



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*

Our 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

you're actually hungry, she says. "As a result, you eat more simply because that's what you envisioned you would do."

THE FIX: Get excited about a special meal, but once you sit, "stop and really taste what you're eating," says Lombardo. "Don't eat what you don't enjoy."

YOU HAVE THE "DRUNK MUNCHIES"

They're a real thing: When participants in a Scottish study were given a drink spiked with a double dose of alcohol, they ate 15 percent more calories than when they'd had a nonalcoholic beer.

THE FIX: Simple—limit yourself to one alcoholic drink. (And if you can, choose white wine. Unlike red wine and beer, a glass of white before eating may actually *decrease* hunger, according to Australian research.)

YOUR FAVORITE MUSIC IS ON

British researchers found that eating or drinking while listening to music can make you think your food tastes better than it actually does, especially if the song reminds you of happy times. "Upbeat music stimulates the release of dopamine, the same feel-good chemical that puts the excitement in sex," says Springboro, Ohio, family physician Robert A. Kominiarek, D.O. On the plus side, you'll be happy. On the minus side, you may want seconds!

THE FIX: Can't change the music? "Sit rather than stand to eat," says Coral Arvon, Ph.D., director of behavioral health and wellness for the Pritikin Longevity Center & Spa in Miami. "A state of relaxation makes you more mindful, so you won't munch as much."

YOU'RE JUST PLAIN EXHAUSTED

On average, Americans get about 42 fewer minutes of sleep on work nights than we feel we need, found a National Sleep Foundation poll. So by Friday many of us are down nearly three hours for the week—and researchers know sleep deprivation can increase appetite, especially for high-calorie foods. "Ghrelin, the 'go' hormone that tells you when to eat, increases, and leptin, your 'stop' hormone, is reduced," explains sleep expert Michael Breus, Ph.D., coauthor of *The Sleep Doctor's Diet Plan*.

THE FIX: Eat a protein-rich Friday breakfast, such as eggs, hot quinoa, or Greek yogurt. Protein tames ghrelin production better than high-carb foods, one Dutch study found. And get more shut-eye next week. **G**

BODY BY GLAMOUR

5 Ways to Actually Like Exercise

Because working out shouldn't feel like, well, *work*

By Shaun Dreisbach

Some fitness routines have taken suffering to a whole new level: heated barre? Prison-style workouts? Yeah, no thanks. But there are ways to make exercise fun, even this time of year, when all you want to do is stand spread-eagled in front of the air conditioner. Here, the absolute best, most creative tips we've heard.

#1 Get outside—and do it early. You'll feel the benefits all day long: Just five minutes of outdoor activity improves your self-esteem well after you're done, research shows. (It might also help you slim down faster. A Northwestern University study found that people who got natural light exposure in the morning had lower BMIs than those who caught rays later in the day.)

#2 Rename your workout. "We equate exercise with drudgery rather than focus on how great it makes us feel afterward," says Beverly Hills celeb trainer Teddy Bass (Cameron Diaz's pro). "I have clients who literally rename it—try calling it 'going to Endorphinville' or 'happy-cise.' That alone can help reframe how you feel about working out."

#3 Think about what you loved to do as a kid. Now do that. "We often default to the treadmill or elliptical, and don't stop to think about all the other possibilities that are more playful—and joyful for us," says Michelle Opperman, regional director of group fitness at San Francisco Crunch gyms. Abandon the treadmill to ride your bike, swim in a lake, or climb a rock wall.

#4 Hunt down an amazing instructor. Her style can determine whether a class will motivate you—or drag on. "Get recommendations from your friends," says Opperman. "Or your gym's front desk will know which instructor is known for great music or infectious energy."

#5 Change one thing about your workout every time. It could be the location, the intensity, or the moves. "Most people wind up doing the same routine over and over," says Bass. "*Bor-ing!* It's a proven fact that if you do something fresh, you'll take more pleasure in it and therefore stick to it."

Love to dance? Make that your workout.

