

3 WAYS TO A... FLAT BELLY

THE RIGHT FOODS, CLOTHES AND EXERCISES CAN HELP TRIM YOUR TUMMY. BY CHELSEA CLARKE



EAT RIGHT

Carrying a few extra kilos around your tummy is cause for concern because the visceral fat that develops here is right around your vital organs.

Mono-unsaturated fats, like those found in avocados, are said to fight off belly flab, but dietitian Denise Griffiths says "if you want to lose weight you need a low-fat, low-kilojoule diet."

Griffiths recommends a diet rich in oily fish, nuts and seeds – all excellent sources of the 'good fats' your body needs. Salmon and sardines, in particular, contain lots of omega-3 fatty acids that improve insulin sensitivity, leading to a decrease in belly fat. Other foods that are good for fighting fat include spinach, romaine lettuce, broccoli, paprika and cayenne pepper.

Griffiths says a good way to kick-start weight loss is to look at how much you put on your plate. "People tend to load their plates at dinner time, not realising that is too much food," she says. "If you're eating lunch at a cafe, split your focaccia or panini with a friend and hold the chips – they're too tempting to just eat one or two!"



DRESS RIGHT

Camouflaging a rounded belly can be as easy as switching your undies! "Support underwear makes a big difference," says stylist Cindy Newstead. "If your briefs have no lycra and sit under your tummy then this gives no support and makes a roll of fat. Briefs should sit as high as your navel to provide decent support." Try Spanx or Nancy Ganz for good support underwear.

And when it comes to buying clothes, Newstead says choosing the right cut, style and fabric will cover your tummy. Avoid tight, stretchy fabrics and stick with a free-flowing material such as cotton. Other ways to conceal a mid-section bulge are:

- ★ **WEAR A FITTED JACKET** One that nips in at the waist will create shape around your middle.
- ★ **DON'T TUCK YOUR SHIRT IN!** Letting your shirt sit over your pants or skirt will hide your tummy and elongate your torso.
- ★ **GO FOR AN EMPIRE LINE TOP** with a band around the bottom to conceal any 'muffin-top' issues.
- ★ **ACCESSORISE!** Anything extra you wear on or around the neck area will take the eye away from the tummy.



★ TRY
Reverse
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EXERCISE RIGHT

"The best way to work towards a flat stomach is to lose body fat through a balanced cardio and resistance program," says exercise expert Nadia Brandon-Black. She suggests doing three cardio sessions per week (walking, jogging, cycling) and then toning your abdominal muscles with a combination of the following moves at least two to three times a week.

- ★ **PLANK HOLD:** Lie face down with your palms flat on the floor and your toes curled under. Push up to a flat body position, resting on your elbows with your body straight, from head to toe. Try three 30-second holds and build up to a minute.
- ★ **REVERSE AB CURL:** Lie on your back and raise your legs to about 90 degrees, knees bent. Contract your ab muscles to curl your hips off the floor, raising your legs to the ceiling slightly. Try for three sets of 20 curls.
- ★ **LEG CYCLES:** Lie on your back with your hands behind your head and bring your knees in towards your chest as you lift your shoulder blades off the floor. Straighten the left leg while turning your upper body right, taking your left elbow to your right knee. Switch sides and do three sets of 20.