



**CHALLENGE #5**

# LET'S GET PHYSICAL

**WE ASKED OUR FAMILIES TO TAKE THEIR WORKOUTS TO THE NEXT LEVEL BY SHEDDING MAJOR POUNDS AND FOCUSING ON TONING UP. HERE'S WHAT HAPPENED WHEN THEY GOT SERIOUS ABOUT BREAKING A SWEAT.**

**BY MICHELE BENDER**

Training without a goal is like setting off on a family road trip without your GPS—there's no guarantee you'll reach your destination. So this month, we gave each member of our challenge a personalized cardio, strength and weight-loss target. They worked with their fitness trainers and nutritionists to overcome obstacles and shape up. See who hit the mark, why some missed it and what their coaches did to make them move in the right direction.



★★ CHALLENGE #5 – IT'S A TIE! ★★

## » THE AVAGLIANOS

**AT THE START OF THIS CHALLENGE, PEGGY COULDN'T COMPLETE A SINGLE SIT-UP AND PETER WAS UNABLE DO MORE THAN THREE PERFECT-FORM PUSH-UPS. BUT 30 DAYS LATER THAT ALL CHANGED.**

The entire family reached or exceeded their strength goals. "Sit-ups were a perfect objective for Peggy because she complained about her weak core," says personal training director Ann Erik of Tilton Fitness. "Plus, they are easy to measure." And being able to gauge your progress is a great motivator: "Having a target to strive for inspired Peter to make a habit of going to the gym four times per week," says Peggy. Amazingly, the family *lost* weight even though they took a 10-day trip to Italy mid-challenge! Here's what they were aiming for with their workouts.

### PEGGY'S GOALS

- 🕒 Go 2,000 meters on rowing machine in 9 minutes and 30 seconds **Missed by only 4 seconds.**
- 🕒 Do 5 sit-ups **Exceeded by 7!**
- 🕒 Lose 6 pounds **Achieved! Down to 175 pounds (started at 191 in June).**

### PETER'S GOALS

- 🕒 Walk 1 mile in 15 minutes **Achieved! With 28 seconds to spare!**
- 🕒 Do 10 push-ups with proper form **Exceeded by 2!**
- 🕒 Lose 6 pounds **Achieved! Down to 272 pounds (started at 285 in June).**

### MICHAEL'S GOALS

- 🕒 Run 1 mile in 7 minutes and 30 seconds **Exceeded! With 32 seconds to spare!**
- 🕒 Leg-press 800 pounds for 3 reps **Achieved!**
- 🕒 Lose 4 pounds **Exceeded! Lost 6!**

### AMANDA'S GOALS

- 🕒 Go 2,000 meters on rowing machine in 9 minutes and 30 seconds **Missed by only 4 seconds.**
- 🕒 Do 3 pull-ups **Achieved!**
- 🕒 Lose 4 pounds **Missed by just 1 pound!**

**WHAT THEY WON!** Both the Avagliano and Lehman families had their choice of one of two Epic home fitness cardio machines provided by Dick's Sporting Goods: an A30T treadmill with iFit training programs and built-in speakers or an A30E whisper-quiet elliptical trainer (epicfit.com).

## 4 FOOLPROOF MOTIVATORS

Never miss another workout again, thanks to these inspiring tips from Tanya Jolliffe, healthy eating expert and community moderator for SparkPeople.com.

- 1. Forget the Scale.** Judge your progress by creating fitness mini-goals: holding a plank for a minute, doing 10 boy-style push-ups, running a mile in 10 minutes. "It puts a purpose behind your routine that energizes," says Jolliffe.
- 2. Make It a Date Night.** Ditch dinner and drinks with your hubby for an evening of dancing or an afternoon of hiking.
- 3. Do It First Thing.** Checking a workout off your list in the morning could improve your mood, make you more productive at work, inspire you to eat healthier and help you sleep better.
- 4. Find a Cause.** Walk a 5K for an MS charity or do a bikeathon to raise money for cancer research. It'll strengthen your commitment to exercise, says Jolliffe.

### HOW THEY DID IT

- ★ **Passed on a ride.** The Avaglianos headed to Italy for some family R&R, but the country's pasta and gelato didn't weigh them down. "With all our walking around Venice—sometimes over 40 flights of stairs in one day—we stayed on track with our goals," says Peggy. Vacations aren't an excuse to gain weight. Instead, do your sightseeing on foot as much as possible.
- ★ **Got write with themselves.** Peggy suggests joining a free website, like SparkPeople.com or MyFitnessPal.com, and logging your food intake and exercise every day. "Being accountable to yourself really makes a difference," says Peggy.
- ★ **Used a training schedule.** "Peter was a little worried about his walking goal," says Erik, who also created a rowing routine for Peggy. "But following my set plan that includes interval and distance work helps improve speed and endurance."

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### THE PARENTS

PEGGY, 46, radiologist  
PETER, 45, set designer

### THE KIDS

MICHAEL, 17  
AMANDA, 15  
(CHRISTINA, 20, and KATIE, 19, aren't participating because they're at college.)

### THE PETS

Nicki (a Siberian husky), Krammer (a golden retriever), Minnie (a cat) and an unnamed goldfish

### HOME

Egg Harbor City, New Jersey

### CURRENT STATS

Peggy, 175 lbs and 5'4"  
Peter, 272 lbs and 6'

### GOAL FOR MICHAEL

Lose the weight he's gained since quitting football due to an injury

### GOAL FOR AMANDA

Drop extra pounds and increase her flexibility





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## » THE LEHMANS

### THE PARENTS

**TIFFANY**, 39,  
mortgage  
underwriter

**ANDY**, 45,  
building engineer

### THE KIDS

**ANNA**, 10  
**JACK**, 7

### HOME

Des Moines, Iowa

### CURRENT STATS

Tiffany, 233 lbs  
and 5'3"  
Andy, 242 lbs and 6'2"

### GOAL FOR ANNA

Stop looking to food as  
comfort and reward

### GOAL FOR JACK

Eat more veggies and  
less fast food

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for participants for  
next year's challenge!  
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family could end  
up fitter, healthier and  
in our magazine!



### THIS MONTH THE LEHMANS' SWEAT AND TEARS PAID OFF!

Tiffany, Andy and 10-year-old Anna have a lot to be proud of after making huge fitness strides. "You need to be comfortable with basic body-weight movements—lunges, sit-ups, dips, push-ups, pull-ups and rows—before you can begin any formal strength program," says Andy's trainer, Wesley Keith of Gold's Gym. "When Andy was able to complete 50 reps of each of these movements in half an hour, it meant his body was conditioned enough to move to the next level." Tiffany also achieved what she set out to and feels invincible. "I am amazed at how just believing in myself a little bit and having someone else—my trainer—believe in me has showed me that I can be and do anything I want," says Tiffany, who lost 2.5% of her body fat.

Best of all, this inspiration was passed from one generation to the next. "My parents motivated me to work out and were so encouraging," says Anna, who exercised four to five days a week and realized how good she felt when forgoing junk food. "I am happier because I'm healthier and making better food choices. Overall, I'm very proud of myself," she says. Here's their tally when it came to taking things up a notch at the gym.

### TIFFANY'S GOALS

- 🕒 5-minute continuous treadmill push **Achieved!**
- 🏋️ Missed by only **6 seconds!**
- 🏋️ Squat, bench-press and deadlift 120 pounds each **Missed each by 50 pounds or less!**
- 📉 Lose 4 pounds **Achieved! Down to 233 (started at 250 in June).**

### ANDY'S GOALS

- 🕒 15-minute continuous treadmill push **Achieved!**
- 🏋️ Squat, bench-press and deadlift a total of 500 pounds **Exceeded by 215 pounds!**
- 📉 Lose 1" from waist and 1.5% body fat **Exceeded! Lost 4.5" and 2% (started at 257 pounds in June).**

### ANNA'S GOALS

- 🕒 Do 15 reps each of squats, jumping jacks, toe touches and overhead presses **Achieved!**
- 🏋️ Lose 5 pounds **Achieved!**

**CHALLENGE #6 The Grand Finale.** See how our families used all the skills they've learned this year before a final weigh-in.

## EAT TO WIN

Reaping results from your fitness regime requires paying close attention to your hand-to-mouth action.

**Hold back on extra helpings.** "A lot of people believe they can eat more if they exercise," says Elizabeth Fassberg, R.D., president and founder of Eat Food, a company that designs and delivers custom food and nutrition programs for businesses, organizations and individuals. "But exercise is not a free pass to overindulge at meals."

**Practice portion control.** "Vacations and holidays don't mean you have to put on weight. I told the Avaglianos they could *taste everything, just don't finish it*," says Fassberg. **And if you have one big meal, make sure your others incorporate extra fruits and vegetables.**"

**Pump up the protein.** "I encouraged the Lehmans to include protein, such as lean meats, dairy and beans, in all meals and snacks," says Stephanie Karpinske, R.S., R.D., author of *Read Before Dieting: Your 4-Step Plan for Diet Success*. It helps repair the body, especially muscle tissue, after intense workouts. "Protein also helps fight hunger, may reduce carb cravings and has fewer calories than fat," explains Karpinske.

### HOW THEY DID IT

- ★ **Worked their way up.** Lass Lassiter of Gold's Gym helped Tiffany achieve her goals by using interval training and gradually increasing her workouts. For example, with the treadmill push, Tiffany started with 30 seconds on, 30 seconds off; the next session she did one minute on and one minute off, until she hit five minutes. "Every session, Lass pushed me harder and further than I ever thought possible," Tiffany says.
- ★ **Kept an eye on their plates.** Their trainers and nutritionist suggested they cut unhealthy carbs, eat lean sources of protein and consume more fruits and veggies. "Lass has the same philosophy as Stephanie: If you can't pronounce an ingredient in a product, then you shouldn't eat it," says Tiffany.
- ★ **Avoided all excuses.** This month the Lehmans were struggling with issues relating to their autistic 7-year-old son, Jack. Yet they were still able to stick with the Healthy Challenge plan. "Life is life, and if we wait for the timing to be perfect to set our goals, we'll never be able to reach them," says Tiffany.