

# Life & Style WEEKLY

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**HotTopic**

## Five days to a better body

Nutritionist Oz Garcia gives *Life & Style* a day-by-day plan for looking your best in the buff

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Start the day with an 8-ounce serving of plain yogurt (with active cultures) topped with blueberries, shaved almonds and a drizzle of honey.	Serve up an omelet made with two to three eggs and chopped vegetables.	Pair half a grapefruit with one cup of a high-fiber multigrain cereal (like Kashi GoLean) and skim milk.	Wake up to a cup of steel-cut oatmeal with mixed nuts, berries and a touch of maple syrup for sweetening.	Eat a scoop of low-fat cottage cheese with berries, melon and grapes.
<b>LUNCH</b>	Pair a grilled chicken breast with sautéed asparagus (which is a natural diuretic).	Chow down on salad Nicoise with 3 ounces of seared tuna (about the size of a deck of cards), a sliced egg and green beans.	Prep a can of water-packed tuna, tomato, chopped celery and a teaspoon of low-fat mayo.	Have a natural turkey burger (without the bun) and a lightly dressed salad on the side.	Prepare 3 to 4 ounces of sliced turkey, accompanied with a cup of steamed vegetables and an apple.
<b>DINNER</b>	Munch on six shrimps on a bed of mixed greens — just don't overdo the dressing!	Broil a hamburger or turkey patty; add tomato and stir-fried veggies.	Broil a skinless chicken breast, then eat it with a small portion of wild rice, steamed broccoli and a salad.	Try a 3- to 4-ounce piece of white fish, like halibut, with asparagus.	Place a 3- to 4-ounce piece of poached salmon or seared tuna on a bed of mixed greens.
<b>SNACK</b>	Nibble on a piece of string cheese.	Dig in to a cup of fresh fruit with chopped walnuts.	Crunch on a few stalks of carrots and celery.	Get some extra protein with a hard-boiled egg.	Grab a handful of unsalted almonds (about 15 nuts).
<b>EXERCISE</b>	Flatten the tummy with sit-ups and reverse crunches, which work both the upper and lower abs. Try doing three sets of 15 repetitions each.	Nix that muffin top! With feet apart, knees bent and chest forward, lower the trunk a few inches to the left, return to the center, then lower it to the right. Do three sets of 15.	Buff up that butt by doing squats and forward lunges on each leg. Do each exercise for three sets of 15 reps.	Strengthen the core by lying on the back (with knees bent and feet on the floor) and raising the pelvis off the ground. Lower and repeat for three sets of 15 reps.	Work the triceps by holding light weights while standing with arms against the torso and elbows bent. Straighten forearms behind the body for three sets of 15 reps.

**BONUS TIP**

For softer skin, Oz Garcia recommends exfoliating with homemade sea salt or a sugar-and-olive-oil scrub. It will remove dead skin cells.

Sit up! "Slumpy shoulders and saggy breasts can be fixed by sucking it in and sticking it out," says style expert Carson Kressley.

A spray tan helps mask lumps and bumps. Plus, says Kressley, some strategic body contouring can give extra definition.

Beat the bloat. Garcia says drinking a glass of unsweetened cranberry juice in the a.m. will help nix water retention.

Give your body a boost. "Heels are a girl's best friend," says Kressley. "They help you stand up straight and lengthen your whole look."



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