

GET-FIT GUIDE



Ashlee Simpson-Wentz, who gave birth to son Bronx in November, started working with Braganza in December.

**SHE LOST 25 LBS!**

# New Diet Books

Need to drop a few pounds? Try one of these plans

Skinny Chicks Don't Eat Salads	Go Green Get Lean	The Skinny on Losing Weight Without Being Hungry	Master Your Metabolism
<p>by Christine Avanti</p> <p>The L.A. nutritionist prescribes eating blood-sugar-balancing meals (lean protein, brown rice and veggies) every four hours to lose up to seven pounds in a week.</p> 	<p>by Kate Geagan</p> <p>Adopt a flexitarian diet (heavy on locally grown, organic veggies, low on fish and meat) and lose up to nine pounds in two weeks while reducing your carbon footprint.</p> 	<p>by Louis J. Aronne, MD</p> <p>Aronne says high carb/high fat foods keep fullness signals from the brain. His fix: a low-glycemic diet that triggers hormones that tell the body, "You're full."</p> 	<p>by Jillian Michaels</p> <p>The <i>Biggest Loser</i> trainer advises ditching processed foods for a metabolism-boosting diet of organic nuts, fish, veggies and the occasional scoop of ice cream.</p> 

## BURNING BODY QUESTIONS

Trainer **Ramona Braganza** gives the straight scoop



**Braganza**

- 1. Does diet soda make you crave sweets?**  
 Research is inconclusive as to whether the artificial sweeteners leave you wanting more sugary treats. But sugared drinks like sodas and juices? Yes. "Anything that raises your insulin level makes you crave more sweets," says Ramona Braganza, a spokeswoman for Vitaminwater10.
- 2. Will the Stairmaster make your butt big?**  
 Possibly. "It will really work your glutes and

- hamstrings," says Braganza ([ramonabraganza.com](http://ramonabraganza.com)), who trains Halle Berry and Jessica Alba. Instead, she advises toning your tush with walking lunges and squats.
- 3. Can lifting weights bulk you up?**  
 "Women don't have enough testosterone to get too bulky," says Braganza, who does recommend sticking to five- to eight-pound weights, especially if you build muscle fast.

- 4. Do cleanses work?**  
 "For weight loss, no," says the L.A.-based pro. "I'm still about the old-fashioned way: eating healthy, hydrating and exercise."
- 5. Can you shape up just by doing yoga or Pilates?**  
 "They improve flexibility and core strength, but you have to do a variety of things to get into shape," she says. "Add strength training and cardio."

PHOTOS: JEFFREY MATHIAS; STYLING: JILLIAN MICHAELS