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THE
LOOK GREAT
Naked
Plunge Into The New Year
With One Fierce Bod
DIET

After indulging in one too many cookies, cakes, brownies, you name it, at those holiday fiestas, there's no better time than now to tackle your new year's resolution to shed a few pounds. And CW's got just the plan for you! In his new book *Look Great Naked Diet* (Penguin Group, \$19.95), Brad Schoenfeld, certified strength and conditioning specialist (CSCS) and owner of The Personal Training Center for Women in Scarsdale, NY, stresses the importance of food management and understanding your body type to shed those extra pounds. CW Associate Editor Dina Mirel hooked up with the fitness pro to find out just what it takes to look great naked this year...

Food Management

The first step to prepare for the *Look Great Naked Diet* is figuring out how many calories you'll need to consume in a day. You can figure this out by following certified strength and conditioning specialist Brad Schoenfeld's simple formula: $\text{Ideal Body Weight} \times 14 - 500 = \text{Daily Calorie Intake}$.

After determining how many calories you need, the secret to the diet's success is managing the foods you eat properly, particularly when it comes to protein. "Your protein intake should remain constant," Schoenfeld instructs. "To figure out how much protein you should be eating, start by determining your ideal body weight. For example, if you want to weigh 125 pounds, you should be eating 125 grams of protein per day." (Note: a 4 oz. piece of lean meat such as a chicken breast, tuna steak or lean steak has about 30 grams of protein.) "Keeping protein No. 1 reduces the chance your body will lose muscle because when you don't eat enough protein, your muscles start depleting," shares the nutrition guru.

The next step in food management is manipulating your carbohydrate intake based on your body type, which Schoenfeld has broken into three categories—type 1, type 2 and type 3. "Type 1 people have a difficult time losing weight and/or are heavy by nature; carbohydrates should make up only 35 to 40 percent of their daily calorie intake," he details. "Type 2 people build muscle easily and have more of an athletic physique; carbohydrates should make up about 45 to 50 percent of their calories. Type 3 people are generally skinny, lanky and find it hard to gain weight and muscle; carbohydrates should make up about 55 percent of

Photo courtesy of Figueras. More info at www.figueras.com



their calories." However, Schoenfeld reminds, "All carbs are not equal. The rule is to replace white flours with brown starches. For instance, eat multi-grain bread and brown rice rather than white bread and white rice."

After determining your necessary protein and carbohydrate intake, whatever percentage of calories is left over will come from fat. Like carbohydrates, though, not all fats are created equal. Rather than eating the dark-meat chicken right off the

bone, try a white-meat chicken breast. "Also, you must stay away from the trans fats," warns Schoenfeld. "Avoid most baked goods, especially those with margarine, and avoid anything with 'partially hydrogenated' on the label like the plague."

Get Fit!

While healthy eating is the first way to kick off your new year's diet, you'll need to do some metabolism-increasing exercises to truly tone your bod. Here, Brad Schoenfeld offers up a few simple moves to get started...

DUMBBELL SQUAT Begin by standing with feet flat on the floor, shoulder-width apart and toes pointed slightly outward. Grasp one lightweight dumbbell in each hand and allow arms to hang at your sides (palms facing in). Slowly lower your body with your legs until your thighs are parallel with the ground. Your back should be straight and your heels should stay in contact with the floor at all times. When you reach a "seated" position, reverse direction by straightening your legs and returning to the starting position. Do three sets of eight to 15 reps.

BEND DUMBBELL ROW Stand with your body bent forward at the hips, making sure your back is straight. Hold one lightweight dumbbell in each hand, allowing

LOOKING GOOD

Craving a lean, mean, svelte form this season, but not quite sure where to start? Pick up a copy of *The Look Great Naked Diet* (Penguin Group, \$19.95) by Brad Schoenfeld, CSCS, at your local bookseller and soak up the author's expert advice on how to lose those pesky pounds and, more importantly, how to keep the weight off for good!



arms to hang straight down from your shoulders with your palms facing in toward your body. Keeping your elbows close to your sides, bend elbows and pull the dumbbells up toward your body. Contract the muscles in your upper back and then slowly return the dumbbells back to the starting position. Do three sets of eight to 15 reps.

MODIFIED PUSH-UP Begin with your hands (palms down) shoulder-width apart and knees on the floor. Your torso should remain tight, keeping your back perfectly straight. Bend your arms and slowly lower your body downward, stopping just before your upper chest touches the ground. Feel a stretch in your chest muscles and then reverse direction, pushing your body up along the same path back to the start position. Do three sets of eight to 15 reps.

TIME TO EAT

Once you've figured out your personalized weight-loss plan of attack, you'll be ready to get groovin' and start losing that holiday bulge! To get started, follow this week-long menu, which Schoenfeld created exclusively for *CW*, and you'll be on your way to looking great naked in no time. Keep in mind, every person's portion size varies depending on his or her own personal food management levels.

day 1

Breakfast: One piece of multi-grain bread with a mushroom and spinach omelet, made from one egg yolk and the rest egg whites. Coffee or tea, black or with an artificial sweetener and/or 1% milk.

Mid-morning snack: One large plum.

Lunch: Tuna salad atop mixed greens and tomato, drizzled with a tablespoon of olive oil.

Mid-afternoon snack: One medium-sized pear.

Dinner: Broiled salmon with asparagus or any other type of green vegetable.

day 2

Breakfast: Bowl of cream of wheat with a scoop of whey protein powder. Coffee or tea.

Mid-morning snack: Strawberries.

Lunch: Grilled chicken breast with steamed brown rice.

Mid-afternoon snack: Cup of plain yogurt with berries.

Dinner: Grilled sirloin steak with sautéed spinach.

day 3

Breakfast: Cottage cheese with a slice of multi-grain bread. Coffee or tea.

Mid-morning snack: One large orange.

Lunch: Grilled chicken atop a large salad of mixed greens and tomatoes, drizzled with olive oil.

Mid-afternoon snack: Mixed nuts.

Dinner: Steamed sea bass with green beans.

day 4

Breakfast: Bowl of oatmeal with a scoop of whey protein powder. Coffee or tea.

Mid-morning snack: Raisins.

Lunch: One veggie burger on multi-grain bread with a large salad of mixed greens, drizzled with olive oil.

Mid-afternoon snack: Cantaloupe.

Dinner: Broiled scallops with sautéed spinach.

day 5

Breakfast: Bowl of All-Bran cereal with 1% milk. Coffee or tea.

Mid-morning snack: One banana.

Lunch: Roasted turkey breast with a large salad, drizzled with olive oil.

Mid-afternoon snack: One large peach.

Dinner: Baked flounder and zucchini.

day 6

Breakfast: Bowl of Kashi with 1% milk. Coffee or tea.

Mid-morning snack: One medi-

um-sized apple.

Lunch: Grilled chicken breast on rye bread with a large salad of mixed greens, drizzled with olive oil.

Mid-afternoon snack: Cup of plain yogurt with mixed berries.

Dinner: Baked fillet of sole with cooked broccoli.

day 7

Now, for the fun day! Schoenfeld calls Day 7 a "re-feed day," which means you can eat whatever you want one day of the week as long as you have six days of healthy eating. While white flours and white rice are fair game, the nutrition experts still warns against indulging in trans fatty foods. "There are a couple reasons for the re-feed day," explains Schoenfeld. "It helps dieters psychologically because when people deprive themselves of certain foods, they're more likely to binge and get frustrated. The re-feed day also helps regulate hormone levels so the metabolism doesn't slow down. Thus, you don't reach that dreaded dieting plateau." **CW**