



# Life is better on the Beach.

Bring the South Beach Diet™ lifestyle into your home. Here are some simple suggestions that will have you looking and feeling your best:

## ▪ morning glory

Breakfast truly is the most important meal of the day; a sensible morning meal will keep you satisfied and prevent mindless workday noshing. Stick with staples that are high in fiber and protein and low in fat, such as egg whites, Canadian bacon and fresh veggies. If you don't have time to cook, grab a South Beach Diet™ High Protein Cereal Bar for satisfaction on-the-go.

## ▪ suit up!

As you shed pounds and inches, reward yourself with a few stylish new wardrobe items that fit and flatter your new curves. Stick with trends that work for your particular body type, and achieve balance by pairing a fitted top with looser bottoms (or vice versa). Turning heads as you walk down the street is surefire inspiration for achieving your weight loss goals!

## ▪ move your body

Cardiovascular exercise is crucial to any sensible weight loss plan. Even if you don't have time to hit the gym, there are plenty of ways to incorporate 20 minutes of cardio into your daily schedule. Buy a few workout DVDs, and rotate them throughout the week, or motivate yourself by scheduling evening walks with friends. No slackers allowed—make sure you're pushing yourself by raising your heart rate to 75% of its theoretical maximum.



### **SWEEPSTAKES:**

**win a trip to south beach!**

You're looking and feeling great...  
it's time to hit the beach!

Visit [rachaelraymag.com/southbeach](http://rachaelraymag.com/southbeach) to enter for your chance to win a trip to the 2009 Food Network South Beach Wine and Food Festival, the country's largest and most glamorous culinary extravaganza.

