

NOW

feeling
great starts
here

Morning workout +
big brunch = major
fat blast? Sounds
good to us!

The single best Fat-Burning Secret

Work out before breakfast!

It happens—you slack off on your usual healthy eating or overindulge on your spring vacation. But that doesn't mean you're destined to gain weight, especially if you get moving *before* your morning meal. In a new study published in the *Journal of Physiology*, subjects were fed a high-fat, high-calorie diet for six weeks and worked out four times a week (twice for 60 minutes, twice for 90 minutes) either before or after breakfast. The result: "Fasted training"—or exercising on an empty stomach—"prevented weight gain," says Karen Van Proeyen, PhD, a researcher in the department of biomedical kinesiology at K.U. Leuven University in Belgium and lead author of the study. Those who worked out after their a.m. feast, on the other hand, still packed on pounds. Two more timing tips for a healthy bottom line:

BEST TIME TO SNACK: EARLY AFTERNOON

"Snacking between 3 and 4 p.m. can prevent you from overeating at dinner"—the meal at which most of us splurge, says Jackie Newgent, RD, author of *Big Green Cookbook*.

BEST TIME TO WEIGH YOURSELF: NIGHT

Or when you wake up, or at noon—just make sure you always do it at the same hour to get consistent results, says Katie Clark, MPH, RD, assistant clinical professor at the University of California, San Francisco. That's especially true if you hop on the scale once a week or more, as do 75 percent of "successful losers" (folks who've lost 30 pounds and kept it off for at least a year).