

BRIDAL GUIDE

May/June 2010

bridalguide.com

DREAM DRESSES

For Every Bride

SAVE MONEY

10 Budget Mistakes You *Must* Avoid

Wow! Receptions

- Fresh Color Ideas
- Unique Details
- Fabulous Flowers

MARRIED SEX

7 Ways to Keep It Hot (our foolproof advice)

HOW TO WRITE YOUR OWN VOWS

Relax! Time-Saving Tips for Busy Brides

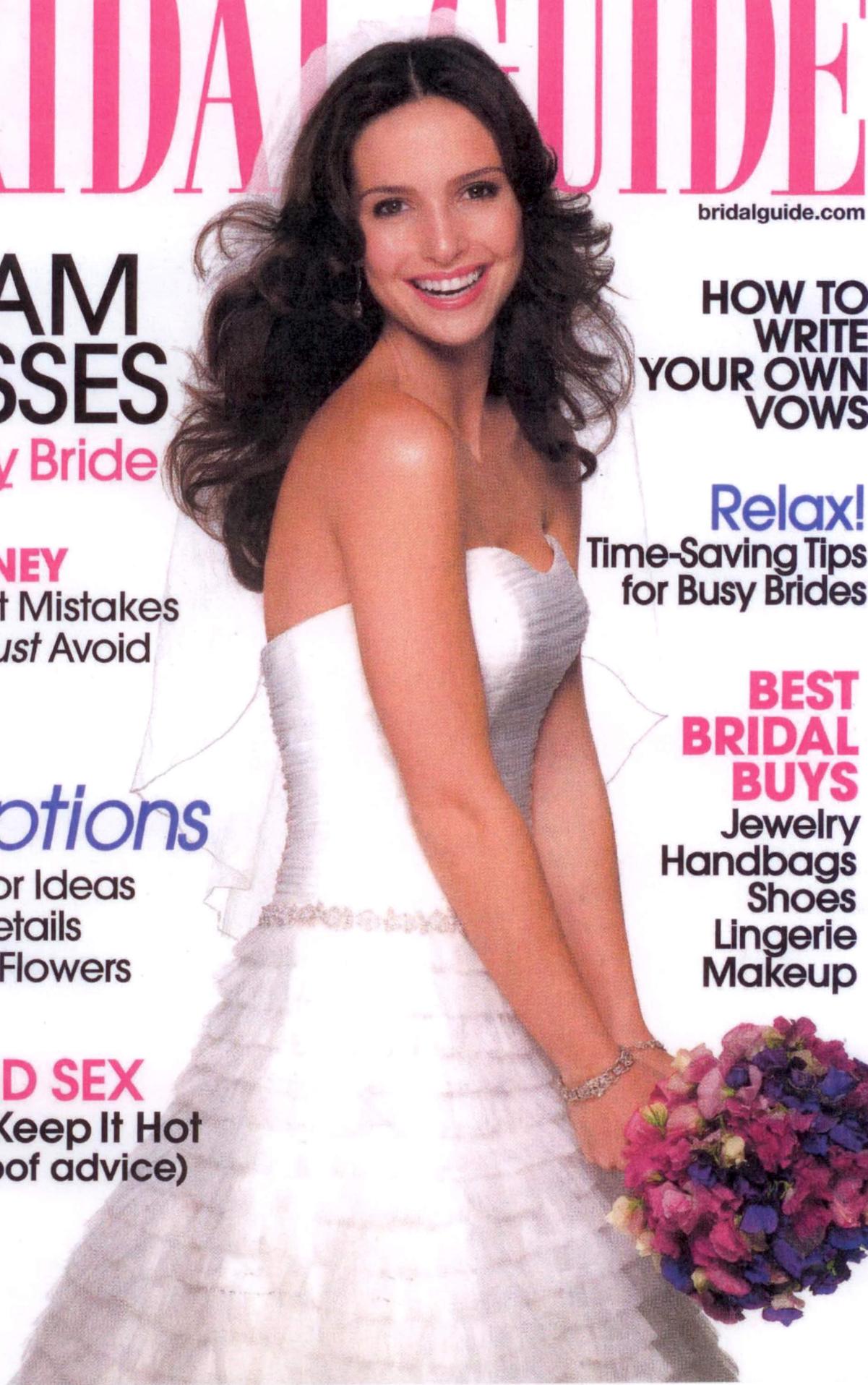
BEST BRIDAL BUYS

- Jewelry
- Handbags
- Shoes
- Lingerie
- Makeup

\$5.99 USA
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Diet Prep

Before diving belly-first into your wedding-day diet plan, psych yourself up with these tips from wellness coach and nutrition expert Jackie Keller.

* **Make a plan.** Having a solid plan is the basis for any successful diet. Healthy carbs, from fruits and whole grains, should account for 50%-55% of your calorie intake, with the remaining 45%-50% split between proteins and fats. Fiber-rich legumes are the best protein source, while olive oil, grape-seed oil and nuts ("good" fats) promote glowing skin and satiety.

* **Give your pantry a makeover.** Go through your shelves, read labels and

toss out everything made from processed flour and sugar, like crackers and cookies. If you need help with organizing a more diet-friendly kitchen, ask a friend for support.

* **Keep nutritious snacks handy.** Stock up on fruits like apples, pears and bananas. A great snack to keep on hand: string cheese with whole-wheat pretzels. Proportioned servings of nuts (especially almonds and walnuts) are nourishing and portable.



* **Commit to a healthy mindset.** If you aren't in the habit of eating lots of fruits and vegetables, make a list of healthy food habits that you need to adopt, and start to embrace them as the

new you. "Brides have to prepare themselves for a new relationship with food, just like they're preparing for one with their husbands-to-be," says Keller.

—by Stella Katsipoutis

by Susan Schneider

COCKTAIL CRASH COURSE

Don't gain weight on your honeymoon! Here's help.

DRINK:	CALS:	BURN IT OFF BY:
Margarita	622	Playing 9 holes of golf—carry your own clubs
Mai Tai	499	Playing beach volleyball for an hour
Cosmo	419	Hitting the dance floor for 1½ hours
Bloody Mary	313	Horseback riding for 1½ hours
Vodka Tonic	189	Playing Frisbee on the beach for 45 minutes
Red Wine	126	Sailing for 45 minutes
White Wine	120	Taking a paddle boat out for ½ hour

Need Energy?

Forget the sugar rush and go for a brisk walk. Research shows that **putting one foot in front of the other for ten minutes provides you with a good head of steam** for up to two hours. However, the burst

you get from eating a candy bar fades after an hour and may leave you feeling *more tired* (not to mention guilty).

