

FACES OF PREVENTION

MEET OUR LIVING-FIT EXPERT

SHE HELPS WOMEN STAY SLIM AFTER 40



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Was there ever a time you struggled with your weight?

Yes, after pregnancy. Like most women, losing those last 10 pounds was difficult. I had to eat better and exercise harder than ever before. What helped was adding 15 minutes of yoga in the morning.

What's a common misconception women have about their weight?

That gaining weight and getting older go hand in hand; it doesn't have to be the norm. Often, it's the little things that add up over time—like an extra glass of wine or another dinner out. But, the reverse is true, too. Cutting just 100

calories a day may not add up to much in a week or a month, but over a year, you'll be 10 pounds lighter.

What's one of your favorite workouts?

I love the stepmill—a machine with stairs that cycle continuously. It's exhausting! But it burns more calories than other machines. If I'm going to take 20 or 30 minutes to go to the gym, I try to do something vigorous.