



EVERY WOMAN NEEDS THESE TRICKS!

# Fight the “Friday Fat Curse”

Research shows the last day of the workweek may be the unhealthiest. Here are five reasons...and how not to get Friday-ed. *By Gina Roberts-Grey*

**O**ur bodies *love* Fridays. Not only are we happier, research suggests, but, according to a Finnish study, we also start the day at our slimmest.

There’s just one little catch: Friday is the day of the week that we stop eating healthfully. Why? “A lot of people like to eat and drink as a way of celebrating, and Friday is a big celebration day,” says organizational psychologist Michael Woodward, Ph.D., author of *The You Plan*. “It’s like we can feel the weekend at our fingertips.” But

not to worry—you don’t have to give up your weekly happy hour; you simply have to learn to spot the following subtle factors that trick you into overindulging:

## YOU’RE SURROUNDED BY FREE FOOD

Bottomless buffalo wings and fries may sound like a bargain, but this happy hour perk can come with a price. “Just as we tend to buy a dress that doesn’t really fit because it’s on sale, so too do we eat items

because they’re free,” says Chicago clinical psychologist Elizabeth Lombardo, Ph.D., author of *A Happy You*. “We feel like we’re getting something for nothing.”

**THE FIX:** Ask yourself, Would I *pay* to eat this? If not, then don’t put it on your plate.

## YOU’VE BEEN PLANNING FOR FRIDAY

Building up a special food experience in your mind (that fancy dinner out at a hot new restaurant! those end-of-week office cupcakes!) can sometimes work against you, says Lombardo. “Once the food is there, you might think, I have been dreaming about this all week,” whether or not

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