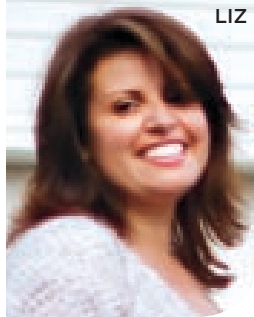




DAWN



LIZ

### WHOLE LIFE MAKEOVER: MONTH 10

Dawn Burns and Liz Pappas have just one month left before they cross the finish line of our Whole Life Makeover. We asked both of them about the support they've received – and whether they've had to cope with any negative influences.

Dawn says friends have buoyed her. "My coworkers have cheered me on every step of the way, and their daily reinforcement has really kept me on track." Dawn's friend LoriAnn has been losing weight and getting healthy at the same time. "Our regular check-ins have been motivational," says Dawn. More recently, another friend, Carlie, became her fitness buddy; they're taking a kickboxing class together.

"The only negative person in my life is me," says Liz. "All my friends and family have been really encouraging. They tell me, 'Liz, you're doing great' or 'Liz, you look fantastic.' And I usually reply in a negative way: 'But it's not where I want to be' or 'I wish I was doing better than I am.'"

Liz admits she is learning that she can't control everything that gets in the way of her goals. "Whatever is frustrating me at the moment, I play it over again and again in my mind until I finally let it go."

– Ylva Van Buuren



## TRUE or FALSE?

You should curb your intake of milk and cheese if you're trying to lose weight.

**FALSE.** Milk products contain protein, and studies show that protein reduces your appetite and diminishes that hungry feeling, helping you maintain a healthy weight. What's more, the zinc in milk products plays an important role in energy metabolism.

PHOTOGRAPHY: NANCY FALCONI (TOP); PHANIE/FIRSTLIGHT

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