Drop 5 lbs

TIPS AND TRICKS TO SLIM TODAY

VIRTUAL WORKOUT BUDDIES

Enjoy the benefits of an exercise pal without leaving your living room by videoconferencing a workout with a friend. In a study from Michigan State University, women pedaled longer when they rode a stationary bike with a "virtually present partner," especially one who was slightly more fit. "Working out with someone else makes a social contract and motivates you to push harder and go for longer," says lead author Brandon Irwin, Ph.D. Feedback is key, he adds, so share stats (rpm, heart rate, number of reps) as you go.

DO THE MATH

1 Domino's Chicken Bacon Ranch Sandwich (870 calories) = 4 slices of Domino's medium hand-tossed grilled chicken, bacon, onion, and mushroom pizza (215 calories each)

Steal Your Kids’ Snacks

These lunch box faves taste just as good grabbed from a briefcase or purse—at a waistline-friendly 120 calories or less

- Mann's Snacks on the Go Celery, Carrots, Grape Tomatoes & Ranch Tray
  80 CALORIES
- Sargento Natural Blends Double Cheddar Cheese Snacks
  90 CALORIES
- Earth's Best Sweet Potato
  60 CALORIES
- Sun-Maid Vanilla Yogurt Raisins
  120 CALORIES
- Chobani Champi- ons Vanilla Chocolate Chunk Greek Yogurt
  120 CALORIES
- Go Snacks SunChips Harvest Cheddar Snacks
  100 CALORIES

ONE-WORD DIET SWAP

Saying “I don’t” in the face of temptation (“I don’t eat cake”) instead of “I can’t” (“I can’t eat that”) may boost diet stick-to-itiveness, new research suggests. “Can’t” signals deprivation, while ‘don’t’ helps you feel determined,” explains study author Vanessa Patrick, Ph.D. The word switch may also keep diet-wrecking “friends” at bay: When people say “don’t,” others perceive them as having stronger conviction, a follow-up study found.