

Health

**THE BEST
QUICKIE
WORKOUTS
FOR YOUR
CRAZY
SCHEDULE**

**BUSY
PHILIPPS
GETS**

Real

Motherhood,
marriage—
and sharing
it all on
Instagram

**★
DELICIOUS
5-INGREDIENT
DINNERS**
P. 96

**WANT
TO GO
KETO?
READ
THIS
FIRST**

**SCORE
GLOWY
SUMMER
SKIN!**



Work it, Erica! She'll be extra prepared for her weekly workouts in this gear from Crane & Lion: Keyhole Sports Bra, \$60, Modern Pima Tank Top, \$50, and 7/8 Tights, \$95; craneandlion.com.



BEFORE

ERICA SHEARER, 28
State College,
Pennsylvania

The App That Helped Me Shed 100 Pounds

How one download encouraged Erica Shearer to redo her diet and fall for fitness.

As told to **ANTHEA LEVI**

➔ I COME FROM A BIG FAMILY that eats huge meals often, so it's no surprise that I took my all-you-can-eat mentality to college. The unlimited cafeteria food plan didn't help either, and by my senior year, I weighed 290 pounds. Yet it wasn't until after I graduated that I found myself faced with constant reminders—worrying whether I'd fit into an airplane seat and feeling ashamed when I lagged behind on hikes—that I needed to make a change. When my heavy frame started to make my joints ache, I became painfully aware (literally) that I had to slim down. Since it was hard for me to stick with diets in the past,

this time I chose the calorie-logging app Lose It!

TRACKING FOOD

In October 2015, I started using the app, which lets you set goals and monitor food intake and workouts. Immediately, it became obvious that my meals—like my weekend bacon, egg, and cheese bagel—were all loaded with calories. By paring down my portions, I dropped 25 pounds in two months. In the new year, I began cooking more and eating more grilled chicken and broccoli. The healthier I ate, the more active I wanted to be, as I no longer felt "too heavy" to work out.

ON THE RUN

I bought a Fitbit and started a "couch to 5K" plan in the spring of 2016, first alternating jogging with walking, and eventually running the full distance that summer. Finishing a race showed me that my body was capable of so much more than I imagined. I kept running three days a week, steadily upping my pace, and found myself down 100 pounds total three months later; I was overwhelmed with pride. I've since maintained my 185-pound frame with the help of yoga, weight training, and indoor cycling. I still track calories but also embrace the occasional treat. It feels amazing to no longer worry that I'll be held back by my size. In fact, I just got back from a trip to Morocco, where I walked 50 miles in one week. ■

GET FIT LIKE ERICA

These smart strategies help Erica stay healthy in mind and body. Want more wellness tips? Go to health.com/weight-loss-stories.

1

MORNING GLORY

Eating a breakfast high in fiber and healthy fats helps me start my day energized and sets me up to make smart food choices. My top pick: oatmeal with fruit, nut butter, chia seeds, and a dollop of yogurt on top.

2

MEASURE UP

Using a food scale was key. And now that I know what correct portions look like, I'm less likely to overeat—be it at home or in a restaurant.

3

GROUP FITNESS FTW

I'm a naturally competitive person, so I work even harder when I exercise in a group. It's also way more motivating when you're all trying to reach a goal together.

4

COOKING AS A RITUAL

I used to eat whatever was most convenient (hello, boxed mac and cheese!). But I now think of cooking as part of my self-care routine, and so Sunday meal prep feels as restorative as it is productive.