

# DOWNLOAD PDF NEW QUICK, EASY WAY TO FLATTEN YOUR STOMACH FOR WOMEN OVER 35

## Chapter 1 : Easy Ways to Flatten Your Stomach After Giving Birth | [calendrierdelascience.com](http://calendrierdelascience.com)

*International currency rates last updated: 10/28/ (conversions include estimated 3% transaction fee) 1 GBP = USD.*

So, to help you avoid canceling your plans and laying on the couch with your pants unbuckled, here are 14 easy ways to help you reduce your chances of bloating. A great way to begin your debloating journey is to do your best to loosen up and stretch it out. If you know some yoga poses, break them out. Rebecca Weible, yoga instructor and founder and owner of Yo Yoga! Weible told the magazine that stretching helps "open things up a bit" and increases circulation to the torso and "the organs that are working to digest. But, drinking water might be just what you need to cleanse your system, flush out gas and flatten your stomach. Drinking water can do wonders for reducing water retention in your body and helping to prevent constipation, according to Shape. But, a little physical activity can go a long way toward stretching out your abdominal area, allowing your bowels to move more regularly and sweating out any excess water in your body. Potassium-rich foods include fruits such as bananas, oranges, and pineapples, dark leafy greens, lean meats, beans and nuts. Supplements, such as Lactase and Beano, can help break down indigestible carbohydrates and bring nearly immediate relief for bloating, according to Healthline. Eating and drinking slowly will help you avoid swallowing too much air during the process and therefore limit your chances of bloating, according to the Mayo Clinic. Just like when you eat or drink too quickly, chewing gum and drinking out of a straw can also increase the amount of air you swallow. According to Prevention, drinking out of a straw is like "blowing up a balloon in reverse. Many sugar-free foods still contain sugar alcohols, which are only slightly healthy sweeteners. And, the worst news about the sweeteners is that they can cause serious digestive issues. According to a study published in Gastroenterology, consuming over 10 grams of the sugar alcohol Sorbitol can cause gas and bloating. Bacteria in your intestines often produces gas, which can be a major cause of your bloating. Studies have shown that probiotics can help reduce that gas production and therefore decrease bloating. Probiotics are live bacteria and yeasts that have been proven help your digestive system. They are known to prevent diarrhea caused by infections and antibiotics and to improve symptoms of irritable bowel syndrome. For example, a clinical trial found that eating probiotics helped individuals restore the balance of their intestinal bacteria, which led to better digestive functions and an improvement in bloating. Some fiber-rich foods are known to make people create an excess of gas in their intestines. If you can completely avoid the foods that make you gassier than others, it will probably be the easiest way for you to reduce your chances of bloating. Drinking a cup of ginger tea or chewing on a cube of ginger can be a great, natural way to prevent bloating later in the day. The herb is particularly helpful in reducing gas because it soothes intestinal activity, thins the blood and improves circulation, which further relieves bloating, according to Livestrong. A study from the journal European Review for Medical and Pharmacological Studies found that ginger helped individuals speed up their digestion process. And, if you can digest your food quicker, then gases will move faster through your system as well. But, stress can make your gas and bloating situation even worse. Similar to ginger, peppermint is another natural herb that can be a godsend for any of your indigestion and gas-related issues. Studies have proven that peppermint tea and peppermint oil capsules, which can be purchased as supplements, are effective in treating short-term symptoms of irritable bowel syndrome, including bloating. Peppermint relaxes the muscles in your intestines and keeps gas moving along at a healthy pace. A study published in the journal Digestive and Liver Disease found that patients with IBS who took the peppermint oil supplements saw a significant reduction of their symptoms compared to those who received the placebo. A warm bath with not only leave you feeling stress-free, it can also leave you feeling bloat-free as well. The warmth of a bath or heating pad can help relieve any sore abdominal muscles and stress on your gastrointestinal tract.

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## Chapter 2 : Abdominal Exercises for Women Over 60

*New Quick, Easy Way To Flatten Your Stomach For Women Over 35 (Consumer Guide) [Ann Dugan] on calendrierdelascience.com \*FREE\* shipping on qualifying offers* a fast effective exercise plan designed especially for women.

First, it may help with weight loss by temporarily increasing your metabolic rate. In fact, drinking water may increase your total energy expenditure by up to calories per day 72 , Third, it may help relieve constipation and reduce belly bloating 77 , 78 , Try drinking a large glass of water before each meal. It may help you achieve your goal. Drinking water may increase your metabolic rate, make you feel fuller and help relieve constipation, all of which may help you achieve your goal of a flatter stomach. Practice Mindful Eating Mindful eating is a technique that helps you recognize and cope with your emotions and physical sensations regarding food and hunger 80 , It involves slowing down, eating without distraction, focusing on your physical hunger cues and eating only until you feel full Most studies agree that mindful eating helps you lose weight by changing your eating behavior and reducing stress-related behavior, such as stress eating and binge eating 82 , 83 , Also, it is more likely to help you keep the weight off in the long term, as it focuses on changing your behavior. That reduces the risk of stress eating and bingeing. Avoid Swallowing Air and Gases The biggest source of gas in the diet is carbonated beverages such as soda. The bubbles in it contain carbon dioxide, which is released from the liquid in your stomach. This may cause stomach distention or bloating. This can also happen when you chew gum , drink through a straw or talk while eating. Eating in silence, drinking from a glass and swapping carbonated drinks out for water may help you achieve a flatter stomach. Carbonated drinks and gum may both cause stomach distention and bloating in some people. Do High-Intensity Training One popular way to do high-intensity training is to perform intervals of very intense activity, such as sprinting, rowing or jumping, with short breaks in between. High-intensity training has been shown to have superior effects on fat burning, compared to other types of exercises, and is especially effective for slimming the waistline 89 , 90 , High-intensity training increases fat burning and metabolic rate, even long after your workout is over. It is especially effective for slimming the waistline. Reduce Your Stress Levels Stress and anxiety are very common, and most people experience them at some point in their lives. Stress is linked to the development of many diseases, and it is also a common reason why people tend to eat or binge eat, often without being hungry in the first place 92 , Also, stress triggers the body to produce cortisol, a stress hormone. It has been known to increase appetite and lead specifically to belly fat storage 94 , 95 , This may be especially harmful in women who already have a large waist, as they tend to produce more cortisol in response to stress, which further adds to belly fat gain Try to add some stress-relieving activities to your daily routine, such as yoga or meditation. Stress triggers the production of cortisol, which increases appetite and drives belly fat storage. Eat More Protein Protein is the most important nutrient when it comes to weight loss. Your body burns more calories digesting protein than fat or carbs. Therefore, a high-protein diet may account for an extra 80â€” burned calories per day 98 , High-protein diets also reduce your appetite, make you feel full and help you retain your muscle mass during weight loss 30 , , , Furthermore, studies have observed that people who eat more protein have slimmer waistlines than those with lower protein intakes 32 , 34 , How much protein you need depends on many factors, such as your age, gender and activity level. This can easily be achieved by incorporating a protein source in every meal. High-protein diets may increase your metabolic rate, reduce your appetite and help you retain muscle mass during weight loss. They are also linked to lower abdominal obesity rates. There are several ways to do this, but the most popular and effective ones are counting calories , keeping a food diary and taking pictures of your food , , , This will make you more aware of your calorie intake and allow you to adjust your weight loss diet if needed. Studies generally agree that people who track their food intake are more likely to reach their weight loss goals Here are five free apps or websites that allow you to easily track your nutrient and calorie intake. Tracking your food intake once in a

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while may help you lose weight by making you more aware of your calorie intake. Eggs are healthy, high in protein and have a few unique weight loss properties. A large egg is very nutritious and contains only about 77 calories. An egg breakfast has also been shown to significantly reduce calorie intake for the next 24 hours, automatically and without effort. Moreover, eggs have been shown to be more effective at reducing waist size than other foods with the same calorie content. Eggs have well-established weight loss properties and may be more effective at reducing waist circumference than other foods when matched for calories.

**Get Enough Sleep** Getting a sufficient amount of good sleep is very important for weight loss. Studies have repeatedly shown sleeping less than five hours a night for adults and less than 10 hours for children is linked to an increased risk of weight gain. Luckily, shifting sleep duration from shorter lengths to healthier lengths has been shown to help eradicate these effects. Those who sleep too little are much more likely to gain weight and have increased waist circumference, compared to normal sleepers.

**Try Intermittent Fasting** Intermittent fasting is an eating method in which you rotate between eating and fasting for specific amounts of time. The most popular intermittent fasting approaches are doing a hour fast two to four times per week or a. Generally, this makes you eat fewer calories overall without having to consciously think about it. While intermittent fasting has only been shown to be as effective as regular, daily calorie restriction at reducing tummy fat, many people find intermittent fasting to be easier to stick to than traditional weight loss diets. Intermittent fasting generally makes you eat fewer calories with little effort by restricting your "eating window."

**Fatty fish is very healthy and rich in essential long-chain omega-3 fatty acids and good-quality protein.** Protein has been shown to help with weight loss, and studies have suggested that omega-3 fatty acids may also help reduce the accumulation of fat in the liver and abdominal cavity. The long-chain omega-3 fatty acids from fatty fish may help reduce the accumulation of fat around your waist.

**Limit Your Intake of Added Sugar** Added sugar is linked to most of the common diseases in society today, including heart disease, type 2 diabetes and fatty liver disease. The intake of added sugar is way too high in most societies, and Americans eat about 15 teaspoons of added sugar daily. Studies have shown a direct link between high intake of added sugar and increased waist size, especially in people who drink sugar-sweetened beverages. Added sugar is hidden in various foods, so it is very important to read the ingredient lists on foods. Added sugar has a direct link to increased waist circumference, especially in those who regularly drink sugar-sweetened beverages. It is one of a few foods that is rich in medium-chain triglycerides (MCTs). Studies have shown that replacing some dietary fat with MCTs may increase energy expenditure and make you feel fuller. Keep in mind that coconut oil is still fat with 9 calories per gram. Therefore, it is important not to just add coconut oil to your diet, but rather replace other sources of fat with it. Coconut oil is rich in medium-chain triglycerides. Replacing other fats with coconut oil may increase your energy expenditure, make you feel full and reduce your waist circumference.

**Strengthen Your Core** Crunches and other abdominal exercises can benefit both your overall health and appearance. By doing regular core exercises, you strengthen and add mass to your abdominal muscles, which may prevent back aches that result from weak posture. A strong core will also improve your posture and prop up your spine, allowing you to appear taller and more confident. Furthermore, core exercises help you strengthen the muscles that ultimately hold in your belly, making you appear leaner. Aim to do core exercises that engage all your core muscles, such as planks or Pilates roll-ups. By strengthening your core, you are training the muscles that hold your stomach in. By having well-trained abs, you will appear taller, more confident and leaner.

**Drink Unsweetened Coffee or Green Tea** Unsweetened coffee and green tea are among the healthiest beverages in the world. This includes green tea, black tea and oolong tea. Most importantly, studies in animals and humans have shown that drinking coffee and tea may reduce the risk of accumulating belly fat, helping you reduce your waist size. Drinking unsweetened coffee or tea may increase your fat burning and reduce your waist size. Ounce for ounce, beer contains a similar number of calories as a sugary soft drink, while red wine contains a whopping twice that amount. Although moderate drinking is unlikely to affect weight gain, heavy drinking is linked to increased weight gain, especially around your midsection. If you want a flat stomach, you should aim to reduce or skip the alcoholic drinks. Heavy alcohol consumption

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may contribute to weight gain, especially around your midsection. Sneak Extra Activity Into Your Day You can easily sneak extra activity into your day by increasing the amount of non-exercise activity you do. This involves walking, standing, fidgeting, moving around and basically everything other than exercise training, sleeping and eating. Studies have shown that just standing, fidgeting or walking around can increase the calories you burn by five- to six-fold, compared to sitting still. One study suggested that fidgeting, walking and standing could burn up to 2, extra calories per day, depending on your weight and activity level. Make it your goal to walk around while talking on the phone, stand up regularly, work at a standing desk or take the stairs whenever possible. Increasing the amount of non-exercise activity you do may significantly increase the number of calories you burn on a daily basis. Take Home Message As you can see, there are many strategies that can help you achieve your goal of a flat stomach. By incorporating some of the tips mentioned above into your daily routine, you may get to see your six pack sooner than later. Keep in mind that it may take some time and effort, but will all be worth it in the end if done properly.

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### Chapter 3 : 3 Ways to Tighten Your Stomach - wikiHow

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

Lie on your back. Place hands near your hips, palms face down. Lift your legs, bending at the knee. Cross your legs at the ankles. Flatten your shoulders against the floor. Draw your abdominal muscles in toward your spine. As you exhale, curl your tailbone up, lifting through your lower tummy. Inhale as you lower your butt back to the floor. Want to learn more? Fitness USA Minna Lessig recommends the side plank for a challenging workout that targets your core, plus your shoulders and arms. Start from push-up position. Bring your right hand to the center, halfway between its starting position and your left hand. Turn your body to the left. Shift weight from toes to the outer side of your right foot, stacking your left foot on top of your right. Lift your left arm off floor. Extend your left arm toward ceiling in line with your shoulders. Your body should form one, straight line from head to feet, sideways. Hold position for seconds. Repeat on other side.

**Pelvic Tilt** The pelvic tilt is an isometric exercise that works all three muscle sets in your midsection internal and external obliques, rectus abdominis and transverse abdominis. Efficient Movement for Healthy, Sport and Fitness. Lie on your back with your knees bent and feet flat on the floor. Place a towel under the small of your back. Press the small of your back into the floor to create a posterior pelvic tile. You should not be able to pull the towel free. Hold for 6 seconds and release. Do 6 sets of reps.

**Superman** You can do hundreds of crunches or buy expensive machines, but if you really want that flat stomach, you need a strong lower back. Lie face down on the floor. Arms should be straight and extended directly over the top of your head. Keep legs straight and together. Simultaneously lift your arms, chest and legs up toward the ceiling. Keep limbs straight, but not locked. Your body will form a gentle curve. Hold for 30 seconds, then lower.

**Stand with feet slightly more than shoulder-width apart. Bend forward at hips. Place hands flat on the floor, directly beneath your shoulders and at least 12 inches from feet. Place feet flat on floor and rise up on your toes. Look at the floor. Draw your navel in toward your spine. Using abdominal muscles, lift right foot off the floor. Keeping right leg straight, sweep it across the front of your left foot. Twist body and lower right hip toward floor so left hip is facing the ceiling and right hip is facing floor. Bend your left knee and balance on the toes of your left foot while your hands remain in starting position. Keep your right leg straight, with your knee in front of your left foot. Using your abs muscles, untwist body and return to starting position. Switch sides, twisting and dropping to the right and sweeping with your left leg. Do sets of alternating reps.**

**Sit upright on a backless chair or bench with feet flat on floor. Start from an upright position as you get stronger, begin this exercise from a reclined position to increase the starting difficulty and degree of the angle. Rotate slightly to the left. Keep chest pulled up tall toward the ceiling. Slowly lower your entire upper body backward. Hinge at the hips until you feel a low level of force on your abs. Hold for 6 seconds. Repeat on your right side.**

**Oblique Sit-ups** Oscar Smith, owner of O-Diesel studios in New York City recommends incorporating oblique sit-ups into your workout routine for a toned tummy. Lie on your back with feet on the floor and knees bent. Cross your left foot over your right knee. Left ankle should be just below your right knee. Reach left arm straight out to the side. Bend right arm, cupping your right ear. Curl your upper body diagonally toward your left knee. Do 2 sets of 12 reps on each side.

**Alternating Arm and Leg Raises** A bit of coordination is necessary for this exercise, but once you get the hang of it, your body will feel the burn as your internal and external obliques, rectus abdominis, transverse abdominis and hip flexors contract for a full frontal workout, Hoey says. Arms and legs should be straight. Put your left heel on top of your right toes. Raise your right arm straight up toward the ceiling. Lift your left foot two to three inches above your right foot. Reach toward your left foot with your right arm by rotating and flexing your trunk. When you have reached a comfortable end range, hold for one full second. Keep your lower and middle back on the floor. Maintain a tempo of 3 seconds up, 1 second hold, 3 seconds down. Do 2

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sets of reps. Reverse Crunch Hoey recommends this version of crunches to whip just about every one of your stomach muscles into shape. Try it, and see for yourself. Lie on your back with knees bent and feet flat on the floor. Lift feet off the ground one to two inches. Slowly pull your knees toward your chest. Hold for one full second. Lower your knees back down, and return your feet to the ground. So what will take you from fat to flat? Commitment to diverse strength training, a healthy diet and fat-burning cardio to uncover developing muscle. Do exercises that will burn lots of calories, such as running, biking, swimming or even brisk walking. See how much you really know about getting a toned stomach with this abs quiz. Sign up for our Healthy Living Newsletter! Thanks for signing up for our newsletter! You should see it in your inbox very soon. Please enter a valid email address [Subscribe](#).

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## Chapter 4 : 10 Tricks To Flatten Your Stomach

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Standard abs exercises like sit-ups and crunches are a little archaic and extremely mundane. To help keep you motivated and ready to show off your mid-section this summer, I created a series of unique core exercises that challenge you without the use of any equipment. Ideal for your hectic summer schedule, these exercises can be performed anywhere and each takes as little as 30 seconds to complete—so no excuse for summer slacking! Do each exercise for 30 seconds, resting 30 seconds between moves. You can add these exercises to your current fitness program or perform as one complete core routine.

**Lie faceup with knees bent and feet flat on the floor.** Contract core and draw knees in toward navel, forming a degree angle with knees so shins are parallel with the floor. Place palms slightly above knees on thighs. Press palms into thighs, simultaneously resisting the pressure with knees. Maintain equal balance with pressure from palms and thighs so that you keep the degree angle of the knees. Drive lower back into floor, simultaneously pushing abdominal wall toward the ceiling. This will create greater stability and activation within muscles around core.

**Lie faceup with knees bent and feet flat on the floor, arms extended out to sides, palms down.** Contract core, take a deep breath in, and draw knees into chest. Exhale, pressing lower back into floor as you extend feet toward the ceiling. Upper torso and lower body will form a degree angle with feet pressed together. Keep core contracted, flex toes toward the floor, and begin circling legs clockwise, keeping legs fully extended and hips resting firmly on the floor. This will decrease stability while increasing core activity. Keep core contracted, flex toes toward the floor, and begin circling legs counter-clockwise, keeping legs fully extended and hips resting firmly on the floor. To maximize gains, keep hips from lifting off the floor. This will enable the core to fully engage, creating most activity throughout the region. Stretching hamstrings prior to the exercise will enable more hip control.

**Hands of time right leg:** Contract core, draw knees into chest, and press feet toward the ceiling. Feet should remain together with toes flexed. Contract core, inhale and lower right leg out to right side as far as possible, keeping left leg still. At lowest point, exhale and use core to move right leg back to starting position. To modify this exercise, simply raise feet off of the floor and keep knees bent at a degree angle with shin remaining parallel with the floor. Keeping the degree angle, lower right leg to floor as far as possible.

**Hands of time left leg.** Contract core, inhale and lower left leg out to right side as far as possible, keeping right leg still. At lowest point, exhale and use core to move left leg back to starting position. Aim to keep right leg from swinging back and forth throughout the exercise. This can cause lower back to perform most of the work, increasing stress in the lumbar region.

**Round the clock right leg.** Contract core and draw right knee in toward navel. Flare right knee out opening inner thigh area and extend right leg until it is at a degree angle. Left foot should remain off the floor throughout the exercise. Reverse direction to starting position. To modify this exercise, simply keep left knee bent with foot flat on the floor.

**Round the clock left leg.** Contract core and draw left knee in toward navel. Flare left knee out opening inner thigh area and extend left leg until it is at a degree angle. Right foot should remain off the floor throughout the exercise. To properly engage core, press back into the floor while pushing stomach out toward the ceiling. This will also create more stability within core region.

**Get in a left side plank position** with forearm firmly placed on the floor and hips raised off the floor. Contract and drive right knee toward navel with toe flexed. When knee reaches navel, extend right leg out in front of body at a degree angle. Quickly swing leg back to starting position. Form a straight line from shoulders to left heel. Keeping this line will ensure proper form and reduce sag in the hips.

**Get in a right side plank position** with forearm firmly placed on the floor and hips raised off the floor. Contract and drive left knee toward navel with toe flexed. When knee reaches navel, extend left leg out in front of body at a degree angle. Form is key with this exercise and maintaining proper spinal position is imperative. To ensure a flat back, keep ears and shoulders in line.

**The Crop Top Workout** Get in a pushup position with hands in line with

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shoulders and feet hip-width apart. Contract core and reach left hand out 45 degrees as far as possible. Do the same with right hand, bringing hands side by side. Reach out right hand as far as possible in front of head. Follow with left hand. Reach backward with right hand on a degree angle, following with left hand. Your hand pattern will be as if you just traced a triangle. Reverse direction through each step. To ensure proper positioning, keep eyes focused at the floor the entire time. This will keep hips from sagging, while reducing stress on the neck.

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### Chapter 5 : Body Weight Ab Exercises for a Flat Stomach | Shape Magazine

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Check new design of our homepage! Abdominal Exercises for Women Over 60 Abdominal exercises are some of the best forms of exercises for women over the age of They focus on not merely the abdominal muscles but also lend to strengthening of the core strength. In the following article, we will focus on some of the most effective abdominal exercises that women over 60 can carry through. FitnessVigil Staff We have the tendency to look at people over a certain age as being unable to do many things in life, especially exercise. They are considered weak just because they are aged and are therefore, automatically classified as incapacitated. This is a completely wrong attitude to have because in many cases exactly the opposite stands true. There are many people who might have been exercising throughout their lives so the age factor does not really matter. In fact, for women over the age of 60, it has been recommended that they include certain abdominal exercises as a part of their daily routine. Not only do these exercises help to strengthen the abs, but they also add to strengthening the core muscles and thereby lead to more agility, flexibility and overall strength. Strong abs also prevent the onset of back pain and the other common health problems that typically make way in women over the age of It is, therefore, a good idea to etch out a routine that includes several forms of exercises. In the following article, that is exactly what we shall be focusing on. Ab Exercises for Women Over 60 Though it is important for women to include abdominal exercises in their routine, it is equally important to be cautious of the kind of exercises to include. Ab exercises for seniors should start out with low intensity workouts and then progress to mild and high intensity exercises depending on their strength and capacity. Swimming Swimming is one of the most effective exercises that anyone can take up at any age. Swimming is an exercise that targets the entire body and provides a great workout especially for the abdominal muscles. It is an exercise that works every inch of the body and helps in toning it as well as in promoting the working of all body functions. Reverse Cycling Cycling, either on an actual bike or a stationary one, is touted to be one of the best exercises for the abs. Now what if both these options are not viable? Then we still make it happen. Lie on your back, bend your knees and raise your feet so that they are parallel to the ground. Now start cycling by duplicating the cycling step with your legs and pedaling in the air. Pace yourself till you form a pattern that is comfortable for you to work with. This is one of the easiest exercises to carry through and yet one of the most effective. Reaching for Toes A great exercise to tone, tighten and strengthen the overall abdominal muscles is to literally reach for your toes. To do this one, lie on your back and raise your legs into the air such that they form a 90 degree angle with the ground. Take your arms behind your head, take a deep breath and raise yourself up by putting pressure on the abs and try touching the toes. Scissor Cut The scissor cut exercise promises to be one of the most effective abdominal exercise. Try this one after you have gained some strength in your ab muscles because it requires core strength. To do this one, lie on your back and raise your legs into the air to make a 90 degree angle with the ground. Keep your hands under your hips palms facing down. Then balance yourself, and in a controlled manner, bring the right foot down, till it reaches 30 degrees off the ground. Then raise it back and bring the left leg down to 30 degrees mark and take it back. Alternate both legs in a continuous motion mirroring a scissor. Reverse Crunches with Leg Extensions That crunches are some of the best ab exercises for women is a given, but adding reverse crunches with leg extensions to that deal raises the difficulty level a notch and more. To do this exercise, lie on your back and bend your knees so that your feet are flat on the ground. Then raise yourself into a crunch, but instead of going straight up, take your left elbow to the right knee raise the leg to meet the elbow and then go back to the starting position. Then reverse the action and take the right elbow to the left knee. This completes one set. Do 16 repetitions in one set and 3 sets in total. Not only will these exercises get you a set of firm and toned abs, but they will also lend to overall health and strengthening of your core muscles.

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### Chapter 6 : 14 quick and easy ways to reduce bloating

*So for the rest of us, the Leftovers (because we were too lazy to cook dinner), the editors of Eat This, Not That! gathered up some of the smartest, simplest and least-demanding ways to lose weight and flatten your belly fast.*

A woman does cardio boxing as a part of her post-baby workout regimen. During pregnancy and childbirth, the abdominal and pelvic floor muscles undergo a great amount of stretching. In addition, you may have gained additional fat during your pregnancy due to a lack of ability to exercise or overeating. To gain back your core strength and flatten your stomach after giving birth, you should first wait 6 weeks before exercising and then gradually build up the intensity of your strength training and cardiovascular workout. Over the course of your pregnancy, it stretches to the size of your baby. After childbirth, it is the size of a grapefruit, and 6 weeks after childbirth, it will have shrunk to the size of a pear. For the stomach to truly flatten after pregnancy, the uterus has to revert back to its normal size. This occurs more quickly if you are breastfeeding. The situation is out of your control and will resolve itself to a great degree on its own. This will allow your doctor to ensure that your organs have recovered. At that time, the doctor can check that any splitting of the rectus abdominus muscle diastasis recti that may have occurred during pregnancy no longer exists. **Strength Training** Once you receive clearance, you can begin a wide variety of exercises to re-firm the abdominals. These include the basic crunch, bicycle crunch, supine bridge and reverse crunch. As you begin your abdominal rehabilitation, you should exercise until fatigued or until you complete eight repetitions of each exercise—stopping at whichever comes first. After a week, you can work up to 12 repetitions and then eventually up to 20 repetitions once your rehabilitation is complete. Exercises should focus on the rectus abdominus, internal obliques, external obliques and pelvic floor. **Cardiovascular Exercise** Cardiovascular exercise will allow you to lose any fat that may have accumulated around your middle due to weight gain. It also has great psychological benefits for new mothers. Physical activity after pregnancy has been shown to decrease postpartum depression. All early cardiovascular exercise should be enjoyable and at a lower intensity than you would have engaged in before your pregnancy. Your endurance must be built up gradually to allow your body to fully recover.

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## Chapter 7 : How to Flatten Your Stomach After 40 | Healthy Living

*Belly fat isn't just a problem for fitting into your jeans—it's the biggest threat to your overall health. Follow this easy plan from TV's Travis Stork and lose that stubborn pooch.*

This weight gain included an increase of about 2 to 3 inches around the waist. But it is possible to flatten your stomach after 40 with cardiovascular exercise, strength-training workouts, and a healthy, calorie-reduced diet.

**Exercise for a Flat Stomach**

**Step 1** Get rid of the excess fat, including fat around the belly, by burning to calories per day with cardiovascular exercise. Walk briskly or take a yoga class to burn approximately calories per hour. Jog, swim or ride your bike to burn around calories per hour.

**Step 2** Break your aerobic workouts into smaller chunks to better fit your busy work and home schedule. Exercise with a partner, spouse or friends who also wish to get rid of post fat to gain support and remain accountable.

**Step 3** Add overall strength training two to three times weekly for 20 minutes per session to increase muscle mass for a leaner, more toned body. Strength training is a form of resistance exercise you can do at home or in the gym with free weights, resistance bands or weight machines. Exercises such as dumbbell lunges, squat-thrusts and planks will help you build muscle mass so your body burns calories more efficiently, resulting in overall weight loss that includes the stomach area.

**Step 4** Target your abdominal muscles with weight-training exercises to work toward a flatter stomach. Do enough repetitions of each of exercises to tire your muscles so that the last repetition is a challenge to complete. Perform stomach-toning exercises such as half-kneeling wood chops, medicine ball trunk rotations, and front and side planks.

**Dietary and Lifestyle Changes for Flatter Stomach**

**Step 1** Follow a calorie-reduced diet to promote further weight loss all over, including in the belly area.

**Step 2** Eat a variety of healthy foods to maintain a balanced diet. Consume lean proteins, whole-grain foods, and plenty of fresh fruits and vegetables. Avoid consuming more than 30 percent of your calories in fats each day, making sure to steer clear of trans- and saturated fats.

**Step 3** Avoid simple carbohydrates such as refined-grained pasta, white bread, and sugary beverages, such as soda and juice.

**Step 4** Drink plenty of water each day to stay hydrated, feel full, and avoid an empty stomach that can lead you to snack on unhealthy foods. Eight to 10 glasses per day should be your aim. Avoid alcoholic beverages, as they often contain high amounts of sugar and can inhibit the burning of fat.

**Tip** See your doctor before you start on your plan to get rid of midlife flab around your belly. Be patient with yourself and consistent with your efforts. A slow, steady rate of weight loss will help you drop the extra pounds, leading to a flatter stomach, while helping you keep the weight off for the long run. Include cardio and strength training in your flat-stomach-after plan to lose the fat and tone your muscles.

## Chapter 8 : How to Lose Belly Fat for Women After Age 30 | calendrierdelascience.com

*The 30 Best Ways to Get a Flat Stomach. Protein shakes are an easy way to add extra protein to your diet. even long after your workout is over. It is especially effective for slimming the.*

## Chapter 9 : 4 Ways to Get a Flat Stomach in a Week - wikiHow

*Try one of these minimal-effort tips to get a flat stomach with exercise or dieting. They're so easy, you won't even break a sweat. #9 involves, well, a good ole #2.*