

[COVER story]

A photograph of a woman with long, wavy blonde hair, smiling broadly. She is wearing a black long-sleeved top and several pieces of jewelry, including a necklace and a bracelet. The background is a plain, light-colored wall.

# Nomoreyo

Candace Cameron Bure didn't begin 2011 by whipping up a New Year's resolution list. There were no Post-it notes stuck on her refrigerator with reminders to exercise more or pledges to count calories. After struggling with emotional eating for years, Candace, 34, has now embraced a healthy lifestyle and is happy with the results. Twenty-five pounds lighter than when she starred as D.J. Tanner on the popular '90s television sitcom, *Full House*, Candace has successfully maintained her current weight since the birth of her third child nine years ago.

But it wasn't always that way. A former chronic dieter who saw the scale go up and down numerous times, the author of *Reshaping It All* and star of ABC Family's *Make It or Break It* owes her newfound control and positive self-image to a set of strategies that finally put a stop to her yo-yo struggles.

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All grown up now, *Full House* star Candace Cameron Bure shares her easy tools for achieving and maintaining a healthy weight—and a healthy attitude.

yo-yo DIETING

## [COVER story]

• **Ask yourself this question.** *Why am I eating?* When she first married Russian NHL hockey star Valeri Bure in 1996, Candace admits she often turned to foods such as potato chips and ice cream to compensate for the loneliness she felt when he was traveling with his team. “It was me, the TV and food,” she says. Today, Candace has learned how to cope with her emotions in ways that don’t involve food, such as prayer or talking things out with her friends.

**WHY IT WORKS** Learning to control emotional eating by recognizing the problems, habits and triggers that cause you to overeat has been shown to play an important role in maintaining long-term weight control.

• **Eat the foods you love—even dessert.** Rather than eliminating certain foods and feeling deprived, Candace eats everything, but in moderation. “I still enjoy my morning latte, but it’s now a nonfat version,” Candace says. “And with desserts, I’m more mindful of portions.”

**WHY IT WORKS** Most people regain weight just six months after starting a diet, no matter which one it is—so committing to a healthy lifestyle that doesn’t limit food choices but emphasizes portion control can help foster and sustain permanent weight loss!



• **Wake up to exercise.** “Years ago, I wasn’t a big fitness fan,” Candace admits. “Now it’s become second nature, and I feel so much better after I work out.” Today, Candace heads out to the gym before her family is awake, or works out at home with a fitness video.

**WHY IT WORKS** People who exercise in the morning, before eating, not only are more likely to keep weight off, they also experience a better night’s sleep. So setting your alarm clock just a half hour early may be the key to improving your health and beating fatigue.

• **Make nuts your take-along snack.** Whenever Candace used to walk onto a movie or TV set, she typically was greeted by a wide array of cookies, doughnuts and junk food, foods that could easily sabotage her healthy eating habits. “I’ve gotten in the habit of bringing nuts with me to the set,” Candace says. “They give me substance and make for a healthy snack.”

**WHY IT WORKS** Many varieties of the crunchy nuggets are packed with heart-healthy mono- and polyunsaturated fats, and are high in fiber, vitamins and antioxidants. And that’s not all: Studies show snacking on a handful or two of nuts makes it easier to stick to a healthy eating plan since their fiber-protein combo helps you feel fuller longer. The American Heart Association recommends eating at least four servings a week, but cautions people to avoid



salted nuts and to limit portion to one ounce (about 14 shelled walnut halves or 24 almonds).

**•Make friends with your scale.** While Candace used to shun the scale, she now weighs herself daily but doesn't obsess over the numbers. It's just a tool that keeps her in check.

**WHY IT WORKS** Those who do a daily weigh-in have better success over the long term, since they can catch weight gain early. Try plotting your weight on graph paper every day for a month. While there will be fluctuations, your weight will likely remain fairly constant. This may help you focus less on daily fluctuations as successes or failures. 

—Linda Childers



When she first married Russian NHL hockey star Valeri Bure, Candace admits she noshed on foods such as potato chips and ice cream to fill the loneliness she felt when he was on the road with his team.

## How to boost your body image

If you're like most women, looking in the mirror is rarely the experience you'd like it to be. Many of us can be overly critical about what we perceive as imperfections with our body, making it hard to see ourselves in a positive light. Sarah Maria, a Malibu, CA, body-image expert and the author of *Love Your Body, Love Your Life*, offers tips for helping you embrace your mirror image.

**Recognize that all the negative ideas you have about yourself are wrong.** "The first step: Realize you are inherently lovable, beautiful and valuable," Maria says. "Can you imagine a pine tree saying, 'Oh, I'm not a palm tree, I'm so fat and ugly. When you phrase it like that

it sounds crazy and allows you to see the nonsense in your own negative thoughts."

**Find an "imperfect" beauty.** "Don't buy into the belief that you need to be a certain size or be perfectly proportioned," Maria says. "Find someone you admire who doesn't fit the cookie-cutter mold and emulate her."

**Cultivate an inner peace.** "Meditation or prayer is a great way to refocus on what really matters," Maria says. "This is a time when you can consciously readjust your inner dialogue and begin to replace your negative self-talk with more positive messages that can help spur you on to greater things."