



**meet our
2010
winners!**

Jill Marino and
her daughter,
Tara, left, and
Shanna Stevenson
with her mom,
Donna Hunt

SHAPE'S ANNUAL
READER MAKEOVER

healthier & happier in just 7 days!

You don't need months to get a better body and more confidence—just ask these mother-daughter pairs. They took one week to focus on themselves and learned some important lessons along the way.

BY ALICE OGLETHORPE • PHOTOGRAPHY BY DEBORAH JAFFE

Want to take control of your health once and for all? It's possible—and all you need is seven days. To prove it, we brought Donna Hunt, Shanna Stevenson, and Jill and Tara Marino—the winners of this year's makeover contest—to Canyon Ranch in Tucson, Arizona. There, these SHAPE readers met

with experts and learned that when you're trying to eat better and exercise more, having a partner is key. Each woman went home armed with not only the tricks to improve her lifestyle, but also an instant support system. Read their stories to get inspired to live *your* healthiest life.



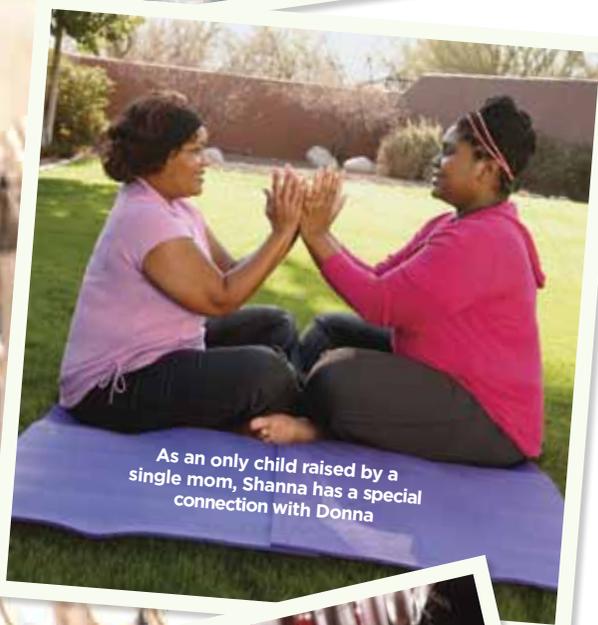
“GIVE US THE PUSH WE NEED.”

SHANNA STEVENSON, 25, AND
HER MOM, DONNA HUNT, 51

OVER THE PAST 10 YEARS, Atlanta-area residents Shanna (a sales representative) and her mother, Donna (a high school Spanish teacher), have steadily gained weight. Donna arrived at Canyon Ranch weighing 174 pounds, and Shanna, 229. “I get stressed out every morning when I try to find the right thing to wear—and I’m sick of it,” says Donna. Shanna is motivated by her health. “I’m prediabetic, and I know that if I lost some weight, exercised more often, and ate a better diet, I’d be healthier,” she says. “I need to take action now so things don’t get worse in the next few years.”



A water workout can be easier on joints—but still tough on muscles!



As an only child raised by a single mom, Shanna has a special connection with Donna



Chef Shawn Brisby takes Donna through simple healthy cooking steps

“WE WANT TO..”

1 “...eat less without going hungry”

Donna and Shanna both overeat, but for different reasons. “I have very little for breakfast and lunch, but then I eat a huge dinner,” says Donna. Shanna’s more of a grazer: “I have takeout for lunch, plus I get candy bars and chips from the vending machine,” she says. “And I munch on cookies all evening.”

THE EXPERT FIX Hana Feeney, R.D., one of Canyon Ranch’s nutritionists, encourages both women to bring veggies, hummus, and a salad to work. “With those healthy options at your desk, you’ll avoid eating out, skipping meals, and excessive snacking,” she says. And because they live near each other, Feeney told them to alternate who’s in charge of cooking dinner during the week.

2 “...blast some serious calories”

Both Donna and Shanna own treadmills, but they just gather dust. “I used to be active, but nine years ago I changed careers and got out of my routine,” says Donna. Shanna doesn’t make working out a

priority either. “It rarely even crosses my mind,” she says.

THE EXPERT FIX “You must exercise if you want to lose weight,” says Mike Siemens, Canyon Ranch’s director of exercise physiology. His advice: Aim for 40 to 60 minutes of cardio four days a week, with two of those days involving intervals (where you alternate high and moderate intensity). “To stay motivated, put a TV near the treadmill,” he says. “Then watch your favorite show only while on the machine.”

3 “...have more fun”

“My mom and I don’t spend enough time just relaxing or doing things we love,” says Shanna. Donna agrees: “I need more activities that make me feel happy.”

THE EXPERT FIX When Peggy Holt, one of Canyon Ranch’s behavioral therapists, asked Donna and Shanna to describe a perfect day, they listed talking to friends, volunteering, and meditating. “Try to sneak in those activities, like listening to a meditative CD, throughout the day,” says Holt. “You’ll be more excited to wake up every morning!”

PUTTING IT ALL TOGETHER

After two months, Donna and Shanna have made huge strides. “We meet up on weekends and go grocery shopping so our fridges stay stocked with fresh fruits and veggies,” says Shanna. Exercising has been harder to get used to, but they’re doing their best. “We both find it tough to do intervals when we walk,” says Donna. “But we’re going to start teaming up for workouts to push each other.” So far Donna has dropped 11 pounds, and Shanna, 5. “We’re so proud of what we’ve achieved,” says Donna. “We’re each other’s biggest cheerleader!”

online bonus!

Go to shape.com/readermakeover to see what other strategies worked for Donna and Shanna.



STAND TALL

This joined tree pose proves how much stronger you can be when you have a partner

“WE’RE READY TO PUT OURSELVES FIRST.”

TARA MARINO, 34, AND HER MOM, JILL, 61

WITH THEIR SLIM FIGURES, Tara and Jill appear healthy, but looks *can* be deceiving. “We both smoke,” admits Tara. “Mom’s had a pack-a-day habit for 40 years, and I first lit up when I was 18.” Their careers aren’t helping their well-being either. “Work takes a lot out of us,” says Jill. “When we get home, we don’t have the energy to cook or exercise.” But Jill (a teacher near Boston) and Tara (a prop stylist in New York City) are eager to change. “I’ve seen women my age die from heart attacks,” says Jill. “I worry I’m next.” Tara’s struggling too: “I’m so run-down, I feel like my body belongs to an older woman,” she says. “I know my bad habits are to blame—and I wonder: What other damage are they doing?”



ABOUT CANYON RANCH | Located near the Santa Catalina Mountains, north of Tucson, Arizona, Canyon Ranch has an 80,000-square-foot spa complex, three outdoor pools, and a 12,000-square-foot aquatic center. Rates start at \$2,760 for four nights (double occupancy). For more information, visit canyonranch.com.

“WE WANT TO..”

1 “...eat healthy on the go”

Tara runs around all day for her job, so she often dines out. “I’ll buy a big meat-and-cheese-filled sub from a deli for lunch and pick up something heavy like eggplant Parmesan for dinner,” she says. Jill, on the other hand, grabs a bite when she can. “I eat cereal, fruit, or soup between classes or during my planning period,” she says. “I never have much time, so it has to be quick.”

THE EXPERT FIX “Every meal should include complex carbs, a fruit or veggie, and protein or healthy fat,” says Feeney. She suggests that Jill replace the cereal with raw veggies and string cheese, and Tara order only half a sandwich and pair it with a salad. “To prevent energy dips, have a meal within an hour of waking up, and eat at least every three hours,” says Feeney. “Even a banana and a few almonds will keep you going.”

2 “...start strength training”

Neither Tara nor Jill work out regularly. “I go months without setting foot in the gym,” says Tara. “And I never lift weights because I don’t know how.” Jill also

wants to get stronger. “I’m petite, so I’m at a high risk for osteoporosis,” she says. “And I hate how weak I feel.”

THE EXPERT FIX “Beginning in your 30s, muscle mass decreases every year if you don’t regularly lift weights,” says Siemens. But you can reverse that with just 15 to 20 minutes of strength training twice a week. “There’s no need for complicated routines,” he says. “You can get lots of benefits from basic moves, like squats, curls, and sit-ups.”

3 “...nix the cigarettes”

Jill and Tara have tried to quit smoking at least 30 times between them. “I haven’t lasted longer than a week,” says Jill. Tara, on the other hand, has made it to 21 days: “As soon as I get stressed out or my friends light up near me, I give in.”

THE EXPERT FIX “Not only is nicotine addictive, but smoking is a habit,” says Holt. “Start by changing one part of your routine at a time—so if you smoke while watching TV, sit in a chair instead of on the sofa. Simple tweaks like that help break the automatic link between the activity and smoking, helping you stop.”

PUTTING IT ALL TOGETHER

Once home, Jill set her alarm 30 minutes later so she’d have less time to smoke in the morning. “I immediately went from five cigarettes before lunch to two,” she says. And Tara quit cold turkey. “Instead of joining my boyfriend outside for a post-dinner cigarette, I stayed inside to avoid the temptation,” she says. “It worked!” Both have also spent time in the weight room. “I made an appointment with a trainer so I wouldn’t be intimidated,” says Jill. And Tara has even started cooking: “It’s more work, but it’s fun to plan what I want to make,” she says.

online bonus!

Go to shape.com/readermakeover to find out how Tara and Jill are doing today.

If you can do more than 12 reps, the weights are too light

Jill and Tara grew closer by getting away from their routines

Every morning, write out your goals, such as “No candy” and “Spend 30 minutes at the gym”