

Down a Pound

NEWSletter

Special points of Interest

- Keeping fit during hot weather
- 10 Best Foods for Flat Abs

“Your life does not get better by chance, it gets better by change.”

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How to Keep Up Your Fitness Routine During Hot Summer Weather

With temperatures pushing almost 100 degrees, working out can seem like even a harder task than usual. However, Down a Pound has tips for getting the most out of your workouts even when the temperature is high.



DaP Tip #1: Get Creative at Home

If you've got a nice cool air-conditioned apartment or house, now is the time to pull out those VTX Storm activity sheets or workout DVD's. If you're accustomed to working out outside of your abode, you'll be surprised at how convenient it is to work out in the comfort of your living room. And all that air-conditioning feels great once you start working up a sweat! Allow yourself 20-30 minutes without distractions (perhaps while the kids are watching TV) and get a workout in!

DaP Tip #2: Go Swimming

If you've been waiting for the perfect excuse to start incorporating swimming into your fitness regime,

Summer is it! Because it gets so hot here, pool time is a must. Try swimming laps in your neighborhood pool or utilize lakes or oceans. This is a great way to get in exercise while on vacation!

DaP Tip #3: Location Counts

On extremely hot days, running on asphalt can make you feel like you're roasting yourself. Try running on shaded tree-lined trails or along breezy beach shorelines where it can be up to 10 degrees cooler than the streets. This way, you'll be able to extend your workouts longer and you won't feel so whipped at the end!

DaP Tip #4: Stay Hydrated

Whenever you do decide to brave the heat and head outdoors, always make sure you stay hydrated and drink plenty of water before, during, and after exercise. Remember to drink every 15 minutes

while exercising and if you're sweating profusely you might want to replenish your electrolytes with a low calorie sports drink. If your urine is darker in color, that could be an indication that you are dehydrated and need more fluids.

DaP Tip #5: Work out Indoors

Even if you're anti-gyms, now is the time to find a gym that may appeal to you. New Beginnings Health and Fitness is close to many corporate offices and is never crowded unlike other gyms, making in a perfect choice for an "in and out" workout. It is a good laugh to run on a treadmill in a freezing cold gym as you stare outside at 106 degree weather. It is good to have options!

10 Best Foods for Flat Abs

Try these ab-flattening foods to boost your abs routine's effectiveness, control belly bloat, and maintain a healthy metabolism. Here is Down a Pound's top 10 foods for flat abs.



DaP Flat Ab Food #1: Almonds

These delicious and versatile nuts contain filling protein and fiber, not to mention vitamin E, a powerful antioxidant. They're also a good source of magnesium, a mineral your body must have in order to produce energy, build and maintain muscle tissue, and regulate blood sugar. A stable blood-sugar level helps prevent cravings that can lead to overeating and weight gain. But what makes almonds most interesting is their ability to block calories. Many studies indicate that the composition of their cell walls may help reduce the absorption of all of their fat, making them an extra-lean nut.

DaP Tip: Try for an ounce a day (about 23 almonds), with approximately 160 calories. An empty Altoids tin will hold your daily dose perfectly.

DaP Flat Ab Food #2: Eggs

You won't find a more perfect protein source.

Eggs are highly respected by dietitians because of their balance of essential amino acids (protein building blocks used by your body to manufacture everything from muscle fibers to brain chemicals). We like them because they keep our hands out of the cookie jar. One study showed that people who ate eggs in the morning felt less hungry throughout the day than when breakfast consisted of complex carbohydrates like bagels. The protein and fat in the egg may be contributing to the feeling of satiety, the feeling of fullness.

DaP Tip: Try for one egg a day unless you have high blood cholesterol, in which case you should check with your doctor first. (One egg packs about 213 milligrams of cholesterol.)

DaP Flat Ab Food #3: Soy

Soybeans are a great source of antioxidants, fiber, and protein. Plus, they're incredibly versatile. Snack on dry-roasted soybeans, toss shelled edamame into soups, and slip a spoonful of silken tofu

into your morning smoothie. Liquid soy also makes a good meal replacement: A study from the *Journal of the American College of Nutrition* found that overweight subjects who drank a soy milk-based meal replacement lost more weight than those who consumed a traditional dairy-based diet drink.

DaP Tip: Try for 25 grams of whole (no isolated) soy protein daily. A half cup of steamed edamame contains about 130 calories and 11 grams of protein. Four ounces of tofu (94 calories) contain 10 grams.

DaP Flat Ab Food #4: Apples

A large apple has 5 grams of fiber, but it's also nearly 85% water, which helps you feel full. Apples also contain quercetin, a compound shown to help fight certain cancers, reduce cholesterol damage, and promote healthy lungs.

DaP Flat Ab Food #5: Berries

Most berries are loaded with fiber, every dieter's best friend. The more fiber you eat (Down a Pound recommends 25-35 grams per day) the fewer calories you absorb from all the other stuff you put in your mouth. That's because fiber traps food particles

“You must have long term goals to keep you from being frustrated by short term failures.”

and shuttles them out of your system before they're fully digested. Berries (and other fruits) are also high in antioxidants, which not only help protect you from chronic diseases like cancer but may also help you get more results from your workouts. Antioxidants help improve blood flow, which can help muscles contract more efficiently. *DaP Tip: Try for at least ½ a cup daily, or about 30 calories worth. Don't limit yourself to the usual suspects, like raspberries, blueberries, and strawberries. If you can find them, add boysenberries, gooseberries, and black currants to the mix for excitement.*

DaP Flat Ab Food #6: Leafy Greens

Their cancer-preventing carotenoids won't help shrink your waistline, but their low calorie count definitely will. One cup of spinach contains only about 40 calories, while a cup of broccoli has 55 calories and satisfies 20 percent of your day's fiber requirement. Most leafy greens are also a good source of calcium, an essential ingredient for muscle contraction. In other words, they help fuel your workouts. *DaP Tip: Try for 3 servings daily. Keep a bag of pre-washed mixed greens in your fridge and toss a handful into soups, salads, pasta dishes, stir-fries, and sandwiches.*

DaP Flat Ab Food #7: Yogurt

People who get their calcium from yogurt rather than from other sources may lose more weight around their midsection. The probiotic bacteria in most yogurts help keep your digestive system healthy, which translates into a lower incidence of gas, bloating, and constipation, which can keep your tummy looking flat! *DaP Tip: Try for 1-3 cups of day of low-fat or fat-free yogurt. Choose unsweetened yogurt that contains live active cultures or Greek yogurt for extra protein.*

DaP Flat Ab Food #8: Salmon

Seafood, especially fatty fish like salmon, tuna, and mackerel, is an excellent source of omega-3 fatty acids. These super-healthy fats may help promote fat burning by making your metabolism more efficient. Eating plenty of fish can improve your glucose-insulin response. Translated, this means that seafood may help slow digestion and prevent cravings. If that doesn't hook you, consider this: Seafood is an excellent source of ab-friendly protein. *DaP Tip: Two four-ounce servings per week. Wild salmon, though pricey, contains more omega-3 fatty acids than farm-*

raised. (If it doesn't say wild, it's farm-raised.) If seafood's not your thing, you can get your omega-3's from flaxseed (grind and sprinkle on your cereal) or walnuts.

DaP Flat Ab Food #9: Quinoa

Never heard of it? Pronounced KEEN-wah, this whole grain contains 5 grams of fiber and 11 grams of protein per half cup. Cook it as you would any other grain (although some brands require rinsing). Quinoa's nutty flavor and crunchy-yet-chewy texture are like a cross between whole wheat couscous and short-grain brown rice. *DaP Tip: Try for at least one half-cup serving (a third of your whole-grain requirements) per day. Look for it at Trader Joes and Whole Food's bulk section.*

DaP Flat Ab Food #10: Avocados

Pass the guacamole! Avocados are high in potassium, which helps rid excess water weight. The result? Flatter abs! Avocados are also a monounsaturated fat, which keeps blood sugar levels low. Blood sugar peaks can signal your body to store fat around your midsection. *DaP Tip: Try half an avocado, which is packed with 10 grams of the healthy fats. Dip veggie slices in ¼ cup guacamole for a flat-ab snack.*