

## Tummy Busters...Without the “Tuck”

Written by Valecia Weeks, CPT, LMT  
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**FACT:** Drinking water before meals helps to reduce hunger, thus reducing caloric intake and helping to reveal your 6 pack.

**MYTH:** No matter how much one eats, crunches will produce a 6 pack...**WRONG!** You're just building muscle under the existing fat.

Late November is when we “divas” start to be gluttonous. Its okay to enjoy those great holiday meals; but it is wise to drink at least 2 cups of water before starting your meal. The water fills the cavity of the stomach which will reduce hunger.

Come on, let's admit it, all of us would lovvvvve to have that 6 pack without having to have a tummy tuck. Is this a possible task? Of course it is. You just have to know what to do and how to do it. So, what I would like to do is share some tips on how to tighten those abs and love handles...or as some divas call it that “tire” around our mid section.

Try these simple exercises and lifestyle tips and watch for the results:

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Improve your posture – while standing, align your ears over your shoulders, your shoulders over your hips, your hips over your knees, & your knees over your ankles. Keep your shoulders open like they are hanging on a hanger and draw your navel in to your spine (remember to breath- no fainting, allowed!)

Eat less and move more - If you have extra belly fat, your abs won't show. So, start a fitness regimen

Draw that navel in to the spine - when you are standing in the grocery line, driving in your car, walking from the car to your job, or just sitting watching your favorite TV show.

Join a ladies gym – and get on that stability ball with a fitness coach and have her work with you one-on-one to help you get the rock hard abs results you desire.

Do the Cat Kick – stand with feet together and arms extended like airplane wings. Exhale and lift the right leg forward and up. Next bring hands forward and together and round shoulders like a cat. The navel should feel as though it is pressing toward the spine. Inhale and open arms back up like an airplane. Repeat with the left leg, alternating for 20 repetitions.

These are just a few of the many lifestyle tips and exercises women can do over the holiday to help get a rock hard tummy. For more suggestions on tummy exercises ask the Personal Trainer, [vktw@yahoo.com](mailto:vktw@yahoo.com). Once you are done with your exercise week, you should receive a massage to aide in healing of your muscles that have just been worked.

### What is Therapeutic Massage Therapy

Therapeutic Massage Therapy is the use of techniques that manipulate the soft tissue of the body. Massage therapy is generally intended to:

- Reduce stress

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- Reduce fatigue
- Improving circulation
- Aides in the repair of muscle tissue after a workout
- Helps to alleviate low back pain
- Helps athletes prepare for their workout
- Reduce scar tissue and stretch marks
- Relieves migraine pain

Regardless of how we describe it ( pampering, rejuvenating, relaxing) massage therapy can be a powerful ally in your healthcare regimen.