

## Please Pass The Six Pack

Written by Valecia Weeks, CPT, LMT  
Wednesday, 06 March 2013 00:00

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Don't even think about sucking it in so you'll fit into those cute, fitted skinny jeans: There are less-painful and longer-lasting ways to get the amazing middle section that you've desired for so long.

**They say *Laughter is good for the soul*.** Well the soul is not the only thing that benefits from laughter. Your abs are also a beneficiary. The best thing for your abs is laughing. Every time you laugh it strengthens your abs. Pay attention the next time you burst into laughter. You'll notice that your tummy automatically tightens up and hardens as you vibrate the abdominal muscles.

**Frustrated?** Throw punches at that punching bag. Regular boxing as well as kick boxing helps to strengthen the core. Every time you throw a punch and add a twist to your midsection, you strengthen your abs. Boxing also gives you a cardio workout that burns extra calories. Add 16 minutes of boxing three times a week to your regular cardio routine (30 minutes at high intensity four to five times a week), and you can lose up to 2 inches from your waist in four weeks. Simply throw punches while holding 1- or 2-pound weights for 8 minutes, alternating arms, then repeat without weights at a faster pace for 8 more minutes.

I know the traditional way of tightening those abs are with crunches; but, author, Myatt Murphy recommends the **DCBA** approach: **D**iet first, **C**ardio second, **B**uilding muscle third, and **A**bs exercises last. Follow it and you can safely lose one to two pounds a week. Spend 60 minutes a day preparing healthier meals. Spend 20 minutes a day (three to five times weekly) doing cardio. Spend 15 minutes a day three times a week strength training. Finally, spend 5 minutes a

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day three times a week doing abs exercises.

**Have a Ball...**an exercise ball, that is. Do the ball exchange three times a week. Lay flat on your back with your arms above your head and legs straight out. Start with a stability ball above your head in your hands. Bring the ball up above your chest as you bring your legs up to meet the ball and place it between your ankles. Bring the ball back down to the floor with your legs and straighten your arms back out over your head. Repeat the ball exchange 10 to 12 times, remembering to keep your lower back pressed into the floor as you do this move.

**Can you please pass the protein!** You must eat a snack that contains protein between 3 p.m. and 4 p.m. Go for a protein bar, a piece of low-fat cheese, or some almonds with an apple. No matter what, do not miss that snack. It's important because it boosts metabolism and balances blood sugar. The lower you keep your blood sugar, the lower you keep your insulin, and insulin makes you store fat around your middle. Eating every three to four hours will keep your blood sugar even, but many people tend to go five or six hours between lunch and dinner without eating. That's why the body naturally store reserve fat because it thinks it's in survival mode.

So, see divas, it is possible for "us" to have a six pack. KWH keep working hard!