

The Perfect Postworkout Treat

For a postworkout drink that helps you trim, tone, and rehydrate, look to this childhood fave: milk.

A recent study of weight lifters suggested that the beverage may give muscle-building and fat-trimming efforts a boost.

Muscle Up with Milk

In a 12-week study, male weightlifters who drank a 500-milliliter glass of milk right after a workout, and another glass 1 hour later, gained more lean body mass and lost more fat than the men who drank a soy or carbohydrate sports drink instead. Researchers suspect that certain proteins and amino acids in milk may help with body-building effort, while the calcium may be a boon to fat loss.

As Good as Water?

A second study showed that milk rehydrates exercisers just as well as water and *more* effectively than sports drinks, probably because of the abundant electrolytes in milk. Of course, milk has calories, too. So if you're trying to reduce, nothing beats water for consequence-free hydration. .

Benefit

Exercising regularly can make your RealAge as much as 9 years younger.

References

[Consumption of fat-free fluid milk after resistance exercise promotes greater lean mass accretion than does consumption of soy or carbohydrate in young, novice, male weightlifters.](#) Hartman, J. W. et al., *American Journal of Clinical Nutrition* 2007 Aug;86(2):373-381.

[Milk as an effective post-exercise rehydration drink.](#) Shirreffs, S. M. et al., *British Journal of Nutrition* 2007 July;98(1):173-180.

[Milk: the new sports drink? A Review.](#) Roy, B. D., *Journal of the International Society of Sports Nutrition* 2008 Oct 2;5:15.

Curb Overeating with This Mealtime Trick

To avoid eating too much -- and earning a bigger pants size -- try this mealtime trick: Spend at least 30 minutes enjoying your food.

Research shows that scarfing down food as if every meal were your last actually *reduces* levels of key appetite-controlling hormones -- the ones that normally keep you feeling full and satisfied and tell you when to put down that fork.

Slower = Slimmer

In the study, lucky volunteers were served about 2 1/2 scoops of ice cream -- twice. On one day, they wolfed down the treat in 5 minutes flat. Then, on another day, they lingered over the bowl for a full half hour. Blood tests showed that slow eating increased levels of two appetite-lowering chemicals (peptide YY and glucagon-like peptide-1) by 25 to 30 percent. And these satisfaction hormones stayed high for the next 2 1/2 hours.

Satisfaction Secrets

"I'm full" hormones are released by special cells in your gastrointestinal tract. Eating stimulates them, but scientists aren't yet sure why a leisurely meal boosts output and a quick meal stunts it. And you shouldn't wait for the answer. Start harnessing your satisfaction levels now with a lazy, leisurely approach to breakfast, lunch, and dinner. Here are a few more tips on eating less but feeling more satisfied:

- Veggie-cize your meals. Adding veggies adds bulk but few calories.
- Focus on your food. Paying attention to every bit helps you eat less.
- Treat yourself to an appetizer. A healthy premeal nosh helps turn hunger off.

Benefit

Eating a diverse diet that includes 5 servings of vegetables per day can make your RealAge as much as 4 years younger.

References

[Eating slowly increases the postprandial response of the anorexigenic gut hormones, peptide YY and glucagon-like peptide-1.](#) Kokkinos, A. et al., *Journal of Clinical Endocrinology and Metabolism* 2010 Jan;95(1):333-337.