

## **How To Get A “Model” Body**

### **By Trish Schwartz**

If you think Jennifer Aniston, Madonna, Christie Brinkley and Janet Jackson are just blessed with those worshiped bodies, think again. They, as well as many other celebrities, who have bodies to die for, have all been over weight at one time. The reason they have the physique they have now is because they work darn hard for it.

Throughout my 20 years in the fitness profession, I have heard too many excuses why someone is over weight. Its easy to blame it on genetics, having babies, medical conditions and old age, but the fact is that those conditions do not doom anyone to being over weight, much less down right fat. The real reason is over eating, whether blatant or gradual as well as lack of physical activity.

Over time, an unfit lifestyle changes the body’s physiology so much that losing weight becomes a struggle. However, losing weight is certainly not impossible and does not have to be uncomfortable or difficult. Most people just want instant gratification and an easy method of achieving weight loss. They want their cake and eat it too! That’s why the weight loss industry is inundating our lives with gadgets, gimmicks, diet aids and miracle foods and their bank accounts are fat and happy and the people who have tried so many of those products are still fat and miserable.

I witness so many people lolly gagging on the treadmill or barely pedaling the bike while they are engrossed in a magazine article. Just the fact that they are investing some time in physical exercise is a positive effort. Certainly they will have a better fitness level than if they were not doing anything, but if they are not losing weight it is because they are not working out hard enough, they are not consistent with their workouts and they are probably not on an optimal eating plan that will instigate weight loss.

If you want to lose weight, you have to eat an appropriate amount of calories for your body’s needs and you have to put some effort into your workouts. You have to find a lifestyle of healthy eating and enjoyable exercise that will get the weight off and keep it off. Grant it, you may not ever have the slim little body you had when you were in your early 20s, if you even had that, but you will be at a reasonable weight.

For those of you who are 15 pounds over weight and cannot get it off, get in gear and exercise a little longer, more often or with more intensity and be mindful of what you are putting in your mouth. For those of you who are 25 – 50 pounds or more over weight, you have some serious changes to make and some work to do. Stop trying all the “fad” diets and exercise equipment that claim to guarantee results. Those results will happen with any equipment as long as you are working consistently and with some effort. It is a factor of your heart rate and your muscular challenge that creates success in fitness and weight loss, not the equipment you are using. It is a factor of how much food and what kind of food you are eating that creates success in health and weight loss.

So stop looking for the “best” exercise and the “best” diet. There is none. It is different for everyone. The best exercise is a wide variety of activities that YOU enjoy doing and will do, especially if you work out at a challenging level. The best diet is a balanced diet with the appropriate amount of calories for YOU and the food you enjoy eating. So many people are caught up in the high protein, low carbohydrate mentality or the very low fat mentality. They go on “diets” that incorporate these strategies and they can’t wait to get off those diets so they can eat the way they really want. Guess what? Those people are still trying to find something that works.

Most females only need somewhere between 1500 and 2000 calories a day and most males only need between 2000 and 3000 calories a day, depending on their height, bone structure, muscular mass and activity level. People who are over weight are consuming more food than they need and/or not doing enough physical activity. PERIOD! How many of you really know how much you are consuming?

I had a client tell me the other day that she doesn’t over eat, but she stops eating when she is full. A typical meal for this person was a personal pizza and a soft shell taco. We are talking about almost 1000 calories in one meal! That’s too much food for one meal and if all your meals consist of that type of eating, you are going to get fat if you are not already there. If you have no clue, get some help from a professional. Stop blaming anything and everything for your weight gain demise. Do something about it. Make the changes you need to make to be successful with weight loss and good health.

If you want to look like Jennifer Aniston, you are going to have to consume about 1500 calories a day, with foods that consist of lean protein, whole grains, fruits and vegetables, as well as very little dessert or alcohol. In addition, you must workout 5 – 6 times a week. That includes an intense aerobic activity and some challenging resistance type training. That is what the famous entertainers, models and fitness professionals do to have those bodies. Janet Jackson got her physique by eating only 900 calories a day (vegetarian only diet) and she engaged in a very grueling exercise program consisting of boxing, running and lots of sit-ups. She probably maintains that body with around 1500 calories a day, but still has to work out hard and often.

So, do you want a “model” body? You pretty much have to be meticulous with your diet and exercise. If that is too rigid for you, than you can have a nice physique and be at a healthy weight by consuming less than 2000 calories a day and consistently working out three times a week. The strategy for males is the same, although, because men are typically larger and more muscular than women, they can get away with eating more calories a day. I have interviewed many over-weight men and analyzed their eating habits. They all consumed well over 4000 calories a day. Too much food!

Here is a project for you. Every time you go out to eat, watch what people order and how much food they eat, paying attention to their physique. Just last night I was at a Mexican restaurant. Fortunately, the poor girl across from me was unaware that I was stocking her eating frenzy to use her as an example for this article! Besides the basket of tortilla chips she consumed, she ordered two very large burritos. When her main meal

came, she wolfed it down in exactly five minutes. She topped the meal off with two margaritas. Most of you, who drink margaritas know they are usually pretty big. I estimated she consumed about 2100 calories in her dinner. How many calories did she have the rest of the day? I have no idea. But, I do know that, for her 5' 4" frame, she had about 300 more calories than she should have had for the entire day. Even if she ate a slight breakfast and lunch, say 600 calories total, she was way over eating. Was she fat? Yes!

I had another client who had been working out at my fitness center for over four months. She was frustrated because she had only lost 10 pounds. She had about 40 left to lose. She consulted with me. I spent several weeks analyzing her diet by having her keep a food log for me. I estimated that she was consuming an average of 1500 calories a day. I know she was working out a lot because I saw her in there all the time. I got frustrated because I could not figure out why she was not losing any more weight either. She was eating the right foods, in the right distribution and an appropriate amount of calories. At least, that's what she said on her food log!

Soon after, she joined weight watchers. She has lost 30 pounds! I am very familiar with the Weight Watchers plan. They teach you how to eat right and eat the appropriate amount. The diet logs she showed me reflected the Weight Watchers way of eating. What happened? She wasn't putting everything down on her diet log! Plain and simple.

So, stop fooling yourself. Stop being in denial. If you want something bad enough, whether its losing weight or getting a college degree, you know what you have to do to get it. Its entirely up to you.

Trish Schwartz has been a fitness professional for over 20 years. She has a B.S. in Physical Education and M.Ed. in Exercise Physiology. She is A.C.S.M. certified. Trish's specialty is in weight loss and rehabilitative fitness programs. This article is a little blunt, but it is an excerpt from a book she is writing that presents a sarcastic view of the fitness world in America from a fitness professional's point of view. The book is suppose to give you a little slap in the face to help get you on the right track. Hopefully, this did not hurt too bad. Good luck.