

YOUR BEST FOOD COURT

need an energy boost, try one of these healthy snacks with ingredients from R.D., of Brigham and Women's Hospital in Boston. You'll be able to

1 Junior 96% fat-free soft serve TCBY Frozen Yogurt (170 calories, 7 g fat) Order with a topping of slivered almonds to up the energy-boosting protein and get a dose of healthy fats.



2 Auntie Anne's Whole Wheat Pretzel (350 calories, 1.5 g fat) This snack packs 7 g of fiber and a steady release of glucose (a.k.a. blood sugar).



FC tip

You may be able to think yourself thin. When researchers told a group of women that they were getting good exercise while cleaning, they were slimmer one month later than others who performed the same daily tasks. To tap into the power of positive thinking, tell yourself taking the stairs tones your tush and lifting boxes builds your biceps.

Source: Psychological Science



we love this snack!



Kettlecorn from Popcorn, Indiana, will make you think you're cheating on your diet. With just 120 calories in 2 cups, it's the perfect healthier movie munchie or potato chip alternative. Find it at your grocery store or popcornindiana.com.

how I lost it!

Name: Leslie Smith
Hometown: Warner Robins, Georgia
Age: 36
Height: 5'3"
Previous weight: 206 pounds
Current weight: 145 pounds
Pounds lost: 61



How I got fit I gained after college, because I didn't take time to exercise or eat right. But I realized that I needed me-time, so I started to run three or four days a week. If tempted to skip, I remember that it's stress relief—not something I *have* to do.

My healthy eating strategy Using magazine recipes for inspiration, I map out my family's dinner menus twice a month and shop for two weeks of groceries at a time.

How I stay motivated I think about how my friends look to me as a weight-loss mentor. It makes me want to keep setting a good example.



Want to share your weight-loss story? Send an e-mail of 200 words or less describing how you did it to dietsuccess@familycircle.com. Please include photos.