

## More ways to walk off 10 lbs every week!

### TO AVOID REBOUNDED, practice self-forgiveness

Nixing self-defeating thoughts can minimize stress in the long-term, suggests a study at Wake Forest University in Winston-Salem, North Carolina. Researchers there discovered that people who treat themselves kindly in the face of negative events such as failure and rejection are happier overall. They also experience less anxiety when dealing with stressful events. For Joanne Sgro (featured on page 35), a little self-love was just what she needed to get on track to lose 171 pounds. "I knew that I had to forgive myself for letting my weight get out of control," she recalls. To do that, she started compiling lists of her positive attributes, the friends and family members who love her and her positive goals for the future.

**Bonus:** Practicing self-compassion is key to cementing healthy habits, according to a Columbia University study. Scientists there found that women who had a positive self-view were 98 percent more likely to stick with healthy behaviors like eating well and exercising.

### TO ELEVATE ENERGY, send goodwill to others

"Praying while walking deeply engages the anterior cingulate," says Andrew Newberg, M.D. This cultivates empathy and generates feelings of love. For Tammy Price, a prayer walker in Colorado who lost 70 pounds, prayer was the difference that kept her trodding onward. "I pray over the schools I walk by, the homes I pass and the people who drive by," she says. "It's quiet time between me and God that's beneficial to me and to those hearts I invite God to touch."

**Bonus:** Research at Atlanta's Emory University found that prayer meditation greatly reduces stress-related inflammation. That's vital because inflammatory compounds like *TNF-alpha* disrupt blood sugar balance and interfere with the body's response to the metabolism-revving hormone leptin. 🌱

### It worked for me

#### "I found an exercise that feeds my soul!"

Betty-Ann Heggie was thrilled to be vacationing with her husband, Wade, in romantic Greece. But instead of strolling hand in hand to the hotel, Wade had to walk behind her and support her as she climbed the six flights of stairs to the entrance. Tired, sweaty and red-faced, Betty-Ann thought, *This kind of ruins the romance.*

Facing retirement and the prospect of traveling more with Wade, she knew she needed to get healthy, so she signed up for a course in Buddhist walking meditation.

At the class Betty-Ann was taught to avoid the "no pain, no gain" mentality. "I wasn't walking as slow as a bride down the aisle, but almost," she says.

Betty-Ann strolled at sunrise or sunset, when her surroundings would be a "sensuous feast." She listened for the sounds of geese and rustling leaves. And often she slipped off her shoes and walked barefoot, feeling the blades of grass between her toes. She says, "I had these revelations of, *I'm really indulging myself. That's a good thing!*"

Another "good thing": This plan sent more than 100 pounds packing *and* lowered her cholesterol. "And in the past year and a half, I haven't had a cold," enthuses Betty-Ann, who runs the self-acceptance website [StillettoChick.com](http://StillettoChick.com). Today she trots all over the globe. "Zip-lining in Panama and hiking a caldera in New Zealand—Wade jokes that I'm his 'new wife!'"

**NOW:**  
167 lbs

Betty-Ann Heggie, 56,  
Saskatchewan,  
Canada



Betty-Ann lost  
118 lbs!



**THEN:**  
285 lbs