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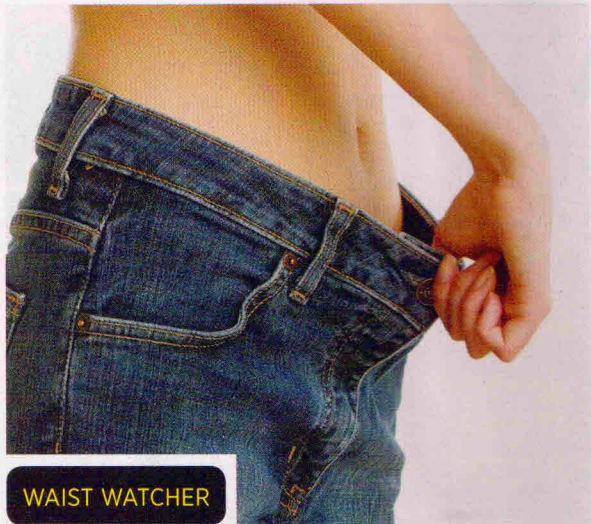
Their Secrets to a Strong Body, Mind, & Marriage

5 Women Who Changed the World

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Finally, an über-practical answer to dieting's most frustrating conundrum: Why is it often harder to keep the pounds off than it is to shed them in the first place? According to new research from Penn State, it may be all about switching up your tactics once you reach your goal. Here's how.

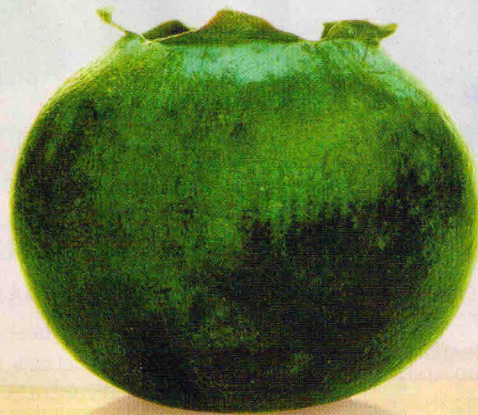
To Lose the Weight	To Keep It Off	The Explanation
Cut back on sugary sodas, candy, cookies, and other sweet treats.	Up your intake of lean protein, like beans, lowfat dairy, and fish.	"Shifting your focus from what you can't have to what you can makes healthy eating seem less restrictive and more rewarding," says Gloria Tsang, R.D., the author of the new book <i>Go UnDiet</i> and editor-in-chief of healthcastle.com.
Vary your gym routine as often as Emma Stone switches up her hair color.	Stake out the same spot in your favorite group-exercise class every week.	Most dieters will try anything—upside-down yoga, cardio striptease, hula-hooping—to drop pounds. "But the only way you're going to be able to stick with something is if you love it," says Tsang.
Keep your eye on one very specific prize: a trim new figure.	Remind yourself of all the different reasons you want to maintain a healthy weight.	"By zeroing in on the health benefits of a normal BMI instead of the number on the scale," says Tsang, "you change the emphasis from a short-term goal to a way of life."

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