

ESSENCE
Weight
Loss
CHALLENGE

Body & Spirit



No Excuses. Just Results!

If you've tried everything to slim down—but nothing has worked so far—don't give up hope. Celebrity trainer Kacy Duke has the plan you need

BY MARKETTE SMITH SHEPPARD | PHOTOGRAPHY BY NATHANIEL WELCH



Kacy Duke

LaShawnda, LaToya and Rosalyn are taking their efforts up a notch.

Kacy Duke wants you to get in touch with your inner Ali and Serena. If you've been following her regimen on ESSENCE.com, you know her philosophy of channeling the athlete inside of us all and creating the mind-set for weight loss success. This month she wants you to reach new heights. "Dip your toes into unfamiliar and sometimes

intimidating workout waters," says Duke, owner of Kacy Duke Fitness in New York City and L.A. and cofounder of Equinox Fitness clubs. If you're doing 45 minutes on the elliptical, for example, bump it up to an hour. "The reward will be seeing how powerful and strong you are," says Duke, not to mention the added calorie burn. Here's her full plan. ▶

HAIR AND MAKEUP, ROBERT HUITRON/KENBARBOZA.COM AND CLARK VINCENT/KENBARBOZA.COM

Have an “Aha” Nutrition Moment

From recommending grass-fed instead of grain-fed animal protein (it's easier on your stomach) to praising the post-workout merits of coconut water (it's low in calories and replenishes your system with electrolytes), Kacy Duke isn't shy about offering up nutrition advice. Still, this internationally known trainer refused to give members of her team, LaShawnda, LaToya and Rosalyn, a boilerplate menu.

Instead, Duke turned to nutrition expert Jeffrey Morrison, M.D., author of *Cleanse Your Body, Clear Your Mind* (Hudson Street Press), for personalized recommendations. “There is no one size fits all, so you need the right plan that works

“You are more than a pair of thighs and a belly. You are a heart, a mind and a spirit.”

—KACY DUKE

best for you,” says Duke, who learned she is lactose intolerant after getting nutrition counseling and now eats a dairy-free diet.

Check with your insurance company to see if a consultation with a nutritionist or dietitian is

covered. Before meeting, keep a food diary for at least two days and take it with you to the appointment. Also, bring a notebook or tape recorder to keep track of what he or she advises. Visit letsmove.gov for healthy eating tips.



Duke kept LaToya, LaShawnda and Rosalyn on the ball for this challenge.

LaToya lost 11 pounds!



WON THIS MONTH'S FITNESS TEST!

Duke's Digital Download

Kacy's best picks for letting technology help you get trim

TOTALLY FREE TRAINER

Need to tighten your belt in more ways than one? Go



to loseit.com or download the free app for your iPhone, iPod Touch or iPad to learn how many calories

you need a day, track your physical activity and more. “Using this calorie counter helps you become much more responsible about what you put in your mouth,” says Duke.

BUDGET POUND BLASTER

Run by Duke University clinicians, the Duke University Diet & Fitness Center's online extension (dukediets.com) focuses on your meal plan, fitness and behavioral strategies and their medical expertise. For \$4 per week you can access the center's video library, a guide to eating out and 400-plus recipes.

LATOYA, 29
assistant to a hospital director
Height: 5' 4"
Day 1: 208 lbs
Day 90: 197 lbs

SUCCESS SECRET

“Putting myself first,” says LaToya. “I'm no good to anyone if I don't help myself first with the health issues and hurdles I've allowed into my life.”