



Get Firm, Flat
ABS

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The author of this book is in no means or manner a trained or qualified medical practitioner, nutritionist, fitness coach, or any other such professional. To that end the author recommends that you seek out the advice of a fully trained and qualified medical, nutritional, or otherwise, professional.

Forward

First realize that your body is not perfect; no one's is. And no one's body ever will be perfect. You can work on some areas for improvement, but note you will probably not ever be 100% happy. And



Now to jump to the part about your doctor next. As with any health and fitness activities, plans and goals, you need to check with your family healthcare provider to seek approval before you begin anything new. So take a quick time out for at least a phone call to touch base with your doc.

And if you need more help, don't be afraid to look into hiring a personal trainer. Some offer very affordable packages through local gyms and the YMCA.

Now for the part about your abs...

The nutshell version is this: you will find that you need to let go of most of your junk food snacking (if not all!). Plus you will need to truly dedicate yourself to achieving your goal of having flatter abs (OK, not so hard once we get going...so hang in there!). And you will also find that you may need to make changes in your lifestyle to accommodate your new wants and needs.

And that's JUST the basics - -whew! Of course, there is still a lot more to learn. Plus as you can probably tell, there is still a lot more information to share about [how to Get Firm, Flat Abs...](#)

Note

First of all – you deserve a break ? today. Since you are tackling a somewhat tough topic and probably juggling other things along with it on your end, let's take a quick time out to relax while you go through today's lesson.

Grab a nice healthy beverage – fruit juice, for example...whatever your favorite drink... and let's dig in with more info for you, lesson two below, entitled:

Exercising for you and your Abs

Here are some exercise tips from the pros to help you get started with your new abs goals:

1. Finding exercise buddies can help – a lot! A spouse or friend or neighbor who would also like to workout, for example, would be inspirational and help kick you in gear on days when you'd rather not. You can encourage each other, cheer each other on. So don't be afraid to ask others to join in.

2. You must plan your new abs goals and fit them into your schedule. This is a must, an active part of the program, not a passive role where you sit by and things happen on their own. Not. So take responsibility now and get out a planning calendar to log fitness routines and more.

Your Diet and Healthy Meals

Just a couple tips here to help with your dieting plans are:

- Cut the cravings – get rid of the white sugary foods like soda pop, candy, sweet snacks, etc.
- Keep healthier snacks around like fresh fruits, veggies, light veggie dips, pretzels, air popped popcorn (no butter)
- Add oatmeal into your diet.
- Opt for healthier protein choices instead of red beef. Instead choose chicken, tuna, salmon, turkey, fish.



Healthy Bean dish

You will need: 200g Runner Beans (or any bean of your choice)

1 small Onion, sliced finely

2 cloves Garlic, crushed

½ tsp Chili Powder

½ tsp Turmeric

½ tsp Mustard seeds

2 tbsp Olive Oil

Salt and Pepper to taste

How it works: Wash and string the beans if necessary, then chop them into 1 inch length pieces. While you are doing this, set a pan on the stove to heat up.

When the pan is hot drizzle the Olive Oil into the pan, add the crushed garlic cloves and allow to brown gently. Next add the finely sliced onion, allowing this to brown as well.

Facts Myths and To Dos

Let's look at a key issue to tell if it is a fact, myth or to-do for you:

Spot Reduction

Many people believe in spot reduction. But listen up: this is not possible. Period. To lose weight, or to lose fat, you will need to exercise.

Plus you will need to do it on a fairly regular basis, also taking into account the fact that your diet will most likely need to change as well. This is a total body workout fitness program. Period.

Playing it Safe

You need to follow all safety advice when working out so that you do not harm yourself. Here are some basic tips:

- Maintain a healthy body fat index – don't lose more than you should
- Consult with your healthcare provider, a trained physician or fitness coach before you jump into ab work
- Always drink plenty of water throughout the day
- Don't forget to eat – and eat right - to keep your strength up
- Always check your gear, keeping it clean, in working condition and in tip top shape
- Don't overdo it. Know when to take time outs.
- Always remember to support your spine – ALWAYS!

Download the rest of this book for \$19.99

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