

Good Housekeeping's
quick & simple
 June 19, 2007

INSTANT WIN!
 THIS WEEK: 50 CORDLESS MOPS
 PLUS: WIN A \$15,000 BRAND-NEW KITCHEN
 PEEL HERE TO WIN →

EXCLUSIVE!

South Beach

23 EASY RECIPES

Diet!

... & Lose Weight, Too!

Feeling Good

A Swimsuit Helped Me Lose 50 Lbs!

Confronting her flab in a photo inspired Julianne Cornelius to drop 6 sizes!
 Photographs by Terri Glander

Something Clicks!

At 185 lbs., 5-foot-9-inch Julianne Cornelius knew the size "large" bikini she tried on in a fitting room in May 2004 was too small for her. But she bought it anyway, promising herself: "I'll lose weight and fit into it by summer." As a size 16, the former beauty queen from Floydada, Tex., had accumulated a closetful of clothes that didn't fit because she had been gaining weight for years. When an entire season passed without the mother of two boys — Skyler, 21, and Jordan, 15 — losing the weight to wear that bathing suit, she realized she couldn't slim down on her own. First, Julianne, 43, had her husband, Eric, take a photograph of her in the tight two-piece for inspiration. Then she drove to the nearest LA Weight Loss Center in Lubbock, Tex. — 50 miles away!

Smarter Choices

As the unflattering photo hung in both Julianne's closet and her kitchen to remind her to stay on course, Julianne learned how to diet successfully: Eat

five times a day and consume three portions each of protein, vegetables and fruits; two each of dairy and starches; one serving of fat; and two nutrition bars. By following the instructions meticulously, Julianne lost 7 lbs. in the first week. Her weight loss slowed to 1 lb. to 2 lbs. a week after that, but it still kept Julianne motivated. Documenting in a journal every bite she took and meeting each week with an LA Weight Loss counselor helped her fend off temptation. A former aerobics instructor, Julianne also got some Leslie Sansone DVDs, working out every morning in front of her television. "At home, there's no wind, rain or mosquitoes to stop me!"

Picture Perfect!

By summer 2005, the two-piece still didn't fit — it *swam* on her newly achieved 135-lb. frame! So Julianne went shopping again. "I have six bikinis now, and they're all a size 4!" she says happily. "My husband picked them out for me. He goes through catalogs saying, 'Order it!'"

Julianne's 3 Best Weight-Loss Tricks

Here's how she thwarts temptation — and hidden calories!

- **Pack your own snacks.** Julianne packs herself raw veggies and fat-free dressing while her sons and husband devour chips and dips on outings.
- **Order first.** When eating out, Julianne gives a waiter her low-cal order first. "This stops me from being tempted by what others order."
- **Use mini cutlery.** Julianne eats yogurt with her sons' baby spoons. It slows down her eating so her body registers when she's had enough.

Eric confesses: "I enjoy seeing her so happy!" She also water-skis like the rest of her family now. "It used to take me five tries to get my balance," she marvels. "But I feel as light as a feather on the lake." Brand-new photos of Julianne that grace her closet and kitchen capture her svelte self. "The photos say I live for today now because this is what I look like!"

"Pam-fried" Tilapia

"Tilapia is a whitefish that is so affordable," says Julianne of her favorite seafood. She eats this ultra low-cal entrée — whipped up in under 10 minutes — over brown rice.

Serves 4

- 4 tilapia fillets (4 oz. each)
- ½ tsp. salt substitute
- ½ tsp. black pepper
- ½ tsp. Creole seasoning

1. Pat fish fillets dry with paper towels. Combine seasonings in a small bowl, then sprinkle evenly over both sides of fish.
2. Warm a 10-inch nonstick skillet coated with nonstick cooking spray over medium-high heat. Add fish and cook 3 to 4 minutes per side, until fish flakes easily with a fork.

Each serving: About 109 calories, 10g protein, 2g carbohydrate, 3g fat (0g saturated fat), 1g fiber, 0mg cholesterol, 260mg sodium

Yummy fried fish! Only 109 calories a serving!



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Julianne lost **50 pounds**



Before **185 lbs.** size **16**

After **135 lbs.** size **4**

Q How can eating five times a day like Julianne slim you down?
A Eating smaller meals more often, says registered dietitian Keri Glassman, author of *The Snack Factor Diet*, ends the self-defeating habit of starving and then stuffing yourself with fattening foods sure to throw off any diet. "Snacks anchor your health — and your weight — keeping you on an even keel and making dieting smooth sailing," she says. Julianne always planned ahead for all her meals, and this was key to keeping her calories — and her willpower! — in check.

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Julianne Cornelius as featured in Quick & Simple

