



Careful with cleanses. Drinking only juice can yield temporary weight loss, but expect the pounds to come back.

3 WAKING UP SUPER EARLY TO WORK OUT

Why It Won't Work

If you're also staying up late, you could actually be sabotaging your ability to get sculpted. Skimping on shut-eye leaves you hungrier the next day and more likely to reach for sugary, starchy snacks. It can also destabilize

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hormones, upping your risk of diabetes and obesity. Make it a priority to get seven to nine hours of sleep each night (resist that Netflix binge!). Stress can increase insulin as well, causing fat cells to pack on pounds and often leading to overeating, says Ludwig. Relieve tension with daily meditation, stretching or 5-minute walks outside.

4 CUTTING OUT ALL CARBS AND FAT

Why It Won't Work

An important PSA: Not all carbs are evil, and fat-free products often have more sugar or additives than regular versions, says Felicia Hackett, RD, nutritionist at Hilton Head Health. On the other hand, full-fat foods (like yogurt) typically leave you more satisfied, so you won't

crave another snack. And while saturated fat may harm your health, monounsaturated varieties (found in avocados and nuts) are better for you. As for carbs, they're a crucial part of a healthy, get-slim diet—the fiber fills you up faster and keeps you fuller longer. Just choose 100% whole-grain crackers, pasta and bread, and have more whole fruit and ancient grains such as quinoa.

5 ONLY WORKING OUT WHEN YOU HAVE A FULL HOUR

Why It Won't Work

Don't ditch exercise just because you can't carve out 60 minutes or you're likely to skip out on a regular routine. If you haven't tried HIIT (high-intensity interval training), add it to your repertoire—*stat*. Doing 30 seconds of all-out effort (like sprints or jump squats), followed by 30 seconds of active rest (such as walking or biceps curls) and repeating four to eight times melts fat faster than an hour of moving at a moderate pace. "Push yourself as hard as you can and you can spend less than half the time working out," says Calabrese. Also keep in mind, a sweaty workout isn't the only way to get in shape. Classes like yoga, Pilates and barre provide toning benefits you won't get from the elliptical and they don't make you drenched.

6 GOING ALL-NATURAL OR GLUTEN-FREE

Why It Won't Work

"All-natural" doesn't necessarily mean healthy—or skinny. The FDA has no set definition for natural, so companies can stamp any of their products this way, says Hackett. Instead, check the ingredients list to make sure you recognize what's there and that high-fructose corn syrup or another preservative

isn't in the top three. Unless you're gluten intolerant, gluten-free labels may also be misleading, because these foods are often heavily processed. (Cinnamon buns can be gluten-free, for instance, but not waistline-friendly.) If you want to cut down on gluten, eat more veggies, fruits, seeds, legumes and healthy proteins, which will also help you drop a size.

7 USING THE GYM AS AN EXCUSE TO OVERINDULGE

Why It Won't Work

You can't lose a significant amount of weight without paying attention to what you eat, says Lawrence Cheskin, MD, director of the Johns Hopkins Weight Management Center. You'd need to walk for about an hour to burn off a small brownie—and that's only one food in a day. While it's okay to have dessert occasionally, don't eat a big portion and plan to work it off later. Aim for 400- to 500-calorie meals and 100- to 150-calorie snacks by filling your plate with fruits, veggies, fish and legumes, and cutting back on empty calories.

8 DOING A JUICE CLEANSE

Why It Won't Work

Juicing has its benefits, but sipping liquid produce alone for days isn't the best approach to weight loss. Even if you shed a few pounds during a cleanse, you're likely to gain them back when you return to eating whole foods. Also, while you get antioxidants with these drinks, they lack fiber to keep you full, protein to support strong muscles and fat to absorb vitamins, Hackett explains. (They do have a lot of sugar, though.) To get fit, eat clean and pump up your intake of whole produce.

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