



QUICK WAYS TO SLIM DOWN FOR SUMMER

Celeb nutritionist and fitness expert Oz Garcia, who's worked with Hilary Swank and Kim Cattrall, offers these simple tips



LIFESTYLE:

- **CATCH Z'S:** Getting eight hours of sleep each night boosts metabolism by cutting down on cortisol production, which causes weight gain.
- **PUMP SOME IRON:** Weight training three times a week for 30 to 60 minutes will speed a slim-down, since muscle burns fat fast!
- **WALK IT OFF:** Hoof it whenever possible — 30 to 60 minutes of extra walking each day adds up to around four miles (calories burned: 300).



FOOD AND DRINK:



- **LIQUID FUEL:** Two cups of green tea a day jump-starts the metabolism. So does a morning glass of unsweetened cranberry juice.
- **FILL 'ER UP:** Drink a glass of water before meals to fake a full feeling. And make sure to have a total of at least two liters of H₂O throughout the day.
- **NO MORE POTATOES:** Cut out high-starch foods like spuds and you'll see a difference in one week.