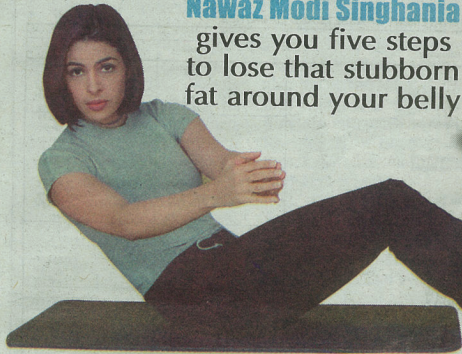


LOSE YOUR LOVE HANDLES

Nawaz Modi Singhanian gives you five steps to lose that stubborn fat around your belly



WOEFULLY, women are predisposed to carry more fat around the hips and thighs and also the love handle area. Unfortunately, it is impossible to spot reduce or reduce fat on a particular area only; it takes hard work and commitment through balancing your diet and exercise to reduce overall body fat and weight and eliminate the appearance of love handles. However, it is a very achievable goal and so very worth the effort.

A WORD OF CAUTION

Looking down at a paunch may spark feelings of frustration and embarrassment.

A bigger concern with stomach fat is its tendency to increase disease risk. Whenever you have visible fat, there is a chance you also have deep, visceral fat building up around the organs. Making your paunch evaporate is dependent on your discipline levels.

If you are ready and willing to make changes to your diet while becoming more active, you should be successful.

Another key factor is to not be fooled by spot reduction. Ab exercises are part of the game plan, but alone they will not flatten your stomach.

Always receive clearance from your medical practitioner prior to starting an exercise programme.

Notice the small improvements and let them motivate you to stay on the right path. Enjoy the new and fabulous you!

More information available on www.bodyart.in

STEP 1

A balanced diet provides the necessary nutrients needed to maintain a strong and healthy body. To lose love handles, create a negative energy balance by taking in fewer calories than you expend.

- Cut back on sugar and oil consumption. Eat more fresh fruits and vegetables.
- Replace white rice with *quinoa* or brown rice. Replace wheat and white flour intake with *jowar*, *nachni* or *bajra*. Avoid all foods which have a shelf life such as biscuits, wafers, *chevda*, *chaklis*, *papad*, pickles, etc. They either contain chemical preservatives, salt, oil or sugar - all bad for health and disastrous for weight!
- Consume lean proteins such as egg whites, skinless fish and chicken breast to feel full and avoid digging into unhealthy snacks.
- Avoid alcohol as it is high on calories.
- Consume eight or more glasses of water per day. This helps in toxin removal and helps on weight management.
- Consume low fat yogurt as it helps cut back on fat. Get eight hours of sleep each night. Adequate sleep is important in weight management.
- Have mini meals through the day rather than over-eating at meals. Be a grazer. The problem with three square meals is that they'll make you round!
- To lose one pound each week, cut your calorie intake by 500 calories a day for seven days to create a calorie deficit of 3,500 calories, which is equivalent to one pound.

STEP 2

Engage in consistent cardiovascular exercise and total-body strength/resistance training. Cardiovascular exercises include walking, aerobics, aqua-aerobics, biking, stair climbing, rope skipping and swimming, as they burn calories and trim fat.

Strength or resistance training is responsible for increasing lean muscle mass and raising your basal metabolic rate.

To achieve health benefits such as weight loss, which go beyond health maintenance, you need five hours of moderate cardiovascular activity per week, with a minimum of two total-body strength-training sessions per week.

STEP 3

Perform exercises designed to strengthen the core muscles of the midsection.

- On three days or more per week, do Pilates or calisthenics-based exercises that target your internal obliques, external obliques, transverse abdominis and rectus abdominis - that is, all four sets of your abdominal muscles.
- Include isometric or frozen exercises such as plank holds and side planks.
- Also include multiple muscle group exercises such as pushups and squats.

STEP 4

Train consistently. Your results will not happen overnight and you need to remain committed to healthy eating and exercising regularly in order to see results. Even if for some reason you couldn't get your planned workout in the day, remember that some exercise is better than no exercise at all.

Do whatever you can. Allow at least 48 hours of recovery between working out the same muscle groups again.

STEP 5

Generally remain active. Take the stairs rather than the elevator. Walk down around the block to the beauty parlour rather than jump into the car.

Do household chores while watching television rather than be a couch potato. It all adds up.