

RANDOM HOUSE  BOOKS



New Body Plan

Rosemary Conley

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About the Book

Change the way you look and feel for good

Do you want a new body? Now you can slim down and tone up as never before with my revolutionary diet and exercise programme.

Do you find yourself feeling peckish between meals when you've attempted to follow a diet? If so, then this diet is for you. In addition to three satisfying meals a day, you have the option of morning, afternoon and evening snacks to keep those hunger pangs at bay.

Do you feel there just aren't enough hours in the day to fit in an exercise session? My New Body Workout is designed to give you maximum results in the minimum amount of time. Its unique formula combines fat-burning and muscle-toning exercises in an easy-to-follow, time-saving format that is incredibly effective - and fun!

Do you start out on a diet and fitness campaign with the best of intentions but find your willpower weakens after just a few days? My Willpower-Booster Plan will help you succeed as never before.

Rosemary Conley's New Body Plan - the safe and effective way to a new you!

About the Author

Rosemary Conley is the UK's leading diet and fitness expert and has sold over five million books and almost three million videos on the subject.

Together with her husband, Mike Rimmington, Rosemary runs three companies: Rosemary Conley Diet and Fitness Clubs, which operates a national network of almost 200 franchises running over 2,000 classes weekly; Quorn House Publishing Ltd, which publishes Rosemary Conley Diet & Fitness magazine with a circulation of around 250,000; and Rosemary Conley Enterprises.

Rosemary appears regularly on television and radio and has had her own TV series on BBC, ITV and satellite channels.

Rosemary has a daughter, Dawn, by her first marriage, and Rosemary, Mike and Dawn are all committed Christians.

ALSO BY ROSEMARY CONLEY

Rosemary Conley's Hip and Thigh Diet
Rosemary Conley's Complete Hip and Thigh Diet
Rosemary Conley's Inch Loss Plan
Rosemary Conley's Hip and
Thigh Diet Cookbook (with Patricia Bourne)
Rosemary Conley's Metabolism Booster
Rosemary Conley's Whole Body Programme
Rosemary Conley's New Hip and
Thigh Diet Cookbook (with Patricia Bourne)
Shape Up for Summer
Rosemary Conley's Beach Body Plan
Rosemary Conley's Flat Stomach Plan
Be Slim! Be Fit!
Rosemary Conley's Complete Flat Stomach Plan
Rosemary Conley's New Inch Loss Plan
Rosemary Conley's Low Fat Cookbook
Rosemary Conley's Red Wine Diet
Rosemary Conley's Low Fat Cookbook Two
Eat Yourself Slim

Rosemary Conley's

NEW BODY PLAN



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This healthy eating and fitness programme is in keeping with current nutritional guidelines and is suitable for anyone who is seeking to make long-term changes to their eating and exercise habits. The calorie allowance is set at the optimum level for successful weight loss and, certainly, the option to have between-meal snacks can be effective in helping the slimmer to adhere to the diet. Low-fat eating combined with regular exercise is the best formula for a healthy lifestyle and is particularly important for weight maintenance. This book puts that message across in an easy-to-follow and positive way.

*Dr Andrew Prentice, MRC Dunn
Clinical Nutrition Centre, Cambridge*

Anyone who is overweight and who follows the advice in this book will reduce their body weight and size. To maintain these benefits, the principles described need to be followed in the long term. Failure to do so may result in your regaining your lost weight.

From your interest in this book it is clear that you either have an interest in health, or it is possible that you have an underlying problem with your eating habits. In extreme cases, this could manifest itself as an eating disorder which requires more help than this book can offer. In this instance, I would encourage you to seek further help via your GP or other nutritional specialist, or contact the Eating Disorders Association on 01603 621414.

Acknowledgements

With each book that I write I become acutely aware of the great team who surround me and enable me to achieve an end result which I hope will be greatly enjoyed by many. This book is no exception and, as I have become increasingly busy over the last year, the contribution made by my team is appreciated more than ever.

Researching the latest products on the market for inclusion in the diet is a mammoth task in itself and I must thank Linda Stevens and Julia Martin for their endless trips to the supermarkets on my behalf.

The exercise section is a crucial part of this book and I want to thank Mary Morris for her expertise and direction in coming up with the most effective workout ever. Mary's support and encouragement know no bounds, and I am so grateful to her for that. Thank you also to Sue Marcantonio James for her valuable contribution to the exercise section. With such experts around me I know my readers are given the best possible help and guidance.

Thanks must also go to my PA, Louise Jones, and my assistant, Melody Patterson, who have worked tirelessly in transcribing the many tapes of dictation and the numerous recipes that were so kindly contributed by members of Rosemary Conley Diet & Fitness Clubs.

Special thanks must also go to Patricia Bourne for testing and adapting the recipes in this book to ensure that you get perfect results each time you prepare them.

Any book that is written has to be edited so that it can be read logically and easily. Jan Bowmer has edited my books for many years. Not only does she work incredibly hard on my behalf, she is extremely good at what she does. Jan, I can't thank you enough for sorting out my batches of manuscript and making them into a readable book.

Thanks must also go to the designer, Roger Walker, and the art director, Dennis Barker. You always do such a great job.

Thank you all very much indeed.

Readers should copy any charts or graphs onto a separate piece of paper in order to fill them in.

1

What's New about the New Body Plan?

Would you like to wear a size 10 or 12 dress that fitted all over? Are you happy with parts of your body but wish that the bigger bits were more in proportion with the smaller ones? I know what it's like - I've been there! For years I hated my lower half, but once I discovered the incredible benefits of low-fat eating, my previously outsized hips and thighs reduced to a 'normal' size and everything became in proportion. That was 10 years ago and since then I've researched and developed that simple dieting principle. The result is a finely tuned weight-loss programme of diet and fitness, as described in this book, that gives incredible results very, very easily.

That's why I believe my New Body Plan is the most effective diet and fitness programme ever. It combines six meals a day, which will prevent those hunger pangs and avoid wholesale bingeing, with a very effective form of exercising called New Body.

In my previous diets I have recommended that slimmers eat three meals a day and avoid the habit of snacking in between meals, as I feel strongly that anyone who wants to lose weight should educate themselves towards set mealtimes when they eat plenty and feel satisfied. It is very important that the slimmer does not feel deprived, and having a substantial meal three times a day helps to build confidence in their eating patterns and has proved effective in minimising binge eating.

However, many slimmers have asked me for a diet that will allow them to eat something between meals since, because of their lifestyles, they find themselves really hungry at certain times. These weak moments tend to occur at three key points in the day: late in the morning (if they eat an early breakfast), in the afternoon at children's teatime and at around 9pm (if they eat their evening meal at, say, 6pm). Late-night nibbling can often lead to a wholesale binge, but with a regular pattern of six meals a day, as offered in this New Body Plan, bingeing should become a thing of the past.

The calorie content of this diet is around 1400 calories a day for women. Men can increase the quantities by 25 per cent or, if they are a manual worker, by 50 per cent. All menus and snacks are low in fat, but sufficient fat is included within the diet to ensure optimum nutrition. Care has been taken to include plenty of foods that are rich in calcium and iron and, providing that you eat a varied diet from the menus suggested, you should be obtaining sufficient nutrients.

The rate of weight loss you can expect on this plan will vary between individuals. The more overweight you are, the more weight you will lose initially. But the maximum weight loss will be achieved by those who stick rigidly to the diet plan and who exercise regularly.

New Body is the name given to a unique exercise system designed to reshape the body. It's a safe and incredibly effective workout which combines low-impact aerobic moves with controlled body conditioning exercises that strengthen and tone the muscles. The result is a honed down and toned up body - the kind of body you would never believe could be yours.

Aerobic exercise - that's any exercise which makes you puff - strengthens the heart and lungs and burns fat, while *toning* exercises work specific muscle groups to strengthen and tone the body and improve our overall shape. My New

Body Workout combines both these elements, thus enabling you to work out in an effective and time-efficient way. The workout is divided into six sections, each of which focuses on a specific area of the body so that you can design your own workout and concentrate on your particular problem area.

Try to do the exercises at least three times a week, but if you do them on six days out of seven, you'll see the fastest results. If you have a video player at home, you may like to try my New Body By Design video where I work out with two successful slimmers and show different variations on different moves (see back of book for details).

Think about general activity in your everyday life, too. The more physically active you are at any time of the day, the more calories you will burn, the more fat you will lose and the slimmer you will become. Try not to think of your diet and fitness campaign as something you do for half an hour a day and at mealtimes. It should be a new lifestyle which becomes a habit that will bring you abounding energy and a new zest for life.

I don't doubt that at some point during the next few weeks you will find yourself tempted away from the guidelines of the New Body Plan. You're only human, after all. To help you cope with these difficult times I have included a special Willpower Booster Plan in Chapter 8 ([see here](#)). At those times when you feel depleted of willpower, please turn to this chapter to find some inspiration to keep you on the straight and narrow. But remember, nothing tastes as good as being slim feels!

2

Dispelling the Metabolism Myths

Many people who fail to lose weight blame their lack of success on their metabolism. They believe that theirs is slower than most people's and that they only need to look at a cream cake to gain a couple of pounds. In reality the metabolic rate - the rate at which we burn calories - does vary from one person to another, but, interestingly, if you are overweight, then your metabolic rate is actually likely to be higher, not lower, than that of a slimmer person.

Obesity expert Dr Andrew Prentice, who is based at the Dunn Clinical Nutrition Centre in Cambridge, has been involved in numerous clinical studies on metabolism. At the Dunn Centre they have special sealed units called metabolic chambers where people come and stay for up to 14 days at a time to participate in controlled experiments. These chambers are like bed-sitting rooms and are comfortably furnished with a bed, washbasin, toilet facilities, table, chair, stereo, video and an exercise bike. Each room is completely airtight with a special seal around the door. A two-way hatch facilitates the serving of carefully calculated meals and the removal of waste products in the appropriate receptacles! The air within each unit is circulated throughout a special ventilated system. This allows the oxygen breathed in and the carbon dioxide produced by the person inside to be measured accurately. These measurements are then used to calculate exactly how much energy (calories) per minute is being used up. A computer printout running constantly

shows any increase or decrease in activity and the appropriate fluctuation in energy output.

I paid a visit to the Dunn Nutrition Centre while I was recording a series of films for Granada's *This Morning* programme. We wanted to demonstrate scientifically the difference in the metabolic rate of two people who had different body weights. A member of one of our classes in Norfolk had successfully lost six stone but had since reached a plateau and felt frustrated that she was apparently unable to shift her final few stones to reach her target weight. Gail was the perfect candidate, having reduced from 22 stone to 16 stone, but she believed her metabolic rate was the reason her weight was sticking. She felt her metabolic rate had slowed down to around 300 calories a day. It was agreed that I would be the other candidate on the basis that many people would assume that I had a high metabolic rate in view of the regular exercise I take and the fact that I'm not overweight.

So Gail and I were placed in a metabolic chamber for around 24 hours. Then we were instructed to lie on the bed absolutely motionless for one hour. During this time a very careful and accurate reading was taken of our respective metabolic rates. At the end of the session we were allowed to get up, wash, dress and emerge from our quarters to wait for the results to be announced. The computer provided the proof that my basal metabolic rate (BMR) was 1343. This was the number of calories I needed to fuel my body throughout the day without even getting out of bed. As soon as I became active, obviously the number of calories burned would increase.

Gail's BMR was no less than 1900 calories! This was significantly higher than mine and was due to the fact that she was a larger lady - in fact, she weighed twice as much as I did. Gail was amazed, and even more so when Doctor Prentice told her that as soon as she became active in her normal daily life she would be burning up another 800-900

calories, making a total calorie expenditure of 2700-2800 per day! It is therefore clear to see that if Gail followed a diet of even as much as 1900 calories a day, she would be bound to lose weight. Gail went away feeling very encouraged and was determined to continue with the diet. She realised that previously she must have been eating many more calories than she'd thought.

From this exercise you can see that weight has an important bearing on the basal metabolic rate. If you are carrying some excess weight, then your body requires more calories than that of a slimmer person simply to sustain your existing weight. Age also has a bearing on the BMR. We require less fuel as we get older because our body composition changes somewhat - our muscles tend to become smaller as we tend to be less active. Muscle is an energy-hungry tissue whereas fat is not, therefore, the more muscle we have, the higher the metabolic rate will be. This is why the New Body exercises in this book are so important. Not only will they help you to burn fat, they will also help you to increase your muscle mass (the size of your muscles) and this, in turn, will increase your metabolic rate.

Crash dieting and yo-yo dieting, on the other hand, will have the opposite effect. If you have ever gone on a crash diet or a meal-replacement-type diet or have simply gone without food in the hope that it would effect a swift weight loss, you may have reduced the amount of muscle tissue on your body. This is because, under such starvation conditions, the body starts to burn muscle rather than fat. However, providing you go back to eating sensible, healthy food and sufficient calories to fuel your basal metabolic requirement, and at the same time start doing some specific muscle-toning exercises, you will soon be able to increase your muscle mass and consequently your metabolic rate. It is never too late to start to remedy any damage that might have been done.

We need good, nutritious food to stay healthy. Without it, we may lack energy, age prematurely and be susceptible to a variety of illnesses and infections. The good news is that there are loads of different, healthy, low-fat foods which taste absolutely delicious and leave us feeling more than satisfied, but we need to make them part of our everyday lifestyle.

Now, for the first time, you can estimate your daily calorie requirements by using the metabolic chart ([see here](#)). This will give you an idea of your personal basal metabolic rate (that's the number of calories you need to exist), plus the total number of calories you need to sustain your *existing* weight. To *lose* weight really effectively, you need to eat fewer calories than you expend each day and increase your activity level.

How to use the tables to estimate your daily energy (kilocalorie) needs

First decide how active you are. Take care not to overestimate it. Most people believe they are more active than they really are. Here is a guide:

Sedentary This applies to most people in modern society.

Active To classify as active you must be active at work *or* spend at least two hours per week in a very active leisure pursuit.

Very active To classify as very active you must have a very active occupation (including lifting, carrying and standing for long periods) *or* be extremely active for at least four hours per week in your leisure time - people would describe you as 'very sporty'.

Then select the table appropriate to your age and sex. Read across from your weight to the relevant column. The first column tells you your estimated BMR. The appropriate activity column tells you your total daily energy output. The

values are only best estimates and are calculated according to the Department of Health's Dietary Reference Values (1991).

Daily energy (kilocalorie) requirements of women aged 18-29 years

<i>Body weight (stones)</i>	<i>Basal metabolic rate</i>	<i>Sedentary</i>	<i>Total energy requirement (kcal per day) Active</i>	<i>Very active</i>
6	1052	1580	1790	2000
6½	1099	1650	1870	2090
7	1146	1720	1950	2180
7½	1193	1790	2030	2270
8	1240	1860	2110	2360
8½	1288	1930	2190	2450
9	1335	2000	2270	2540
9½	1382	2070	2350	2630
10	1428	2140	2430	2710
10½	1476	2210	2510	2800
11	1523	2880	2590	2890
11½	1570	2360	2670	2980
12	1618	2430	2750	3070
12½	1664	2500	2830	3160
13	1711	2570	2830	3250
13½	1758	2640	2990	3340
14	1806	2710	3070	3430
14½	1853	2780	3150	3520
15	1900	2850	3230	3610

Daily energy (kilocalorie) requirements of women aged 30-59 years

<i>Body weight (stones)</i>	<i>Basal metabolic rate</i>	<i>Sedentary</i>	<i>Total energy requirement (kcal per day) Active</i>	<i>Very active</i>
6	1163	1740	1980	2210
6½	1190	1790	2020	2260
7	1215	1820	2070	2310
7½	1242	1860	2110	2360
8	1268	1900	2160	2410
8½	1295	1940	2200	2460
9	1323	1980	2250	2510
9½	1348	2020	2290	2560
10	1374	2060	2340	2610
10½	1400	2100	2380	2660
11	1427	2140	2430	2710
11½	1454	2180	2470	2760
12	1480	2220	2520	2810
12½	1505	2260	2560	2860
13	1532	2300	2600	2910
13½	1559	2340	2650	2960
14	1586	2380	2700	3010
14½	1612	2420	2740	3060
15	1639	2460	2790	3110

Daily energy (kilocalorie) requirements of women aged 60 years and over

<i>Body weight</i>	<i>Basal metabolic rate</i>	<i>Sedentary</i>	<i>Total energy requirement</i>	<i>Very active</i>
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<i>(stones)</i>	<i>rate</i>	<i>(kcal per day) Active</i>		
6	940	1410	1600	1790
6½	970	1460	1650	1840
7	998	1500	1700	1900
7½	1028	1542	1750	1950
8	1057	1590	1800	2010
8½	1087	1630	1850	2070
9	1116	1670	1900	2120
9½	1146	1720	1950	2180
10	1174	1760	2000	2230
10½	1204	1810	2050	2290
11	1233	1850	2100	2340
11½	1263	1890	2150	2400
12	1292	1940	2200	2450
12½	1320	1980	2240	2510
13	1350	2030	2300	2570
13½	1380	2070	2350	2620
14	1409	2110	2400	2680
14½	1439	2160	2450	2730
15	1469	2200	2500	2790

Daily energy (kilocalorie) requirements of men aged 18-29 years

<i>Body weight (stones)</i>	<i>Basal metabolic rate</i>	<i>Sedentary</i>	<i>Total energy requirement (kcal per day) Active</i>	<i>Very active</i>
8	1456	2180	2480	2770
8½	1509	2260	2570	2870

9	1557	2340	2650	2960
9½	1606	2410	2730	3050
10	1652	2480	2810	3140
10½	1701	2550	2890	3230
11	1749	2620	2970	3320
11½	1797	2700	3060	3410
12	1846	2770	3140	3510
12 ½	1892	2840	3220	3600
13	1940	2910	3300	3690
13½	1990	2980	3380	3780
14	2037	3060	3460	3870
14½	2086	3130	3550	3960
15	2134	3200	3630	4050
15½	2180	3270	3710	4140
16	2220	3330	3770	4220
16½	2278	3420	3870	4330
17	2330	3490	3950	4420

Daily energy (kilocalorie) requirements of men aged 30-59 years

<i>Body weight (stones)</i>	<i>Basal metabolic rate</i>	<i>Sedentary</i>	<i>Total energy requirement (kcal per day) Active</i>	<i>Very active</i>
8	1458	2190	2480	2770
8½	1495	2240	2540	2840
9	1532	2300	2600	2910
9½	1569	2350	2670	2980
10	1604	2410	2730	3050
10½	1641	2460	2790	3120

11	1678	2520	2850	3190
11½	1715	2570	2920	3260
12	1752	2630	2980	3330
12½	1787	2680	3040	3400
13	1824	2740	3100	3470
13½	1861	2790	3160	3540
14	1898	2850	3230	3640
14½	1934	2900	3290	3680
15	1970	2960	3350	3750
15½	2007	3010	3410	3810
16	2037	3060	3460	3870
16½	2080	3120	3540	3950
17	2117	3180	3600	4020

Daily energy (kilocalorie) requirements of men aged 60 years and over

<i>Body weight (stones)</i>	<i>Basal metabolic rate</i>	<i>Sedentary requirement</i>	<i>Total energy requirement (kcal per day) Active</i>	<i>Very active</i>
8	1306	1960	2220	2480
8½	1344	2020	2280	2550
9	1382	2070	2350	2630
9½	1420	2130	2410	2700
10	1457	2190	2480	2770
10½	1494	2240	2540	2840
11	1533	2300	2610	2910
11½	1571	2360	2670	2980
12	1609	2410	2740	3060
12½	1646	2470	2800	3130

13	1684	2530	2860	3200
13½	1722	2580	2930	3270
14	1760	2640	2990	3340
14½	1798	2700	3060	3420
15	1836	2750	3120	3490
15½	1873	2810	3180	3560
16	1904	2860	3240	3620
16½	1949	2920	3310	3700
17	1988	2980	3380	3780

Prepared by Dr Andrew Prentice, MRC Dunn Clinical Nutrition Centre, Cambridge

How to speed up your metabolism

Eating regular meals will ensure that the body receives a steady supply of nutrients that can be utilised to provide energy as well as growth and repair. During the day the body's energy systems take a leading role, enabling us to carry out our daily activities. At night the energy systems slow down, and the maintenance and repair workers come into action. Any food not processed during the day is sorted and fully digested while we are asleep, and the various nutrients are taken around the body and deposited where they are needed. Any waste matter is then left in our waste products' department, ready for elimination in the morning. When we wake up after a good night's sleep we are delighted to find a flat stomach, which represents an empty fuel tank awaiting a delivery of energy at breakfast time. Breakfast is so important because it kick-starts the metabolism into action, rather like starting an engine.

Over recent years there has been a popular train of thought which suggested that breaking down our daily calorie intake into several, smaller meals a day would increase the metabolic rate. However, in clinical tests no

firm evidence was found to support this theory, although there is no doubt that immediately after we have eaten, the metabolic rate does increase for a short period of time. The key, therefore, is to find a way of eating that will effect a steady and healthy weight loss which, at the same time, will satisfy the slimmer to such an extent that they have no inclination to nibble or binge outside of the recommended calorie allowance. It is with this goal in mind that I have written this book. I believe that we are most tempted to cheat at those times of the day when our blood sugar levels fall because of the period of time that has elapsed between meals.

We can increase our metabolic rate by increasing the size of our muscles. We can only do this by making the muscles work harder than normal so that they automatically grow bigger to cope with the extra work we ask them to perform. Muscles are made up of millions of fibres. When we work a muscle we cause it to contract and become bigger. You only need to pick up a 1.8kg (4lb) weight in your hand and bend your arm at the elbow to see your bicep muscle (at the front of the upper arm) become bigger.

If you were to lift that weight several times, you would find that the muscle gradually began to ache. The first time you lifted the weight, perhaps 60 per cent of the fibres in that muscle were called into action. The second time you lifted it, those initial fibres would start to feel a little tired and recruit some more support from another 10-15 per cent of fibres in the muscle. This process would continue with each repetition until eventually the muscle would be using 100 per cent of its pulling power. It now needs to recruit or manufacture some additional fibres to enable it to do the work. This, in turn, makes the muscle bigger and stronger.

This is why when performing strengthening and toning exercises we need to do sufficient repetitions to enable our muscles to be challenged to the point of mild discomfort and then do two more repetitions to ensure that the