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Getty Images In English grammar, a comparative clause is a type of subordinate clause that follows the comparative form of an adjective or adverb and begins with as, than, or like. As the name indicates, a comparative clause expresses a comparison—for example, "Shyla is smarter than I am. A comparative clause may contain ellipsis: "Shyla is smarter than I" (formal style) or "Shyla is smarter than me" (informal style). A construction in which the verb has been omitted by ellipsis is called a comparative phrase. Martin H. Manser notes that "[m]any familiar idiomatic phrases take the form of comparative clauses linking equivalents of various kinds: as clear as day, as good as gold, as light as a feather" (The Facts on File Guide to Good Writing, 2006). Bill BrysonApart from a few perishable dairy products, everything in the fridge was older than I was.Marcel PagnolThe reason people find it so hard to be happy is that they always see the past better than it was, the present worse than it is, and the future less resolved than it will be.Theodore RooseveltNo other president ever enjoyed the presidency as I did.Charles DickensI only saw in him a much better man than I had been to Joe Jill LeporeThe United States spends more on defense than all the other nations of the world combined. R. Carter and M. McCarthyWhen comparisons of degree are made between things which are similar or the same, then the comparative clause structure as + adjective/adverb + as phrase or clause is frequently used: Is the Sultan of Brunei as rich as the Queen of England?They are as keen to join in as we are.Property in Guanzhou isn't as expensive as in Hong Kong.Winston ChurchillA man is about as big as the things that make him angry.Randy "The Ram" Robinson in The WrestlerThey don't make 'em like they used to. Rodney D. HuddlestonThe construction where a comparative clause is reduced to a single element is to be distinguished from that where the complement of than or as is simply an NP: [she is taller than] 6ft. Unlike I/me, 6ft is not [the] subject of a reduced clause: there is here no ellipsis. One special case of this latter construction common in non-standard dialects is that where the NP complement of than/as is a fused relative construction: She is taller than what Max is. When it comes to type 2 diabetes, you need diet and exercise goals that encourage you to succeed—not ones that set you up to fail, says Ann Goebel-Fabbri, PhD, a psychologist and investigator at the Joslin Diabetes Center in Boston. "I think goals have to be small and incredibly well spelled out for people. Everyone has the experience of going to a health practitioner and being told something very vague: 'You know, you really ought to lose weight.' What does that mean? How do I lose weight, how many pounds, using what tools? Goals need to be broken down into small nuts and bolts," she says. Margaret Savoca, PhD, an assistant professor in the department of nutrition at the University of North Carolina at Greensboro, suggests that you stop and look at your eating and exercise habits, and figure out what will be the easiest changes to make, rather than making huge changes that are tough to sustain. "You have to come up with a lifestyle you can actually maintain," says Savoca, who has researched food habits among people with type 2 diabetes. "How can you fit eating healthy and getting exercise into your schedule?" she says. "That's really a challenge for people." "Diabetes is a marathon, not a sprint," says Elizabeth Hardy, 47, a Dallas resident who was diagnosed with type 2 diabetes in 2005. For Hardy it was easiest to make changes in her life one step at a time. Here are a few ways start. Keep a record of your physical activity. Most people overestimate how much exercise they get. If you write it down, you'll have an honest appraisal of where you're starting. Bring your own lunch. Try to avoid eating lunch at restaurants or fast-food joints. That's because restaurant meals "can go out of control easily," Savoca says. They tend to have large portions, lots of calories, and high amounts of fat. Research has found an association between eating out more and having a higher body weight. When you make your own lunch, you control the ingredients and your portion sizes. If making your own lunch every day is too much, you might want to try twice a week to start. Bring a cup of homemade black-bean soup that you can heat in the office microwave, or stuff a whole-grain pita with veggies and chicken. Change your daily routine. Instead of stopping for a fat-filled latte on the way to work, have a cup of coffee with low-fat milk and a low-fat granola bar. Make healthier choices when you go to restaurants. For example, at McDonalds, a diabetes-friendly choice might be a salad with grilled chicken and low-fat dressing. "What's important is for people to be able to problem-solve," Savoca says. "People probably have a lot of the answers, it's just that it takes a little time to come up with them and make them their own." Use a pedometer. These handy devices—available for less than \$20 at sporting goods stores—clip on to your waistband and record the number of steps you take. Use one to estimate how many steps you take on an average day. Then set a goal to slowly increase that number. Maybe you want to take 100 extra steps every day this week, and add another hundred each day next week. Although many experts recommend going 10,000 steps a day for good health, feel free to set goals that work for you, Goebel-Fabbri says. Keep gum handy. Pop a piece of sugar-free gum (but not too many pieces—some sugar-free gums contain sweeteners that can upset your stomach at high doses). Gum may "fix" your need for a snack and leave you with a fresh, minty taste that you won't want to ruin with a bag of sour cream and onion potato chips. Try one new type of fruit or vegetable each week. With the variety available at the typical supermarket, this strategy could introduce you to new favorites for months. Take home menus from your favorite restaurants. You can research the healthiest options on the menu when you're not rushed to make a decision. Decide what you want before you go into the restaurant and order ahead of your dining companions so you won't be tempted by their choices. Serve homecooked meals on smaller plates. Portions matter. If you serve yourself less food, you tend to eat less than if you have a large plate with a large meal. Test your blood sugar two to three hours after meals. Hardy frequently tests her blood sugar with a glucose monitor. With time she slowly figured out which foods made her blood sugar jump up too quickly. Sometimes her blood sugar gets too high, but she doesn't get down about it—she just aims to do better. "Know that you're going to make mistakes and know that's OK," she says. Thanks for your feedback! Media Platforms Design TeamI love to eat and I used to hate exercising. Not a great formula forweight management. This past year, I decided I needed to change my ways, mainly because I was feeling sluggish in the kitchen. Here's the exercise plan that worked for me:I didn't have the time to commit to a gym or class, so a friend suggested I try the workouts on my cable television's on-demand channel. Genius! Because the programs were free, I could check out all the instructors to find one that I like. I didn't have to leave home and didn't spend more than 30 minutes doing it. Within a few weeks, I felt amazing—energized and slimmer.Then, that on demand channel disappeared as did its accompanying website. Determined to not stop, I've started exploring other online workout options, including the exercise tips from our magazine.Our nutrition director Sam Cassetty taught me that cardio and strength training exercises are best. She reminds me that exercising doesn't actually give you carte blanche to eat whatever you want even though it can make you hungrier. I try to stick with homemade healthy meals on a regular basis and follow these general guidelines to enjoy my food without overindulging.Sam's greatest piece of advice has been to remind me that I should choose a plan that I can stick with for the long term. So even after this January-resolution-drive wears away, I plan to keep fit with daily moderate exercise and tasty nutritious eating. (YouTube and Hulu are great sources for workout videos!)To see how we create healthful meals in the test kitchen, come on a tour of the Good Housekeeping Research Institute. Exercising in your living room (or bedroom or kitchen) seems like a mainstay for 2021 and potentially years to come. It's an adjustment for sure—especially for those who were regulars at the gym or took weekly fitness classes—but it's definitely doable to move your workouts to your home and still gain all the benefits of a gym experience. So, how do you do it? Health asked fitness pros to answer all your at-home exercise questions. Here, they reveal how to make the most of your sweat sessions, keeping them safe, effective, and always progressing—even if you're new to the fitness scene. Good news: You really don't need much space to get in a good workout. In fact, Roxie Jones, NASM-CPT, trainer with the Alo Moves workout app and creator of BodyROX, says all you need is the space of a yoga mat. She also mentions that bodyweight exercises are a smart place to start if you're new to fitness or coming back from a hiatus. Working out sans weights helps you focus on form and hit each move with precision. Danyeale Wilson, NASM-CPT, trainer on the Tone & Sculpt workout app, says the only other gear you'll need (besides the mat) is a pair of comfy sneakers. They'll help get you in the mindset of going to the gym, while also offering some support during dynamic movements like squat jumps or jumping lunges. "You still want to set yourself up for success as if you're going to the gym, in terms of your preparation," she says. If you do want to turn up the intensity on your fitness, consider investing in some resistance gear. Wilson suggests starting with a pack of mini resistance bands and/or a set of dumbbells. "If you can get your hands on two sets of weights, I'd suggest one set that's light and another that's heavier," she says. If you're only getting one, opt for a medium set of weights, which you should pick based on your experience with resistance training. If you really want to splurge, you can always go for that at-home bike, treadmill, or rower, but it's not a requirement for a good workout. Also not a requirement: a full-length mirror nearby your workout space. This will help you spot your own form so you can make sure you're doing moves correctly, Wilson says. First, just make sure your space is clear so you don't trip on anything or hit it as you move. And remember to always do a mobility warm-up to get your muscles moving and primed for more intense exercises, Jones says. Most importantly, make sure you're not overdoing it right out of the gate—particularly if you're new to training or took a long break, Jones says. If you haven't worked out in a while, start with one to two workouts per week, see how that feels, and then add more from there. Also, make sure you always get one to two rest days per week. Another note to keep in mind: It's just as important to move throughout the entire day—not just in your workout. So on both rest days and those days you're following a workout, Jones suggests still aiming to hit your 10,000 step goal. Look for a workout plan that excites you, tailors to different levels and abilities, and one that makes you feel comfortable, says Wilson. The Tone & Sculpt app, for example, demonstrates modifications for each move that will help you progress safely, as well as a step-by-step guide to understanding each exercise. Other platforms, like Alo Moves, Obé Fitness, and Nike Training call out the level of each workout, plus allow you to search for workouts that tailor to your goals, like getting stronger or kicking up your cardio. Once you've chosen a program, ask yourself a few questions: Is this sustainable? Can I mentally and physically commit to it? Is there a group I can connect with? "Working out virtually with a team can make you feel less alone," Wilson says. Jones also suggests joining friends on these apps so you can virtually workout with your fitness pals and have an accountability buddy. Keep in mind, you should know and follow your own limits. If jump squats don't feel good for you—and especially if you feel pain while doing them or any exercise—skip 'em and stick with air squats, Wilson says. Most trainers will give you these options (look for those who do!) but don't push yourself too far out of your comfort zone that it leads to injury. "You have to look out for your own safety; you can always make things work for you," she says. Jones also suggests following your favorite instructors on Instagram and joining their live Zoom workouts, as they often correct form in real-time for those Zoom sessions. Working with a personal trainer (almost all trainers offer virtual services now) can also help you start and progress a program that's safe and tailored to your goals and level. If you don't have the equipment to add resistance to your movements, there are plenty of ways to up the intensity of bodyweight exercises. A big one: Switch up the tempo to increase the time under tension, Wilson says. In non-trainer terms, that means you should focus on slowing down the down phase of an exercise, she says. This "eccentric" movement will help you build strength more quickly. To do it in a move like the squat, take four seconds to lower down to the bottom, hold for a second, then drive up to the top. You can do the same for a push-up, lowering down on a count of four, holding at the bottom for a second, then driving back up to your plank. Incorporating micro-movements, like adding pulses and half-lifts to moves like lunges, squats, or glute bridges, will also increase the intensity and allow for more gains, Wilson says. That also goes for isometric holds at the bottom of each move. Jones adds, meaning you'd pause for three to four seconds at the bottom of a lunge or push-up, or at the top of a glute bridge or tricep kickback. Lastly, speeding movements up and adding explosiveness (or jumps) will also increase the intensity of your at-home workout, elevating your heart rate, like high-intensity interval workouts do, Jones says. Wilson says the mental side of working out at home is just as important as the physical and suggests shifting your mindset from focusing on the aesthetic gains to how exercise makes you feel. Do you have more energy? Do you feel stronger? That will help you see progress and feel the push to keep going at it. Even more important: The first step in starting a new workout program is figuring out your "why" and using that as a deeper motivating force when your drive starts to diminish. "In a few weeks, the new year vibes are gone—right now, motivation and positivity may be trending, but when that goes away, how do you find your motivation?" Wilson asks. "Uncover a clearly-defined, emotionally-attached 'why.' Get in touch with that to not only be successful for the length of the program, but also for a long-term commitment to your health." To get our top stories delivered to your inbox, sign up for the Healthy Living newsletter Thanks for your feedback!





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