



### 15 Ways to Jump-Start Your Weight Loss

Get started in just one month—and keep it off all year!

Holly C. Corbett

You gobbled the pecan pie and washed it down with eggnog while your treadmill collected dust. It's great that you lived it up this holiday season, because the party is officially over! The good news? It only takes 30 days for new, healthier habits to become a piece of cake (pun intended!), according to Rick Sikorski, CEO of Fitness Together, a national personal training company.

[15 easy ideas to lose weight fast](#)

[Five-step plan for starting a fitness routine](#)



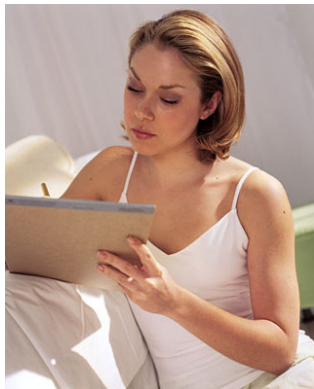
#### Fit In Fitness

"The key to successful weight loss is consistency," says [Stacy Berman](#), certified nutritionist and founder of [Stacy's Bootcamp](#), a fitness camp in New York City. "When you're short on time, do two 15-minute sessions using intervals to keep your heart rate up and blast the most calories." Alternate one-minute intervals each of: jumping jacks, alternating forward lunges, sit-ups, push-ups and jump squats (where you start in a squatting position and then jump lightly off the ground before returning to a squat). Do this three times and you'll burn more than 150 calories in just 15 minutes. Squeeze in another 15-minute session later in the day, such as alternating between one minute of jumping rope with one minute of sit-ups, and you'll have burned around 300 calories for the day!



#### Take It Outside

Don't let falling temperatures keep you indoors: When you exercise outside, your body works harder to stay warm, helping you burn even more calories. "Plus, it can be a better workout because certain equipment, such as the treadmill, does some of the work for you by supporting your body, so you engage less muscle and burn less calories," says [Stacy](#). "Before going outside, warm up with some light stretching and squats to get your blood flowing and help prevent injury."



#### Keep Your Eye on the Prize

"There are days when even the most motivated of us don't want to work out—that feeling is completely normal," says [Stacy](#). She uses this quote to help her clients stay focused on their goals: "Never give up what you want the most for what you want in the moment." Write it down and post it on your mirror, or another place you'll be able to see it easily, for instant inspiration the next time you want to skip the gym and dive into a bag of chips.