



HEALTH 101 *Get that bikini body in no time flat!* health

Top Tips

It's that time again. Bikini season has arrived and there's no time better than right now to take care of that amazing body your momma gave you. Glitter Magazine has asked several experts what their tips are to get that bikini body this summer.

by Heather Riccio

To stay healthy and active during summer, Shanna Israel, holistic health expert and founder of Vertical Wellness (www.verticalwellness.com), said to be sure to include foods like coconut oil, avocado, cinnamon, green tea into your diet. And, expert, Dr. John Salerno MD, Director of The Salerno Center in NYC (www.salernocenter.com), said to make sure you're eating healthy throughout the summer! Not only will you stay slim, but you'll also remain healthy and have a lot of energy to get through the day. When choosing foods, Dr. Salerno said to make sure your meals are organic as possible. According to Dr. Salerno, the best foods to have on-hand during the summer are organic eggs, vegetables, meats, cheeses, and fresh fish. All of these can help with metabolism and weight loss and taste great! And if you really want that full bikini body, John Rowley, Certified Personal Trainer, Best Selling Author and ISSA Director of Wellness, suggests that you make sure to put a focus on strength training. Don't be afraid to familiarize yourself with weights.

ing the hips parallel with the ground. Lift your hips up and down
 ground. Start out with ten on each leg and work your way up. For
 to do plank. Nothing is better for an all-over workout especially
 it. Plank: Lying on the floor or yoga mat, make sure to start out in
 at's the easiest way to get into plank. Lower both your forearms
 it both your elbows and fists are flat to the ground. Your palms
 and directly underneath your shoulders. Curl your toes under and
 filling your pelvis and pulling your belly button toward your spine.
 y but keep the rest of your body neutral. Imagine that you're a plank
 you're straight as an arrow. Flex your abdominals and squeeze your
 s on the floor in front of you and butt down. You should have a
 ur heels to the back of your head. Hold for 30 seconds to start, then
 our way up to two minutes.

er. Your body can become dehydrated especially leading up to the
 make sure to drink lots of water. Water also helps us get rid of the
 t which bloats the body so drink up.

that I know what you're thinking, but I love snacking on chips and
 D&J sandwiches as a treat, but did you know that carbs actually
 a body? If you're gassy some of that bloating could be coming from
 his and starchy foods so switch out those chips and crackers for
 slives like strawberries and carrots. Not only are they good for you,
 tamin D and strawberries contain fiber, antioxidants and vitamin C

ck that gut in and stand tall. Think about it as if you were going to
 suck in your stomach muscles in an instant. Keep those muscles
 you'll look thinner even if you haven't lost all that weight yet.

3. **Nothing's worse than a great looking flat belly and saggy bottom so tone that butt up.** Start out with butt raises and then move into butt marching. Butt raises: Make sure to lie on your back with your knees bent and feet completely flat on the floor. Lift your hips off the floor so that your body forms a straight line from the shoulders

7. **Don't give up.** Rome wasn't built in a day and neither is a better, more improved you, but if you stick with it we promise not only will you have that perfect bikini body your whole outlook will change so shine on Glitter girls. Shine on and keep plugging away!

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