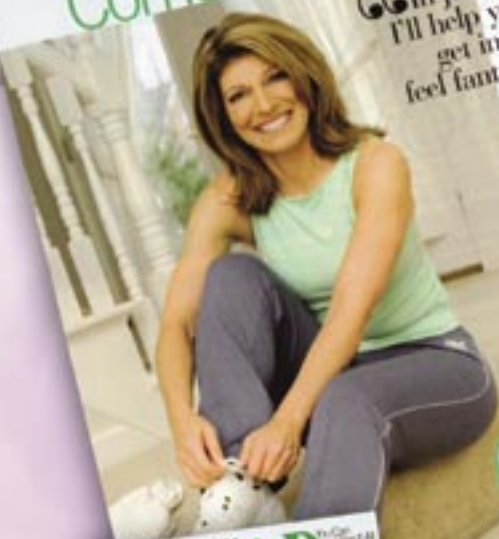


The new Woman's Day

You Can Have It All

Enchanting Paper Roses

diet/exercise
Come Walk with Me
 "In just six weeks, I'll help you lose weight, get in shape and feel fantastic"



by Leslie Sansone
 Photographs by Luigi Cuffinelli

I'VE ALWAYS BELIEVED that the key to losing weight and getting in shape is more about moving your body than what you eat in your mouth. Now, eating a moderately balanced diet is important, but even balanced diets can provide you with much more than just weight loss.

By making a commitment to walk six days a week for six weeks, you not only will gain speed, but you'll have more energy. By the end of six weeks, you'll have more energy and you'll feel better about your weight loss. Whether you walk alone, on a treadmill or in a group, make the commitment to walk for six weeks. At the end of it, you'll be glad you did it.

Welcome to WD, Leslie
 If you're not familiar with Leslie Sansone, you know her name. She's the fitness expert at our award-winning website. We're so excited to have you with us, we've put together a special package for you. It includes a copy of our new book, *6 Weeks to a New You: Walk Off Weight*, and a complimentary subscription to *Woman's Day*. We're so excited to have you with us, we've put together a special package for you. It includes a copy of our new book, *6 Weeks to a New You: Walk Off Weight*, and a complimentary subscription to *Woman's Day*.



Leslie Changed My Life™



LESLEY BARKER
 Age: 45
 Height: 5'6"
 Initial weight: 185 pounds
 Current weight: 145 pounds

PITTSBURGH JOURNALIST LESLEY BARKER used to walk to work regularly and one day when she ran into a friend, she was shocked to find she had gained 40 pounds. "I was shocked to find I had gained 40 pounds," she says. "I was shocked to find I had gained 40 pounds."



WALK WITH LESLEY BARKER...
 Leslie's walking program is so effective, it's helped her lose 40 pounds and gain 10 years of health. She's now a walking coach and has helped thousands of women lose weight and feel better about themselves.



Week Six

WALK MONDAY
 SMART SUBSTITUTIONS
 This week eliminate one unhealthy food choice every day. For example, swap the soda with lunch and fruit water. Forget the bag of chips after lunch and eat a banana instead.

TUESDAY Walk three miles. Try to walk on a new outdoor route. If you're using my videos, add the Walk Away List (see giveaway, above).

WEDNESDAY Walk three miles. Try to walk in 45 minutes or less.

THURSDAY Walk three miles. Walk through the mall and reward yourself with new walking clothes.

FRIDAY Walk three miles. Finish the first two miles in 30 minutes, then slow down for the third. Take the hard walks.

SATURDAY Walk one mile.

SUNDAY Walk three miles. Congratulations. You've done it! Enjoy this walk and think about what you've accomplished and how you've changed over the past six weeks. Then take Sunday off and start again on Monday. Walking is now a part of your life.

Please turn to page 41

at Errand Time in Half Top 39 Foods
 25 Smart Ideas for Your Kitchen
 Our Favorite OTC Health & Beauty Products
 Shop Smart, Spend Less
 You Can Be a Stay-at-Home Mom

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