



dietfitness



# 26 minutes to thin

Our walking plan will take you from flab to fab—fast *by Jorge Cruise*

**S**tuck with stubborn pounds? You can stride your way to a slimmer you—no marathons required. Just try my simple plan.

Here's how it works: Every day for four weeks, you'll spend 26 minutes walking: a three-minute warm-up, a 20-minute power walk, and a three-minute cooldown. For maximum weight loss, march out the door bright and early in the morning—and do it on an empty stomach. Why?

Some research suggests that exercising before you eat breakfast may help you whittle down faster. The reason: When your body is full of food, your insulin levels rise—and when those levels are elevated, you can't burn fat. So the best time to hit the pavement is right after you wake up, since you probably won't have grabbed a bite in at least six hours.

How to get fit fast? Whether you're a beginner or already a footpath regular, the trick is to find the

right pace. Go too slow for your level and you can hit a weight-loss plateau, where you walk and walk without seeing the scale budge. Exercise so hard that you end up super sore for days and you'll do the worst thing possible: lose your motivation. The last thing you want is to burn out and start rationalizing your way out of exercising at all.

To find the best stride, try to talk while you're walking and see how hard it is. If you're a beginner, for ►

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Have a weight-loss question? E-mail Jorge at [jorge@3hourdiet.com](mailto:jorge@3hourdiet.com).

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example, you shouldn't be pushing too hard; you should have enough breath to carry on a conversation. However, I've found that if you're able to talk nonstop for 20 minutes, you're not moving fast enough. An avid walker? Chatting should leave you huffing and puffing.

Over the weeks, you'll grow stronger, so you may need to bump up your speed (or walk up a few

hills) to keep the fat burning.

Ready to get fit? Starting tomorrow, set your alarm clock 30 minutes earlier. Then lace on a proper pair of walking shoes (see "If the Shoe Fits...the Feet Won't Hurt," *below*), chug a glass of water, and head for the door. If you want to lose even more weight over the next four weeks, stick to a 1,450-calorie daily diet.

### GREAT GIVEAWAY!

One lucky winner will receive a Precor treadmill and, from Jorge Cruise, an exercise audiobook and an MP3 download to listen to while walking. That's a total value of more than \$4,000! Twenty-five runners-up will win prizes too. Details, page 218.

## To lose more, walk right!

For a workout that's more than just leg exercise, copy this woman's total-body style



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For more walking tips, watch Jorge Cruise's video exclusively at [goodhousekeeping.com](http://goodhousekeeping.com)

### IF THE SHOE FITS... THE FEET WON'T HURT A sneaker-shopping guide

The price of bad shoes is high—blisters, shin splints, heel spurs, arch pain, and more. How to find some soothing soles:

- **Get to know your feet.** They can be flat, high-arched, or somewhere in between. Not sure what yours are? Make a footprint, says Stephen M. Pribut, D.P.M., president of the American Academy of Podiatric Sports Medicine. "Dip your foot in water and then step on a paper bag," he says. "The more of the print you can see, the flatter your foot is."
- **Give your toes wiggle room.** They need "a finger's width of space in front of your longest toe," says Dr. Pribut. Also, take off the shoe and bend it with your hands to make sure the front—but not the arch—flexes easily.
- **Put a sock in it.** When you go shoe shopping, don't wear nylons or those slip-ons stores hand out. You need to wear (or bring) athletic socks—otherwise, you'll end up with too-tight sneakers.
- **Admit it when your shoes need replacing.** If the edge of the heel is tilted and worn down, it's time for new shoes—you owe it to your feet. According to Dr. Pribut, a pair should last for six to nine months.

—Jane Bianchi

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