, do both back-to-back.

"Change happens when you push yourself, so these workouts are meant to be a challenge," says Freytag. "Go slow and watch your form."

**WHAT YOU'LL NEED:** A pair of 3- to 10-pound hand weights

### Plié with V Raise

**Targets:** butt, inner thighs, shoulders

Holding a weight in each hand, stand with feet more than hip-width apart, toes turned out. Lower into a plié squat (a). Straighten legs, squeezing through glutes, while raising weights above shoulders so arms form a V (b).



### Dumbbell Thruster

**Targets:** butt, legs, shoulders, core

Stand with feet shoulder-width apart and hold weights directly above shoulders, elbows bent. Lower into a squat, keeping abs tight and chest lifted (a), then straighten legs and press weights overhead (b).

PHOTOGRAPHS BY JAMES FARRELL; WARDROBE BY MATTHEW SOMENELLI; HAIR AND MAKEUP BY COLLEEN KOBRIK FOR MIXIE MAKEUP



### Work Out with Chris Freytag at Home!

Fire up your metabolism, burn fat, and tone every inch with our *Get Your Body Back: Fit, Firm & Fabulous* DVD set. It's packed with 10 fun 10-minute routines plus three kick-start plans to speed results. Order your copy at [getyourbodybackdvd.com](http://getyourbodybackdvd.com).

To maximize results, walk, run, or do any other heart-rate-boosting activity you enjoy for 150 minutes a week.

## 10-Minute Toners: Workout B

### Tempo Lunge with Hammer Curl

**Targets:** butt, legs, front of arms

Stand holding weights by hips, palms facing in. Step back with right foot and lower into a lunge, keeping left knee over ankle and right heel lifted (a). Pulse hips down and up 3 times. Return to standing, curling weights toward chest and stepping right foot next to left foot (b). Step back with left foot and repeat on opposite side. That's 1 rep.



### Triceps Dip and Kick

**Targets:** back of arms, shoulders

Start seated with knees bent and feet and palms flat on floor, fingertips pointing toward heels. Lift hips a few inches off floor (a). Keeping shoulders away from ears, bend

elbows straight back while extending left leg at 45-degree angle (b). Straighten arms, squeezing through triceps, and return left foot to floor. Repeat with right leg. That's 1 rep.



### Dolphin Dive

**Targets:** arms, shoulders, core

Start in forearm plank, elbows under shoulders and hands clasped together, body forming straight line from head to

hips (a). Press forearms into mat, then lift hips into the air, creating an upside-down V (b). Keep abs tight and press heels toward floor. Hold for 1 inhale and exhale, then return to forearm plank.

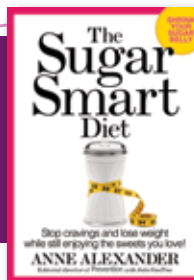


### Plank-to-Chair Burpee

**Targets:** butt, legs, chest, arms, shoulders, core

Start in plank position, shoulders in line with hips (a). Walk or jump feet outside

of hands. Keeping knees bent and behind toes, lift torso and raise arms overhead, coming into wide-legged Chair Pose (b). Bring hands back to floor and walk or jump feet back to plank position.



### The Sweetest Way to Lose Weight

Supercharge your body makeover by getting sugar smart. Our test panelists followed the 32-day eating plan outlined in *The Sugar Smart Diet*, and they dropped pounds and trimmed inches like never before. Get your copy at [prevention.com/get-sugar-smart](http://prevention.com/get-sugar-smart).