

# HOW TO GET A FLAT STOMACH

## INTRODUCTION:

It has been noted with utmost concern and empathy the challenges post by bulging tummy in meeting our daily responsibility. I was ones a victim, when I was 30 years my belly protruded like that of an expectant mother making me uncomfortable among my peer's and acquaintances. Having aborted many entertaining, educating, and informative social gathering on this ground, the ridicules I faced from commuters, employers and cab drivers heightened my desire for flat stomach in order to live a normal life like others, this led me to taking pills and local measures, but all to no avail.

Today I got some pretty good news for you, I know you can't afford to wait this long, news that will turn you around; its cost much not financially as such, but time. You could still look beautiful/handsome and more positive in all ramifications.

This is a powerful packed stock in addressing obesity/protruding/bulging/tusking tummy in an unusual way, the approach on thoughts, feelings, and emotions worth exploiting. Its grant us the forum to assess our health to seeing whether or not there is a

bulge or possible bulge in future. The flat stomach commandments as contain herein was designed to accelerate this long yearning, when strictly adhered the result is incredible. The in-depth research into food and making sure we eat what is supposed rather than eating whatever comes our way, is something I guess you would like in enhancing your living. The recommended exercises contained herein is real-practical physical steps that work magically when combined with right diet. Note not all exercises that could help achieving in flat tummy. Contained in are specially recommended exercises, so choose now and get flat tummy.

To begin let's ask ourselves these four questions.

1. Do I see my bulging tummy as nature?
2. Do I earnestly dear for flat tummy?
3. Have I ever used any measures such pills and others that failed?
4. Am I nurturing doubt that my tummy could go flat?

If your answer in one (1) above is yes, then this isn't for you, if your answers in two, three and four above are yes, then count yourself fortunate for having solution at your disposal and doubt no longer. Your wellbeing is our utmost task.

## LET'S GET STARTED:

.....are you in earnest? Seize this very minute; what you can do, or dream you can, begin it! Boldness has genius, power and magic in it, only engage, and then mind grows heated, **BEGIN**, and then the work will be completed.

Getting a flat toned stomach is necessary not only to make oneself look appealing and smart but also to be and feel healthy and fit. There can also be other reasons such as for example a flat stomach makes a person fit to put on any fashionable attire he or she may like.

Getting a flat stomach can also give a boost to a person's overall personality making him much more confident and approaching. Whatever may be the reason but the fact is we all want to have tummy rather than a bulging stomach.

But to get a flat stomach we must obviously know what the reasons that cause a bulging tummy are. Naturally we all know that a bulging belly is caused due to the accumulation of excess fat in the stomach region – more the amount of fat that accumulates more is the bulge.

Now where does this excess fat come from – it comes from the food that we take. So to get a flat stomach we need to watch what we eat and call to mind strictly what

I term 'Twenty Commandments for Flat Stomach'.

## WHY IS BELLY FAT A CONCERN FOR ALL?

People who gain belly fat are at greater risk of serious health problems, even death, than are people who accumulate fat in other areas — and men are more likely than women to gain weight around the waist. Regardless of your overall weight, having a large amount of belly fat increases your risk of:

- Heart disease
- High blood pressure
- Stroke
- Some types of cancer
- Type 2 diabetes
- Insulin resistance
- High triglycerides
- Low levels of high-density lipoprotein (HDL), or "good," cholesterol
- Metabolic syndrome
- Sleep apnea

## THERMOSTAT IN KNOWING YOUR BELLY FAT.

Your waist size is a good indicator of whether you have too much belly fat. Although measurements that compare your hip and waist circumference (waist-to-hip ratio) or compare your height and weight (body mass index) are more precise, your waist size alone can give you a good estimate. For most men, the risk factors for heart disease and other diseases increase with a waist size greater than 40 inches (102 centimeters).

### To measure your waist:

- Place a tape measure around your bare abdomen just above your hipbone.
- Pull the tape measure until it fits snugly around you but doesn't push into your skin.
- Make sure the tape measure is level all the way around.
- Relax, exhale and measure your waist — no sucking in your belly!

# THE TWENTY COMMANDMENTS FOR FLAT STOMACH

## **1<sup>st</sup> Commandment – Follow the Flat Stomach Rules**

Doing something that is contrary to the flat stomach rules could result in your body holding to your belly fat tighter than ever. Belly fat is the last bastion of fat storage in the body and the body will fight tooth and nail before releasing it. If you ever try to go in battle against your body, you will surely lose. Work with your body rather than against it.

## **2<sup>nd</sup> Commandment – Be Patient**

Everyone wants a flat stomach fast. Advertisements on how you could get a flat stomach quickly are all over the internet. When it comes to weight loss or getting a flat stomach, slow is fast and fast is slow. This follows the law of the farm where everything has a gestation period. Just like pregnancy takes 9 months, attaining a flat stomach too will take time.

## **3<sup>rd</sup> Commandment – You Are Going to Have to Work For It**

There is no magical pill or equipment that can give you flat abs. You are going to have to pay for it. Payment would be in the form of sweat. If there was a quick fix or magical diet, Oprah would have found it by now. So stop looking for shortcuts. These rules are the shortcuts.

## **4<sup>th</sup> Commandment – Stop Dieting**

Dieting is war against your body. Your body will win any dieting war. It will even go to the extent of causing you to regain all the weight that you have lost, once the diet is over. For this reason, any unhealthy or fad diets must be avoided. You should especially avoid the Sumo Wrestler Diet. You may unknowingly be on this.

## **5<sup>th</sup> Commandment – Stop Doing Spot Training**

100 crunches or even a thousand crunches are not going to help. You need to start exercising your big muscles so that it can help to remove the layers of fat on your body. For that reason, forget about exercise gimmicks that focus on the abs.

## **6<sup>th</sup> Commandment – Start Doing 3 hours of Weight Resistance Exercises**

Exercises that work the big muscles such as squats, lunges, push-ups are excellent for removing the layers of body fat. Weight resistance training exercises are the most effective known for burning fat and boosting your metabolism.

## **7<sup>th</sup> Commandment – Do Interval Training Instead of Steady State Cardio**

Interval training is far superior to conventional cardio training. Try doing 2 sessions of this in a week. Be cautious of the strain on the body from interval training

and start gradually. This takes priority over steady state cardio. So you should find time for this first.

### **8<sup>th</sup> Commandment — Do Cardio Exercises Once Completing 3 hours of Weight Training a Week**

If you are able to spare more than 3 hours of exercise time, you could do conventional cardio exercises such as jogging, cycling or swimming. This should only be done if you cannot handle the stress of interval training. Interval training is far superior to shed belly fat.

### **9<sup>th</sup> Commandment — Remove or Absolutely Minimize Sugar and Simple Carbohydrates**

Desserts, sweetened drinks, any sweet food or white flour should be avoided.

### **10<sup>th</sup> Commandment — Avoid Sweetened and Calorie Filled Drinks**

Sweetened drinks pack lots of calories. Avoid drink that have lots of milk in it such as lattes. These too have lots of calories even though being low-fat. The calories come from the simple carbohydrates in the milk.

### **11<sup>th</sup> Commandment — Avoid or Reduce Milk to a Minimum**

Lactose in milk spikes insulin. It would be wise to stay away from milk until you have achieved your flat stomach goal. You should be able to get enough protein from your meals. If you need more protein, it could be obtained from protein shakes.

## 12<sup>th</sup> Commandment – Understand Food Combination That You Should Avoid

Fat, sugar and alcohol taken in combination is detrimental to your flat stomach goals. Here is a detailed explanation of *meal combination to avoid*.

## 13<sup>th</sup> Commandment – Breakfast is Compulsory

In an earlier article, research has shown that *people who skip breakfast store more abdominal fat*. Skipping breakfast is a cardinal sin and should be avoided at all cost if you really want a flat stomach.

## 14<sup>th</sup> Commandment – Have 3 Small Main Meals and 2 Snacks

You should be eating every 3 or 4 hours to rev up your metabolism. Do not take this opportunity to overeat. Your main meals should be small servings. Eat nuts or fruits for snacks.

## 15<sup>th</sup> Commandment – Have 6 to 8 Hours Sleep at Night

Lack of sleep results in elevated levels of cortisol which promotes abdominal fat storage. A lot of people exercise and eat healthy but compromise on sleep. They have an extremely tough time losing belly fat.

## 16<sup>th</sup> Commandment – Strengthen Your TVA Muscles

The TVA muscles hold the contents of your stomach firmly in. *An earlier article detailed how to strengthen your TVA muscles with a very simple exercise.*

## 17<sup>th</sup> Commandment – Avoid Alcohol

Alcohol halts fat burning and increases appetite. Abstain from alcohol until your flat stomach goals are achieved. Read the earlier article for detailed information on *alcohol's effect on weight loss.*

## 18<sup>th</sup> Commandment – Be Aware of the Weekend Binge

An earlier article showed how a lot of people are disciplined on the weekdays but *blow their diet on the weekends*. Over consumption of food and drink causes a setback to a lot of people.

## 19<sup>th</sup> Commandment – The Flat Belly Diet Should Consist of Food With Low Calorie Density

Food with high calorie density has lots of calories in a small portion of food. These mainly include food with a combination of fat and sugar. One could easily overeat without realizing the overload of calories.

## 20<sup>th</sup> Commandment – You Do Not Need to Finish Everything On Your Plate

Eat until you are 80% full. Do not eat until the food on the table or the food on the plate finishes.

## MOST REQUIRED FOOD OPTIONS FOR A FLAT STOMACH

Watch your fat intake. If you want to have a bulge-free tummy, you might as well start consuming foods that are low in fat. Switch your chocolate ice cream and greasy potato chips into a low-fat yogurt and vegetable salad. It may take awhile to get used to it but it will help much in maintaining a flat belly. You may also want to check labels first before buying something to eat. This will help you keep track about the amount of fats present on it.

Try adding more fibers in your diet. Carbohydrates are excellent brain and muscle fuel, but you have to be wise in choosing the right kind that's friendly for the shape of your tummy. Try to stick to brown bread and rice instead of the white kind. Consume more fiber by eating whole wheat and grain. These healthy kinds of carbs provide vitamins and minerals as well. Simple carbohydrates such as white rice, white bread, alcohol, sugared or carbonated drinks, and other foods that are highly processed, will only contribute to weight gain and a buildup of unwanted love handles.

Decrease salt intake and drink lots of fluid. Too much intake of salt will only cause your body to bloat, which is

more prominent on your stomach area. So watch your salt consumption to prevent unwanted bulging of the stomach. As for fluids, plain water and green tea will do the trick. Water will help flush excess salt or sodium out of the body, making it free from being bloated. As for green tea, it contains substances that will help eliminate toxins, including unwanted fats out of your system.

Go for eating fruits. Fruits like pineapples and raspberries are rich in fiber. Adding these types of fruits will help in keeping your tummy healthy and lean. You can consume either of these fruits with one serving a day. These fruits help in easing up your digestive system and prevent constipation, giving you a flatter and healthier stomach.

## MYSTICAL FRUITS THAT FLATTEN STOMACH

Avocados: These little suckers are loaded with two nutrients that are KEY to killing belly fat: hunger-crushing fiber (11 to 17 grams per avocado!), and monounsaturated fats, which studies have shown to actually “spot reduce” belly fat.

Peanut Butter: This include peanut butter and any seeds and nuts: pistachios, walnuts, almonds (or almond butter), pumpkin seeds, sunflower seeds, and flax seeds. They keep you full and satisfied for long periods of time, and they’re stuffed with healthy, belly-burning fats and minerals.

Crisco: Very rich in oil, i mean healthy oils like olive oil, coconut oil and brand names like Udo’s Oil and Barlean’s Oil (I like the swirl flavors) actually help you burn fat by supplying healthy oils your body needs to burn body blubber.

Veggies: This include vegetables such as broccoli, cauliflower, brussel sprouts, kale, and cabbage contain special phytonutrients, such as indole-3-carbinol (I3C), which help to fight against environmental estrogens that can add belly fat. Very effective.

Omelets: Eggs aren't bad, they're nutrient-dense and loaded with belly-burning protein, vitamins B6, B12, A, D, E, and K, folate, choline, lutein, calcium, iron, phosphorus, zinc, and omega-3 fatty acids. Plus, they keep you full for long periods of time. Choose eggs that come from free-range chickens. You'll get more healthy nutrients.

Dark Chocolate: Dark chocolate is loaded with antioxidants (nearly eight times the number found in strawberries) and it contains stimulants that can have a positive effect on fat burning, including theobromine and caffeine. It also contains a nice dose of oleic acid, which is a monounsaturated fat. Make sure to choose the 78% or higher cocoa levels for best results.

Oatmeal: Packed with fiber and whole-grain goodness, you can't go wrong. Just be sure to avoid the processed, high-sugar junk out there and stick to slow-cook oats. Add a dash of cinnamon, some walnuts, berries, and a natural sweetener to taste. BAM! Good stuff.

Green Tea: Not only does it contain a potent antioxidant, many scientific studies have linked green tea to increased fat burning, including a report in the American Journal of Clinical Nutrition that found green

tea extract boosted the daytime metabolism of test subjects by 35- 43%.

Beans: Black beans, navy beans, refried beans, and lima beans all have 6 or more grams of fiber per ½ cup. Fiber can clean your system of pounds of “toxic waste” and reduce your belly bulge in a big way.

Berries: Strawberries, raspberries and blackberries are riched with fiber (which slows sugar absorption), and they’re packed with vitamins that can fight cravings (cravings can come from vitamin deficiencies).

Cinnamon: Researchers have found that cinnamon contains a type of antioxidant that increases insulin sensitivity and effectively helps to stabilize blood sugar. Bottom line...you’ll store less belly fat.

Chili Pepper: Findings have shown that the active ingredient in chili peppers and powder, is capsaicin, increases calorie-burning, stabilizes blood sugar levels (which decreases fat storage), and is a potent antioxidant. Add some of this “spice” to your life.

Yogurt: Would specify Greek yogurts like Stoneyfield Farms Oikos Greek Yogurt (plain) contain high content of pro-biotic that fight belly bulge.

Wild Salmon: Hands-down one of the best belly-blasting foods because of its protein and high omega-3 fatty acid content. This is like a “double shotgun approach” to killing belly fat. Many people are deficient in omega-3s and when they add them to their diet the fat can really start coming off.

Giant Turkey Legs: You got me. I’m pulling your leg. (Get it?) I’m not just talking about turkey meat (white preferred), but any lean protein source is a good belly-blasting food. This includes wild salmon, free-range chicken, whey protein powders, and most especially grass-fed beef because it contains natural CLA—a fat that studies have actually shown to burn fat. The interesting thing about protein is your body will burn off as much as 30% of its calories after you eat it. Read the next trick for details

## EXERCISE THAT HELP IN KEEPING FLAT STOMACH

Do the double leg drop-and-hold. Start by lying supine (on your back) in an exercise mat. Arms on both sides of your body and both your legs extended. Inhale as you slowly lift both legs up as high as you can. Make sure to keep your back flat on the floor as you do this. Then exhale as you gradually bring both feet down; and hold it up just a few inches above the ground. Hold this position for 8 to 10 seconds, as you feel your stomach muscles contract, and then relax. Repeat this method 8 to 10 times.

Perform some aerobic exercises such as jogging, swimming, cycling, and brisk walking. These cardiovascular exercises utilize oxygen which means the source of energy would be coming from fatty acids and glycogen. In other words, these workouts are purely good fat burners. And it won't only tighten up your tummy but the rest of body parts as well. Do this for 20 to 30 minutes, five days a week.

Do some hula hoops. This is one of the oldest ways to flatten and tighten up the belly area. Start by standing

with one foot in front of the other to help with your balance. Then position the hula hoop slightly over the top of your waistline. Holding on to the hula hoop with both your hands, rotate it to whichever side you prefer. Then keep the hula hoop rotating around your body by shifting your weight back and forth between your leg positioned in front and the one at the back. You can also try to move your hips in circles as the hula hoop rotates around your body; but the back and forth motion is much easier. Go on hula hooping as much as you can handle. It will take a little while before you actually learn it, if it's your first time doing the hoop. But don't give up. This excellent tummy workout that you will truly enjoy when you get the hang of it.

Execute the lying controlled abs curl. Start by lying supine (on your back) in an exercise mat. Tuck both your hands on the area of your lower back, with your left leg flexed (foot flat of the floor), and your right leg extended. Inhale as you lift your elbows; then exhale as you contract your abdomen, raise your head and neck, and elevate our shoulders a few inches off the surface, until you can feel your stomach area contract. Hold that contraction for 10 seconds and then relax. Repeat this procedure 8 to 10 times and then switch legs. When you get used to this, you can make it more challenging by

lifting the extended leg up about a inches from the surface; and just keep it that way as you raise and lower your shoulders. In addition, apply the prescribed exercises below:



## BONUS

### SPECIALIZED EXERCISES FOR ALL GENDER ON FLAT TUMMY

This is a special designed package in tracking you back to having a flat tummy. Your sincere application would be accompanied with remark effects. My compliments in advance. Cheers! .

#### Squats

While standing extend your arms out, parallel to the ground while flexing your triceps. Then, initiate a squat from your hips by sitting back and down keeping the weight on your heels as opposed to the balls of your feet. Squat down to a position where your thighs are approximately parallel to the ground, then return up to the starting position. Complete 10 to 20 reps.

#### Plank-Push-Ups

Begin in a push up position but with your elbows on the ground and resting on your forearms. Your elbows should be bent at a 90 degree angle. Push off the ground with one arm and then the next. Squeeze your abs as you push up. You should be lifting yourself up to a fully extended push up position. Lower back down to the starting position and repeat, this time leading with the opposite arm. Aim to not let your back sag down towards the ground. Complete 10 to 20 reps.

#### Walking-Lunges

Start with your feet at shoulder width apart. While maintaining a straight line, stride forward with your right leg and land with your left toes just touching the ground, your left heel should be raised. Once your right foot

lands, allow your left knee to fall down to the ground. Push back up with your right leg and then repeat on the other side. You should try forming a consistent rhythm, just stopping the lunge and pushing back up before your knee hits the ground. Complete 20 repetitions.

#### Bent-Over-Rows

For this exercise you need a barbell, workout bag or you could use dumbbells. Use a medium weight on the bar and grip the bar a little wider than a shoulder width apart. Stand up straight, pull your shoulder blades down, keep your head straight and contract your abdominals. Slowly bend forward, keeping your back straight and pushing your hips out, stop when your chest is almost parallel with the floor. Pull the bar into your chest keeping your elbows out to the sides. Exhale as you lift, inhale as you lower the bar down. Gently return to a standing position. Complete 2 sets of 12 reps.

#### The Sprinter

The sprinter is very similar to the bicycle crunch except that the hands are not behind the head, rather positioned in a sprinting motion and you sit up higher with the sprinter.

Lie down on your back, making sure your back is firmly against the floor. Lie down flat but keep your heels hovering about 6 inches off the ground. Crunch up and bring your left arm up with the elbow bent to resemble a sprinters motion. At the top of the crunch bring your right knee into your chest. Repeat for the other side of the body and do 20 reps.

## TESTIMONY:

Share yours today, follow the commandments and stick strictly to the instruction, the world is anxiously waiting , so join now and start..

**"Lost 6 Inches From Her Waist, Got Rid of Her Cellulite, and Looks Better Now at 31 Than 21!"**



"After the birth of my second child, I was not happy, because the weight wasn't coming off like it did after the first pregnancy. I was emotionally and mentally on edge. I even debated going on anti-depressants!

But before I tried that, I knew there was something I could do, so I joined the gym and started by going to the aerobic classes. I enjoyed the classes since it meant being with other Moms, but I hit a plateau so quickly and the class times weren't convenient.

Ugh! I just wanted to see a physical change so badly, so much so that I started to debate on whether to take a diet pill but I was terrified by my family's history of heart problems.

That's when I decided to try this program, and I have no regrets about that decision.

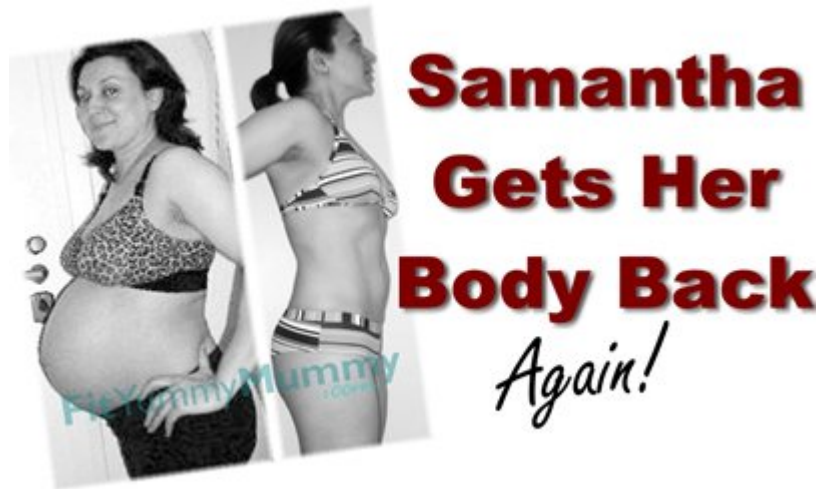
I look and feel great! I can honestly say that I look better now at age 31 than I did at 21! I have been following the program for three months and the other day a gym

member at asked me if I could be her trainer. What a huge compliment for me!

And guess what...I have seen a decrease in cellulite! (Even though I thought that was impossible.) Now I don't have to think about saving my money for plastic surgery – I can think about buying clothes and going on vacation instead.

What has been the most surprising out of this experience is that I am not at the gym all the time. I spend less time working out but I am seeing better results.”

**37 year old Samantha, who was the 2nd place winner of the 2008 Summer Transformation Challenge, is achieving amazing post baby body results once again.**



“Before beginning this fitness I made master affirmationed commandments for flat stomach, I was attending a gym 5 days a week. And yes, it was 1 hour of cardio, 1.5 hours of machine weights and sometimes an aerobic class. (That was before children). Then I had my first child on 29th of December 2004.

For the first couple of months I attended the gym for cardio to help reduce the weight gained from the pregnancy. It helped somewhat, but living in a foreign country I found that it was not always possible to ask for help from my “new” family. Nor are the gyms set up for mums with kids.

Prior to finding this know that even though I was wearing size US size 6, I was not feeling very attractive at all. I wanted my “fluffiness” gone. And no amount of sit-ups helped. I even got desperate and bought an ab-rocker machine... results where nothing to shout out about!

To make things more difficult, everyone told me that I looked “fine” and that I should be happy that I had lost the weight.

The problem was I didn’t feel happy about not being toned and slim. And so Christmas of 2007 I made a promise to myself to find the answers that I needed to become the girl I was before, fit and fun to be with.

Originally I had hoped to find a program set out by a woman for woman and something that could be completed at home. This was exactly what I was looking for. Simple, easy to complete exercises (with photos) performed at home in a small amount of time. Holly’s program was perfect for what I was looking for. ?

My Results: Within 6 weeks of doing the STC I had lost my “fluffiness” and was getting stronger and more toned than I had ever before by working out at a gym. I was excited to see “me” again.

In August of 2008 I discovered I was pregnant with my 2nd child. This time around I felt prepared. Mind, Spirit and Body were in sync and I knew that I had the tools of FYM which had changed my mind, spirit and body. This

wasn't going to be so hard. With my first pregnancy I gained 25 kilos (or 55lbs) this time round however, I've gained 12 kilos (or 26.4lbs). This is all thanks to using and modifying the Fit Yummy Mummy system along with the eating every 3-4 hours!

### Updated Post Baby Results



Weight: 112lbs ~ Lost 26 Pounds  
Hips: 32" ~ Lost 7 Inches  
Mommy Belly: 28" ~ Lost 9 Inches

What I love about the FYM workouts.... Everything!

I truly look forward to each workout day. I no longer dread going to the gym, surround by those who haven't discovered what deodorant is!! Instead I have aromatherapy candles or oils burning to energize the room, my own selection of music ~ depending on my mood. The exercise are so easy to follow, the time frame couldn't be better ~ 30mins 3 days per week ~ it's so do-able!

I've still got some work to do but I'm very happy with my progress, which is all been made possible by Holly. Thank you.

~ Samantha Schiavone, 37 year old mom of 2 boys,  
Emmanuel 5 and Marcus 8 months, Attika, Greece

"Cardio Didn't Work, But this flat belly program made me Lose 9 Pounds and 5 Inches!"



Before:m  
121 pounds, 25% Body Fat

After:  
113 pounds 16% Body Fat

Results:  
Loss of 5 inches in waist and  
3 inches in hips

"I have always been into fitness; as a kid I played sports, as an adult I've always belonged to a gym going 4 to 5 times a week. I loved cardio...treadmills, stationary bikes, stair masters, and my all time favorite-the aerobics classes- I even taught classes for several years.

With all of this activity I was surprised to discover my body fat percentage was so high. In response I took more group fitness classes, started running, and experimented with fad dieting. I would lose weight, then take up my old habits again and gain it all back. Even though I was never more than 10 or so pounds overweight, I felt unsuccessful and unhealthy.

I just didn't know the facts until this program. I was shocked to learn that all the cardio I was doing was really working against me rather than for me. The meals I skipped only caused me to lose muscle mass instead of fat. I also discovered how my other bad eating habits-like stress eating junk food-effected not only my weight but my health. I quickly learned how to change those habits.

Once I started eating supportively and adding strength training 3 times a week with MODERATE cardio I started noticing a huge difference. In just 12 weeks I lost 9 pounds, and 3 clothing sizes! I never would have believed that eating 5 times a day would get me that and doing LESS cardio would give me my body back!

I learned how to make food the efficient fuel my body needed to support the muscle I was developing through the strength program and the results were great. Holly, I can never thank you enough for the information and support- this has changed my life forever!"

Its your turn get  
started .....