

Monday Matters



Don't feel guilty after eating that Sunday-morning pancake breakfast or having a Saturday-night margarita with the girls—just make sure you're back at the gym and eating clean come Monday morning. That's the message from researchers at Cornell University, who found that despite weekend splurges and weekday deprivation, the most successful long-term losers were those who stayed consistent overall in their dietary habits.

"We know that most people tend to relax a little on the weekends, whether that's going out to eat or socializing with friends," says Beth Warren, R.D., author of *Living a Real Life with Real Food: How to Get Healthy, Lose Weight, and Stay Energized—The Kosher Way*.

"What this study makes us focus on is how important it is to go back to healthy eating behaviors after the weekend." In other words, if you indulge on Saturday or Sunday, the quicker you can get back to healthy eating, the better! —A.S.

CANDY CRUSH

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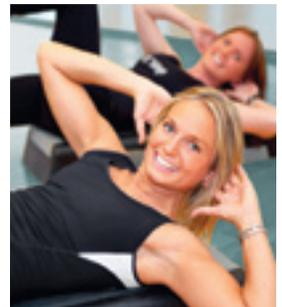
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*with experience, based on figures from U.S. Dept. of Labor's BLS website