



FAMILIARITY BREEDS CONTENT

In a recent study from Boston University, researchers gave overweight adults meals with varying amounts of high-fiber, heart-healthy, and weight loss-promoting pulses (such as black beans and lentils). After 6 weeks, the testers (who previously weren't regular eaters of beans) rated the foods higher in terms of flavor than they did at the start. The researchers believe that avoided foods can become more enjoyable with repeated exposure. Tip: Add a disliked healthy food to your diet once every day or two for a couple of months and see if it "takes."

YOUR BEST MOVE

Hinge Turnout

This simple exercise from *Prevention's* new *Flat Belly Barre* DVD (\$19.95; flatbellybarre.com) will strengthen your lower body to help counter the negative effects of sitting. "The multi-purpose move tones glutes, abs, and the lower back, an area known for being weak due to bad posture," says Suzanne Bowen, creator of the BarreAmped fitness method. "When you slouch, the tailbone tucks underneath your body, causing tension in the lower-back muscles. Do this move 3 times a week to engage those muscles and strengthen the natural curve in the spine."

TRY IT Stand with feet hip-width apart, right hand on hip and left hand on back of chair. Transfer weight onto left heel, keeping knee bent. Hinge at hips, leaning torso slightly forward. Lift right leg straight back 6 inches off floor, toe pointed out, and bend knee at 90-degree angle with foot to left. Pulse right leg up and down 1 inch for 20 reps. Repeat on opposite side.



FROM LEFT: AOMACTH/GETTY IMAGES. ILLUSTRATION BY ARTHUR MOUNT

10 MINUTES TO SLIM & STRONG FOR LIFE!

For the new 8-week program that helped Berlin and many other women get in shape with 10-minute meals and 10 minutes of daily exercise, go to Fitin10SlimandStrong.com. Has Fit in 10 transformed your life? Send your story to readerstories@prevention.com.



"I love this wrap," says Berlin. "The rainbow chard adds a really nice earthy yet sweet flavor. So filling!"

MEAL OF THE MONTH

Rainbow Chard Chicken Wrap

Craving a deli sandwich? This light and delicious alternative is packed with metabolism-boosting protein and energizing nutrients—and will save you more than 500 calories, compared with a 12-inch Italian sub.

Serves 1

Prep time: 10 minutes

Total time: 25 minutes

- 1 tsp olive oil
- ½ med onion, chopped
- ½ med sweet potato, peeled and chopped
- ½ red bell pepper, chopped
- 2 leaves rainbow chard, stems removed and chopped
- 4 oz cooked chicken breast, sliced
- 2 Tbsp 2% Greek yogurt

1. In medium skillet, heat oil over medium heat. Add onion, sweet potato, bell pepper, chard stems, and salt and pepper to taste. Cover and cook, stirring occasionally, until sweet potato is tender, 8 minutes.

2. Spread chard leaves on work surface and divide chicken between them. Top with sweet potato mixture and dollop of yogurt. Roll up chard, tucking in sides. Secure with toothpick if necessary.

NUTRITION (per serving)

356 cal, 42 g pro, 25 g carb, 6 g fiber, 11 g sugars (0 g added sugars), 10 g fat, 2 g sat fat, 98 mg chol, 614 mg sodium



CLOCKWISE FROM TOP LEFT: MITCH MANDEL, MATT RAINEY, MITCH MANDEL



MAKEOVER OF THE MONTH

KIMBERLEE AUERBACH BERLIN

Age 45

Pounds lost 14.5

Inches lost 15

With 60 pounds of baby weight to lose and getting little sleep, Berlin struggled to keep up with her two toddlers. "I'd start my day with sugary coffee, and by afternoon I'd reach for candy," she says. "I was stuck in a terrible cycle." Then Berlin signed up for Fit in 10. The first week, 10 minutes of gentle strength training a day and easy food changes (such as putting stevia in her coffee instead of sugar) boosted her mood and energy. In 8 weeks, she lost 14.5 pounds. "This program showed me that healthy eating and exercising don't have to be punishing," she says. "I feel lighter, stronger, and empowered to take care of myself."