

Tips for a smaller waist

1. **Be very prepared to change your diet.** Not only do you need to reduce your caloric intake so that you burn fat, but there are also some choices you can make that'll help specifically with your waistline. For example, in a scientific study, people who ate all whole grains (in addition to five servings of fruits and vegetables, three servings of low-fat dairy, and two servings of lean meat, fish, or poultry) lost more belly fat than another group that ate the same diet, but with all refined grains:

Some additional tips:

Eat the better fats. Studies suggests that a diet with a higher ratio of monounsaturated fats (MUFAs) (avocados, nuts, seeds, soybeans, chocolate) can prevent the accumulation of both types of belly fat.

Trans fats (in margarine, crackers, cookies--anything made with partially hydrogenated oils) seem to result in more fat being deposited in the abdomen, so avoid these as much as you can.

Get more fibre in your diet. Soluble fibre (apples, oats, cherries) lowers insulin levels, which can speed up the burning of visceral belly fat.

2. **Make sure you work out your transverse abdominals.** Your transverse abdominals work as your body's natural corset and so with enough work in this area you can achieve a smaller waist.

Some of the exercises done, include doing the 'hundred' which is done by putting your legs up at about a 45 degree angle for those who that are advanced, an 80 degree angle for the intermediate, and a 90 degree angle for beginners. Lifting your shoulder blades off the floor you begin to pump your arms that are held straight to the side for 100 pumps breathing in through The nose for five pumps and through the mouth for five pumps.

3. **Do specific exercises to improve the shape and size of your waist.** All you need to do is to firm up a time with yourself for doing them regularly! Here are some suggested exercises for you to try:

Try sit. The best way to do sit ups is with your hands crossed against your chest. Putting your hands in front of you puts less strain on your neck and makes it easier for you (resulting in less of an ab workout). Never do sit ups with your hands in the popular behind-the-neck position; all that does is give you neck strain. When doing the actual sit up, you must feel a curve in the lower and upper abdominals (stomach). Once you're really good at them, build up to doing a set of maybe 30 or more 5 times. If this sit up routine is brand-new to you, take it slowly with only a total of 10 or less a day.

Do crunches. This requires you to lie on your back. Bend your knees up while keeping your feet flat on the floor. Bring your fingers up to touch your ears. Slowly contract your abdominal muscles and ever so gradually lift your torso off the ground. When you're at the point of feeling you can't lift your body any further, contract your side muscles and turn gently to the left. Return your torso to the floor. Repeat but this time do the right side. Aim to start with 1-3, then build up to 10 at a time over time.

Do the Plank. Get into the position for doing a push up/press up. Rest on your elbows and keep your eyes to the floor at all times. Pull your stomach muscles in tight, imagining them going to your backbone. As you do this, your bottom should be down and your back straight. Aim to hold this position for as long as it feels comfortable. During the holding period, don't arch your back but keep it as straight as possible. If it feels to hard at first, allow your knees to form a resting platform. Aim to hold the position for 30 seconds and repeat this exercise 3-5 times.

Do the side Plank. Lie down on a comfortable mat, on your right side. Rest on your right arm and extend your legs outward, placing your right foot on top of your left foot. In this position, slowly lift your pelvis up from the floor. Continue to bear weight on your right forearm and feet. Aim to hold this lift for around 30-45 seconds. Repeat 5 times for each side.

Do squats. Stand with your feet 8-9 inches apart, extend your arms in front of you, and squat your hips backward. Do four sets of 15 to 20 squats, working several minutes at a time.

4. **Start exercising gradually and build up.** We tend to give up exercising regularly because our enthusiasm for beginning a new exercise regime can often lead us to doing it all at once and doing too much before our bodies adjust, which soon leads to exhaustion and disillusionment. Instead, choose a few of the exercises, do them only a few times each to begin with and gradually build up. Keep a log of what you're doing each time in a record book or diary and check your progress against this. Eventually you'll find yourself exercising regularly without feeling worn out or disinterested in it and your waist will have benefited a great deal.

Make exercising comfortable; ensure that you have floor mats, breathable clothing, a water bottle, and other things that help increase your enjoyment of exercise. Music in the background can also add motivation.