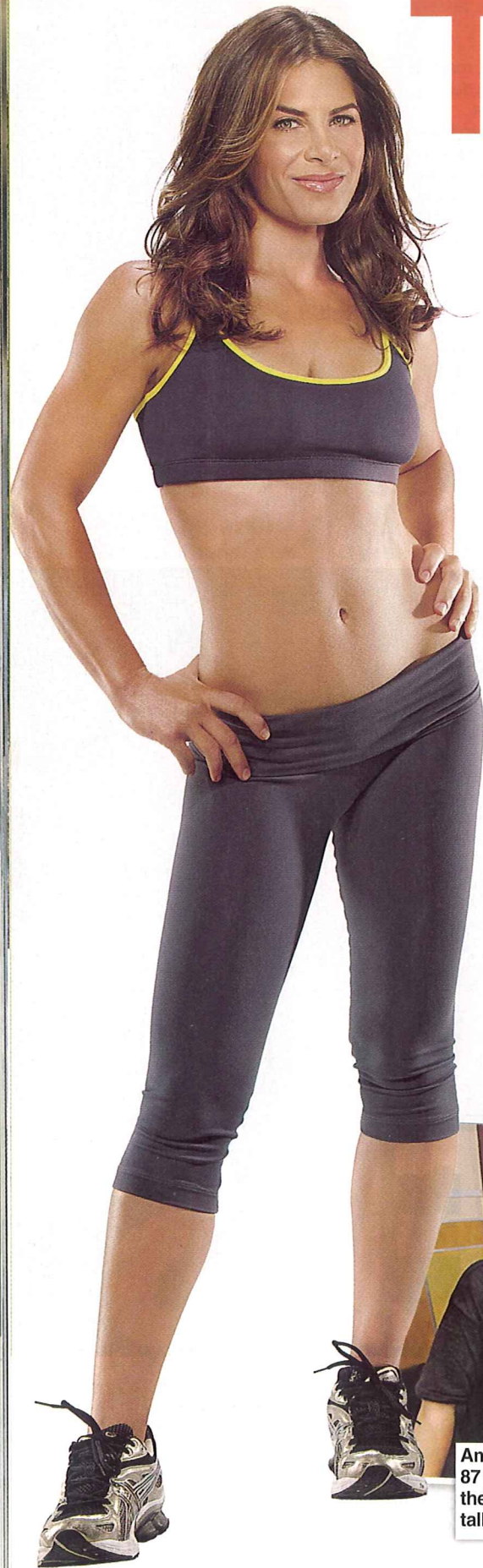
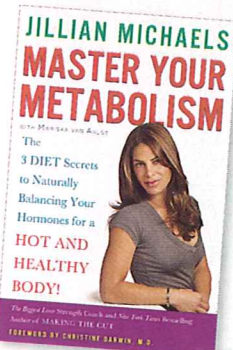


Think yourself thinner

Let Jillian Michaels get inside your head with these tips to help master your mental battles



Getting in shape isn't just about counting calories or hitting the treadmill. Just ask leading health and wellness expert Jillian Michaels, who, as a trainer on the hit NBC competition show *The Biggest Loser*, knows that dropping extra inches requires a mental commitment. Last season, she taught 19-year-old Amanda Arlauskas (who went from 250 pounds to 163 over the course of the season) how to push herself past her mental limits. "I'm so used to being the fat girl, Jillian," Amanda shouted during an intense workout session in season eight's seventh episode. "I'm so used to not knowing how to do this." Jillian's response? "Why don't you change your mind today?" It was important to get Amanda into a better mental place, Jillian later explained. "What I'm trying to do is create an [unpleasant] situation that pushes the contestants out of their comfort zone," she says. Here Jillian, whose new show, *Losing It With Jillian*, debuts on NBC later this year, gives her tips on how to do just that.



Jillian gives her take on what may be causing your weight woes. \$16, amazon.com



Amanda, who lost 87 pounds while on the show, gets a pep talk from Jillian.



THE BATTLE OF THE BULGE STARTS IN YOUR MIND

BECOME A COMMUNICATION PRO

"Work with loved ones to find better ways to help you reach your goals," says Jillian. "For example, if your husband is always buying you pizza, tell him, 'I'd appreciate if we didn't have pizza. Can we cook instead?'" By opening up, she says, you can change the dynamic of a relationship that may be contributing to your weight gain.

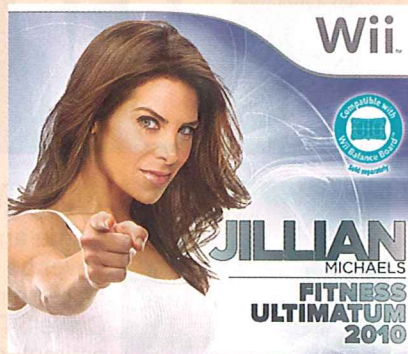


POST A VISUAL GOAL

Know your goals and make them tangible. "Put pictures of positive images on your fridge — like skinny jeans or a healthy person you admire — to help you stay motivated," says Jillian.

KEEP FITNESS FRESH AND FUN

"Find an activity you love so you do more of it," Jillian says, adding that activities like dancing, kickboxing and a Wii fitness routine — try Jillian's new *Fitness Ultimatum* game (\$20, amazon.com) — are all ways to amp up a weight-loss routine without it feeling like work.



REWARD YOURSELF FOR A JOB WELL DONE

Jillian insists on creating a goal pyramid: Put your ultimate goals at the top of the pyramid, then work your way down with monthly goals, weekly goals and daily ones. For each goal, you should reward yourself with a corresponding treat, like a mani-pedi or a shopping trip. If you work from the bottom up, she explains, you'll reach the top before you know it.



CONQUER ALL YOUR FEARS

To help *The Biggest Loser* contestant Amanda overcome her mental hurdles, Jillian said she should "get used to getting uncomfortable." The bottom line? Don't be afraid of what it takes to lose weight. "Do something every week that scares you — if you're afraid of the water, get in the pool," says Jillian. "The idea is to stretch your emotional fabric. Trying to face one fear will help you to face others."

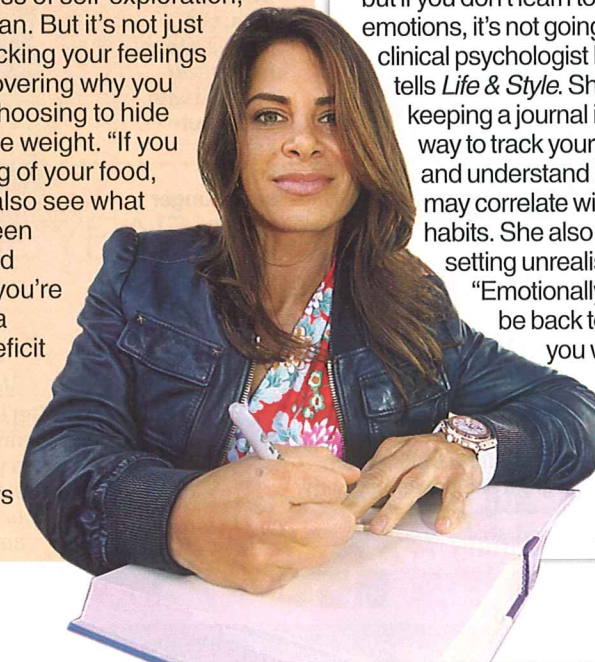
SEEING IS BELIEVING

"Use a heart-rate monitor for motivation so you can see all the calories you're burning while working out," advises Jillian. You'll be inspired to keep up the intensity when you have the ability to see what you've already accomplished. Also consider wearing a pedometer on a daily basis — tracking your steps throughout the day will ensure that you reach the 10,000 recommended steps per day to stay healthy.



JOTTING IT DOWN HELPS LATER

"Keeping a journal helps begin the process of self-exploration," notes Jillian. But it's not just about tracking your feelings and discovering why you may be choosing to hide behind the weight. "If you keep a log of your food, you can also see what you've been eating and whether you're creating a calorie deficit [burning more calories than you eat]," says Jillian.



THE DOCTOR WEIGHS IN

"You can try any diet in the world, but if you don't learn to manage your emotions, it's not going to work," clinical psychologist Leslie Seppini tells *Life & Style*. She agrees that keeping a journal is the best way to track your emotions and understand how they may correlate with your eating habits. She also warns against setting unrealistic goals: "Emotionally, you want to be back to the last time you were thin." But she says you should focus on what's healthy for you now.

