

# Week 1



# AMERICA TAKES IT OFF AOL

## Sunday, January 1

*"It's a Holiday. Enjoy!"*

Join us in January as we jump start the New Year. Print out this interactive calendar for 30 Daily Tips from celebrity trainer Gregory Joujon-Roche. Log on to ABCNews.com for tips on dieting, exercise and feeling great.

## Monday, January 2

### Retrain Your Brain:

Remember to leave any negative or self defeating thoughts at the door. Put yourself in the mind set that creates success.

**Recipe:** Heart-Healthy Pork Chops  
**Read:** Exercise Your Way to Better Mental Health  
**Weigh In:** How Much Do You Want to Lose?  
**E-mail:** Ask the Trainer

## Tuesday, January 3

### Walk It Off:

If walking alone bores you, try pairing up with a fitness buddy – good conversation will keep your mind off the clock and your heart rate in check.

**See:** Moves to Strengthen Your Legs  
**Read:** Walking Tips For Seniors  
**Read:** Work Out While Walking  
**Quiz:** How Much Do You Know About Walking?

## Wednesday, January 4

### Food & Fitness Combos:

Before working out you need instant energy without getting overloaded. Try a small piece of fruit– it's just enough to stimulate you.

**Recipe:** 'The Healthy Kitchen' Breakfast  
**Read:** Fuel Up, Work out  
**Weigh In:** What is Motivating You  
**Discuss:** Share Your Story

## Thursday, January 5

### Just Breathe:

The moment you feel stress coming on, focus on inhaling and exhaling, breathing from your belly instead of just the top of your chest.

**Recipe:** Chinese Chicken Soup  
**Read:** For High Energy, Take a Deep Breath  
**Read:** Don't Let Your Body Go Numb At Work  
**See:** Exercises You Can Do At Your Desk

## Friday, January 6

### Your Workout Personality:

Starting a new workout routine? Pick something fun and familiar – this will establish confidence and commitment and open you up to trying new things.

**Recipe:** Vegetable Stew With a Punch  
**Read:** The Best Clothes For the Gym  
**Read:** Dieters Try 31 Healthy Tips  
**E-mail:** Ask the Trainer

## Saturday, January 7

### Metabolism Mistakes:

The number one cause of a slowed-down metabolism is eating sugar and starches at night. Fruit is sugar, rice is starch– stay away from them after dark.

**Recipe:** Guiltless Sandwiches  
**Read:** Forget the Diet Pills, Try Oatmeal  
**Weigh In:** What Do You Snack On At Night?  
**Discuss:** Share Your Story

## Sunday, January 8

### Go Slow:

When strength training, don't rush the movement. Instead, feel your muscles not the weight. This focus is the catalyst for changing your body dramatically.

**Recipe:** [Low-Cal Chocolate Cookies](#)  
**Read:** [Small Changes Could Help Teen Moms](#)  
**Weigh:** [How Long Does It Take You to Eat?](#)  
**Discuss:** [Share Your Story](#)

## Monday, January 9

### Put on the Gloves:

Kickboxing burns fat and builds eye-hand coordination. A skill for life, kickboxing will build your sense of self-empowerment.

**Recipe:** [Sylvia's Orange-Ginger Chicken](#)  
**See:** [Moves to Strengthen Your Arms](#)  
**Weigh In:** [Do You Kickbox?](#)  
**Watch:** [The Coach Potato Boxing Workout](#)

## Tuesday, January 10

### The Gym 101:

The best way to get comfortable working out in public is to use a piece of cardio equipment and watch the scene around you; you'll be at ease before you know it.

**Read:** [Work Meets Play at the Gym](#)  
**Read:** [Find the Right Clothes for the Gym](#)  
**Read:** [Kids' Gyms on the Rise](#)  
**Weigh In:** [Do You Work Out With a Buddy?](#)

## Wednesday, January 11

### Get a Coach:

The best kind of personal trainer is somebody you connect with. Your trainer should make you feel comfortable and have an exercise philosophy that you support.

**Read:** [Trainers For Those With Arthritis](#)  
**Recipe:** [Sylvia's Sassy Catfish](#)  
**Weigh In:** [Do You Use a Personal Trainer?](#)  
**E-mail:** [Ask the Trainer](#)

## Thursday, January 12

### Blast Belly Fat:

The best way to rid belly fat is a synergy of these four elements: diet, cardio, resistance training, and targeted abdominal exercises.

**Read:** ['Abs Diet Get Fit, Stay Fit Plan'](#)  
**Read:** [Simple Steps for Great Abs](#)  
**Watch:** [The Abs Workout on 'GMA'](#)  
**Weigh In:** [How Do You Battle Belly Fat?](#)

## Friday, January 13

### Know Your Numbers:

Keeping tabs on your body weight and measurements are great ways to show progress. Just don't get obsessed with the numbers. Remember, they are simply tools.

**Read:** [Food Is a Numbers Game](#)  
**Read:** [Try an Honest Scale](#)  
**Read:** [Gadgets Help Count Calories](#)  
**Weigh In:** [Do You Know Your BMI?](#)

## Saturday, January 14

### Recess!:

There's nothing better than the camaraderie you share through sports and games – not to mention the calories that melt away while you're playing.

**Read:** [Video Game Fitness](#)  
**Read:** [Flexible TV](#)  
**Recipe:** [Sylvia's Sweet Potato Cheese Cake](#)  
**Weigh In:** [What's Your Favorite Game?](#)

# Week 3



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**Sunday, January 15**

## Clean House:

Out of sight, out of mind: If there's ice cream lingering in the freezer, or chips in the cupboard, they're on your mind too – throw them away!

**Read:** [The Detox Diet](#)

**Read:** ['How the Rich Get Thin'](#)

**Weigh In:** [What Will You Get Rid Of?](#)

**Recipe:** [Heart-Healthy Pork Chops](#)

**Monday, January 16**

## Yoga Universe:

If you want to get fit, lose your stress and become more flexible, start practicing yoga. It's the total mind body experience.

**Read:** [Which Yoga Is Your Yoga?](#)

**Read:** [Yoga for Troubled Teens](#)

**Weigh In:** [Yoga v. Pilates?](#)

**Watch:** [The Coach Potato Yoga Workout](#)

**Tuesday, January 17**

## Beat Boredom:

Plan your next family get-together around an activity – like a group hike – instead of food. You'll get good conversations, laughs and exercise.

**Read:** [Wacky New Gym Classes](#)

**Recipe:** [Healthy Southern Picnic](#)

**Weigh In:** [What is Motivating You](#)

**Discuss:** [Share Your Story](#)

**Wednesday, January 18**

## The AM Advantage:

Work out early in the day and you'll amplify your energizing biochemicals, more blood will reach your brain and you'll arrive at work feeling less stressed out.

**Read:** [Fast Food Breakfast Dos and Don'ts](#)

**Read:** [Mom Was Right](#)

**Recipe:** [Eggs Florentine](#)

**Weigh In:** [Do You Eat Breakfast?](#)

**Thursday, January 19**

## Dance It Off:

Tear up the dance floor and you can burn up to 500 calories in 30 minutes. Shake the pounds away while getting lost in the groove.

**Read:** [Still Dancing at 86](#)

**Read:** [Dancers Have Advantage Finding Mate](#)

**Weigh In:** [What's Your Favorite Dance?](#)

**Watch:** [The Coach Potato Dances it Off](#)

**Friday, January 20**

## Tone with Tai Chi:

The ancient Chinese practice of Tai Chi is a great way to relieve stress and become connected with others.

**Recipe:** [Asian Green Beans and Pork](#)

**See:** [Moves to Strengthen Your Core](#)

**Weigh In:** [Have You Tried Tai Chi?](#)

**Watch:** [The Coach Potato Tai Chi Workout](#)

**Saturday, January 21**

## Food Court Survival:

When dining out, order simple foods. The more elaborate your dish, the more likely it will be to contain hidden calories.

**Read:** [Fast Food Losers](#)

**Read:** [Fast Food Breakfast Dos and Don'ts](#)

**Weigh In:** [Your Food Court Weakness?](#)

**Watch:** [Walk Off the Pounds](#)

# Week 4



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**Sunday, January 22**

## Skip the Lattes, Try Pilates:

Training with Pilates is a great way to get a toned stomach, lean legs, firm rear, and a graceful, lengthened posture.

**Read:** Pilates For Everyone

**Recipe:** Vegetable Stew With a Punch

**Weigh In:** Yoga v. Pilates?

**Watch:** The Coach Potato Yoga Workout

**Monday, January 23**

## The TV Workout:

Start a move at every commercial break: Do a set of pushups or sit ups before the break ends. A quick exercise is an immediate distraction from the fridge.

**Read:** Flexible TV

**See:** Moves to Tone Your Body

**Weigh In:** Flexible TV

**Watch:** The Coach Potato's Slimming Moves

**Tuesday, January 24**

## Take It Outside:

Exercise outdoors as often as you can. It's a great way to connect to the kid you once were – and to the natural world.

**Read:** America's Fittest State Leads Active Lifestyle

**Read:** Swim For Health

**Recipe:** Snow Pudding

**Weigh In:** Do You Workout Inside or Outside?

**Wednesday, January 25**

## Buddy Up:

Your fitness buddy should be someone who is as committed as you are to getting in shape, maybe even someone you aspire to be more like.

**Read:** Friendship a Boon to Woman's Health

**Recipe:** Chinese Chicken Soup

**Weigh In:** Do You Workout With a Buddy?

**Discuss:** Share Your Story

**Thursday, January 26**

## Note to Self:

Make a "fitness list" that covers your diet, training and attitude. Refer to it to help you maintain a balance of each of those aspects of your health.

**Read:** Follow the Fast Food Dieters

**Read:** Carrie Wilson Keeps It Off by Cooking

**Weigh In:** Are You a List-Maker?

**Watch:** Walk Off the Pounds

**Friday, January 27**

## Hump Day:

Take a moment to honor your efforts so far. Then gradually look for ways you can get yourself back on track.

**Read:** Fast Food Losers

**Recipe:** Sarah's Healthy Cheese Spread

**Read:** The Three-Hour Diet

**Weigh In:** How Will You Reward Yourself?

**Saturday, January 28**

## Get Tricky:

As soon as the sun goes down, your food intake should go down; eat like a bird after dark.

**Read:** The Oil and Water Diet

**Read:** The No-Diet Diet

**Weigh In:** What Do You Snack On At Night?

**Watch:** The Coach Potato Dances it Off



# Week 5

**Sunday, January 29**

## Under 100:

A 100-calorie snack is just enough to stimulate your metabolism while curbing a craving.

**Read:** [Dieters Who Lost Half Their Weight](#)

**Read:** [Don't Drink Your Calories](#)

**Weigh In:** [Do You Know Your BMI?](#)

**Discuss:** [Share Your Story](#)

**Monday, January 30**

## Get Your ZZZs:

Our bodies actually recover, restore, grow and repair in our sleep. Creating a balance between exercise and rest is essential to a healthy body and strong mind.

**Read:** [Six Good Reasons to Sleep](#)

**Read:** [Sleep Important to Aging Women](#)

**Weigh In:** [How Much Do You Sleep?](#)

**Watch:** [The Metro Nap](#)