



My Bikini Belly
Best Belly Fat Busting Tips

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Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.
Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

7 Tips to Bikini Ready

Are you on a quest to find your bikini belly?

Yes, you can do it! I'm here to say that it's possible, at any age. It takes a few tricks and I'd be happy to share them with you.

Several people have asked how I manage to have visible abs over the age of 50 ==>

Sadly, when you stand in the supermarket check out, you no doubt see all the magazines boasting a 'brand new' diet craze.

And that's exactly what it is: a craze. A fad.

I'm sure you've 'been there, done that' with fad diets before (with disappointing results).

Guess what? There's actually nothing new under the sun where diet is concerned. Magazines just want your money and so they cleverly market old ideas that promise magical weight loss.

There is NO MAGIC.

I hate to see people sabotage their metabolisms on fad diets that get them no results – unless you call rebound weight gain a 'result'.

How about some 'common sense' tips? Yes, I know, 'sensible' is not sexy, but the results will be:

Here goes:

Lose the cardio – Steady state cardio is a waste of time. In fact, it's counter productive to your goal of getting visible abs. Study after study shows that doing 'traditional cardio' in the 'fat burning zone' is the LEAST effective strategy to burn fat. (Haven't I drilled this into your head before?) It's even been shown to increase appetite which makes it all the more difficult to stay on any weight loss plan.

Less is More – Don't think MORE time and money will yield MORE results. It's not about LONG workouts; it's about the INTENSITY in your workouts. Getting visible abs is possible with short workouts where you can maintain a high intensity. I'd prefer to spend \$15 on a jump rope than \$1500 on a treadmill. Or,



I'd rather not spend a dime on equipment or gym memberships and do burpees and other body weight exercises to burn off the belly.

Beef it up – Don't be afraid of adding muscle to your frame, it's no secret that muscle magically helps you burn fat

You don't need a lot of fancy equipment to add some muscle; bodyweight exercises are a brilliant form of resistance training, but if you do have access to some external load, lift as heavy (and safely) as you can. It's your muscle that helps to burn calories and keeps your metabolism stoked to burn off the belly fat.

Get off the roller coaster – Your blood sugar roller coaster is a ride to fats-ville. Your body won't burn fat when there's circulating insulin, so if you want visible abs, your job is to control these insulin spikes. Let me back track: your body releases insulin in response to the ingestion of carbohydrates, so when you control your carbohydrate intake and timing, you'll reduce insulin spikes. The result? Your body will be more likely to burn fat as an energy source. Plus you won't get crazy energy swings.

You're sweet enough: drop the sugar - You'll have a rough few days to get off sugar, but it will be worth it in the end. Seriously, you know you can't be a sugar addict and have a six pack. Cravings will diminish (I promise) when you say 'no' to sugar and artificial sweeteners too! When you eat sweet, you'll also crave sweet, it's simple math: stop eating sugary things and you won't have as much of a sweet tooth.

Pass (on) the bread – Even those that aren't gluten intolerant can benefit from passing on breads and other bread like products. You can load up on unlimited veggies in place of starchy carbs, especially later in the day and your abs will be more visible right away.

Treat yourself – Studies show that the hormone responsible for helping you burn fat is reduced by 50% with only 7 days of 'dieting'. So to keep those fat burning hormones happy, make sure that you increase your calories with a 'treat meal' at least every seventh day. Of course this makes more than just your hormones happy

‘Your Bikini Belly is Made in the Kitchen’

12 Tips to a Tighter Toned Tummy

1. Breakfast

- Eating within 20 min of waking up increases metabolic rate right away
- Breakfast helps to ensure you don’t fall off the nutritional wagon by 10 am
- Add variety to your breakfast – shakes, egg whites, greek yogurt, oatmeal
- Most importantly, add [PROTEIN](#) to stabilize blood sugar so that you’re not starving by 10 am.

2. Add more veggies

- Increase to 4 cups/day
- Try new veggies
- Have MORE veggies in your diet than fruit
- Challenge: Try to have a veggie at every meal

3. Be aware of sugar intake

- Look for sugar content when reading labels!
- Look for <10 g of sugar/serving
- 2 tsp of sugar (<10 g)/serving is an acceptable sugar content
- Sugar consumption compromises the immune system

4. Eat more probiotics

- Probiotics boosts the immune system, reduces inflammation, helps with lactose intolerance, helps those who suffer from IBS
- Probiotics are live bacteria
- Recommended amount is 40 billion active bacteria/day
- Good sources include: yogurt, miso soup, fermented milk, kefir (a type of yogurt)
- Store in probiotics in the fridge
- [Here’s my favorite probiotic supplement](#)

5. Increase fiber

Try to have 30 g/day

- Benefits include: feeling fuller longer, stable blood sugar levels, regular bowels
- Great sources include: 2 kiwi, increased veggies, whole grains vs whole wheat, flax seed, chia seed

6. Eat coconut and coconut oil

- It is a short chain saturated fat
- Use coconut oil for cooking
- For 1.5 oz of coconut, you'll get 14 g fiber
- It's a great snack idea that's very portable and easy to pack
- Coconut water is a good electrolyte replacement drink (but beware of liquid calories)

7. Eat dark chocolate (in moderation!)

- Dark chocolate is one of the highest anti oxidant food on the planet
- Look for 85% cacao or higher
- It can be bitter (start at 65% to 70% to work up to 85%)
- 1 oz is a good snack to kill chocolate craving
- Very easy to over eat chocolate so make sure to pre portion

8. Eat more fish

- Brilliant source of omega 3's are found in cold water fish
- Great examples include sole, halibut, salmon
- Expose kids to fish early on to help them develop a taste for fish
- Eat wild fish not farmed when possible
- [Here's more information](#) on the BEST fish and fish supplements and [here's a direct link](#) to it

9. Get your Vitamin D supplement

- Helps with a variety of things including weight loss and disease prevention
- Most people in northern climates are deficient in vitamin D from Oct to May
- Health practitioners won't even test because deficiency is so prevalent
- Recommended daily dose is 2000 IUD for adults
- Milk drinkers can supplement with 1000 IUD/day

10. Drink red wine (in moderation!)

- If you're going to drink, red wine has great health benefits
- Merlot is a great choice because it's lower in sugar
- Argentinian and French wines are best
- European wines have less pesticides and sugar so can be a good choice too
- Limit American wines
- **Limit consumption**, especially if weight loss is a goal since 4 oz is 70 calories

11. Reduce processed foods

- Shop on the perimeter of grocery store
- Eat more natural foods, or foods as close to nature as possible
- Look for less chemicals and preservatives
- Be aware of advertising and marketing, not all claims are correct
- Read ingredient list on all foods and learn how to interpret labels
- Try to find foods with ingredients you can pronounce, if a 3rd grader can't pronounce the ingredients it's likely not a good choice
- Eat out less
- Eat home cooked meals so you know what you're eating

12. Get prepared!

- Plan your meals in advance
- Cook in batches
- Keep nutrition 'top of mind awareness' versus an after thought

What to Eat Before Bed

Contrary to popular belief, late night eating isn't ALL bad, especially when you follow a few rules. In fact, the right night-time meal can often positively affect your results and recovery from exercise by feeding your muscles with quality nutrition as you sleep.

The trick, as always, is choosing the RIGHT foods before bed, and knowing which foods those are. Here are some general "rules" to creating the ultimate pre-bed meal:

1. **Avoid carbs and insulin**. Because consuming carbohydrates will result in a significant insulin release (which will in turn put the breaks on fat-burning), carbs

are ill-advised for a pre-bed meal. Carbs are also much more easily stored as fat in the evening hours when metabolism is naturally slowing in preparation for sleep. Besides, you have very little opportunity to burn off that energy when consuming carbs at night — sleep isn't a very calorically expensive activity. In addition to carbs, certain animal proteins have been shown to yield a significant insulin response as well, such as red meat and certain fish. While these protein foods are OK for a pre-bed meal, there are better choices, like those mentioned below.

2. **Choose slow digesting proteins.** Slow digesting proteins, like white meat proteins such as turkey and chicken, are great night-time meal choices as they digest slowly and fail to produce a significant insulin response. Another great choice is the milk protein casein like that found in cottage cheese. Casein coats the stomach, digests slowly, and provides quality nutrition to your muscles over several hours...very ideal as a pre-bedtime protein source.

3. **Add fat.** Quality, healthy fats such as nuts, oils, and nut butters are great additions to a pre-bedtime meal as they will help to further slow gastric emptying and digestion while increasing fullness and satiety so you don't wind up snacking all night long.

Want a quick and easy recipe for the ULTIMATE pre-bedtime meal? Try this Creamy Vanilla Almond Butter Milkshake tonight:

Creamy Vanilla Almond Butter Milkshake

Ingredients

2 Scoops of Vanilla BioTrust Low Carb (this protein is rich in casein – Note: NOT all protein supplements are rich in casein)

1/4 cup of cottage cheese (also rich in casein)

8 oz of unsweetened almond milk

1 heaping tablespoon of almond butter

4 ice cubes

Combine all ingredients in a blender, mix & enjoy

This incredibly delicious milkshake follows all 3 “rules” given above. It's rich in casein (a very slow digesting protein), contains healthy fats, and is low in carbs. Give it a try tonight...you'll love it.

If you're interested in using the same protein as me, check it out [HERE](#).

Not all protein supplements are created equal. I've tried several types and this one is the MOST agreeable to my stomach and it tastes great.

If you want to try BioTrust protein, check it out [here](#).

My Top Bikini Belly Moves

I often get asked what my favourite belly flattening moves are.

Lose the crunches and go for the planks. Any planking type move will strengthen the 'shy' transverse abdominus muscle. This muscle acts like a corset to keep your tummy taut and your back pain free.

Here an 'Ab Polisher' workout you can use anytime. It's short and can be done AFTER your main workout, or feel free to throw it in on your day off. It uses my favourite belly flattening moves described in the video here:

<https://vimeo.com/29969117>

Remember, it's not JUST exercises that seem to work the core that do the most benefit. The most beneficial exercises to reduce belly fat are ones that get the metabolism going so that you'll get all hot and sweaty. This will help you burn maximum calories WHILE you're exercising and long after you're done.

Bikini Belly Polisher

Start with a 2 min warm up. Set your timer and do the following:

5 squats

5 arm circles

5 step or jumping jacks

(Repeat for 2 minutes)

Do 30 seconds of each move with 5 seconds transition:

1. Burpee or full body extension
2. Front plank
3. Side plank
4. Other side plank
5. Squat jump
6. Spider crawl
7. Front plank
8. Skater
9. Side plank
10. Other side plank

Repeat if you have more than 5 minutes ☺

Exercises:

Burpee



Full body extension



Front plank



Side plank

Side Plank



Squat jump



Spider crawl



Skater

