

Smart ways to live well

AUGUST 2009

Prevention

Shrink YOUR BELLY!

- Slim a size in 4 days!
- Lose a pound a week without dieting

DROP 10 POUNDS AFTER 40!
(Anyone can do it!)

CURE IT YOURSELF!

Wipe Out Insomnia, High Blood Pressure, Pain and More

COOK!
21 Bonus Meals & Recipes

ALWAYS LOOK YOUNGER Than Your REAL AGE

BETTER BODY FOODS!


Speed metabolism
Fight disease
Kickstart weight loss

Outsmart Your Doc!

3 HEART ATTACK SIGNS HE MISSES







TARGET YOUR DEEPEST AB FAT

The key to a flat belly? Engaging hard-to-reach core muscles for ultrafast results.

- ▶ By Stefani Jackenthal
- ▶ Photographs by Jonathan Pozniak

**Hate
crunches?**

Say no more! Truth is, they do little to banish belly pooch anyway. For the fastest flattening, you need to target your deepest ab muscle—the transversus abdominis, also known as the TVA. Our exercise plan zeroes in on the TVA and blasts the fat on top of it. Try it, and you could drop a pound of fat a week, without dieting. Add our simple antibloat eating plan and you could drop a size in 4 days!

Unlike other core muscles, the TVA runs horizontally and wraps around your midsection to suck in flab

like a girdle and improve your posture so you look slimmer instantly. But most ab exercises miss the TVA because it's buried under the front and side torso muscles, and its actions are subtle (you feel it engage when you sneeze). According to research from Auburn University, moves that stabilize the midsection—such as the plank—are 34% more effective at targeting the TVA than traditional spine-flexing crunches. That's why you won't find a single sit-up in this workout.

Next, uncover those nicely toned abs with our fat-burning, customizable cardio interval routine. Australian research shows that this type of workout zaps belly fat faster than regular aerobic exercise.

For beach-ready abs in no time, combine these workouts with our antibloat plan, adapted from *Prevention's* Flat Belly Diet, to blast up to 7 pounds, nearly 5 inches from all over, and more than an inch off your belly in just 4 days.

THE EXPERT Paul Frediani, master trainer at the Jewish Community Center health club in NYC and author of *Power Sculpt for Women*, designed this workout.

Workout at a Glance

WHAT YOU'LL NEED A stability ball, mat, and cloth belt (like the one from your bathrobe)

3 DAYS A WEEK Do the Tummy-Tucking Moves on non-consecutive days, starting with 2 sets of 10 reps of each move (unless otherwise indicated).

3 ALTERNATE DAYS Follow the Belly-Blasting Intervals routine (p. 93), using your choice of cardio activities.

FOR FASTEST RESULTS Try our Eat to Beat Bloat Plan (p. 90) and work up to a total of 3 sets of each Tummy-Tucking Move. Do 30 to 60 minutes of steady-paced cardio on these days, too, to burn even more calories.

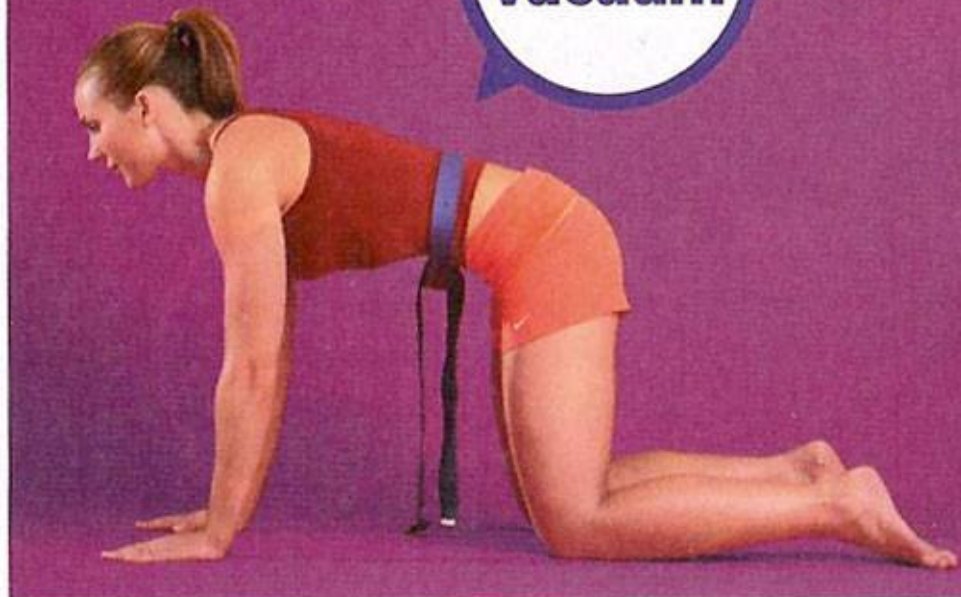
PART

1

TUMMY-TUCKING MOVES

For a more effective workout, start each session with the Ab Vacuum, which warms your TVA so you'll fully engage it throughout the routine.

Ab
Vacuum



THE
MOVE

Wrap belt around waist at belly button level, tying loose ends. Kneel with hands on floor below shoulders, knees beneath hips, and back flat. Breathe in deeply and expand belly to press against belt. Exhale, draw belly button toward spine (belt will loosen), and hold for 5 to 10 seconds (continue to breathe as you hold). Repeat 5 to 10 times.

STYLING BY MARIE BLOMQUIST AND HAIR BY TOMO, BOTH FOR VIVIAN ARTISTS; MAKEUP BY DIANE DASILVA



Core Pulse

MAIN MOVE

Lie on back with arms at sides, legs extended. Engage abs and lift head, shoulders, upper back, and arms a few inches off floor. Inhale as you pulse arms up and down an inch or two for a count of 5; exhale, arms pulsing, for a count of 5. That's 1 rep.

- ▶ **MAKE IT EASIER** Do the move with knees bent as much as 90 degrees.
- ▶ **MAKE IT HARDER** Lower legs toward floor, then pulse. The closer they are to the floor (without arching your back), the more challenging the move will be.



Elevated Plank

MAIN MOVE

Place forearms on ball, fingers interlaced, and extend legs straight behind, supported on toes. Exhale, pulling belly button toward spine, then hold for 30 to 60 seconds, back flat and body in a straight line. Rest 30 seconds and repeat. Do 3 times.

- ▶ **MAKE IT EASIER** Do plank with forearms on floor.
- ▶ **MAKE IT HARDER** From plank on ball, alternate bringing knees toward chest for 10 reps per leg.

Double Reach

MAIN MOVE

Lie on back, knees hugged to chest, head and shoulders lifted. Exhale, engage abs, and extend legs forward to about 45 degrees while reaching arms back. Inhale and pull knees and arms back in to start position.

► **MAKE IT EASIER** Keep knees bent as you extend legs forward.

► **MAKE IT HARDER** Lower legs to just 2 to 3 inches off floor.



FAST RESULTS!

EAT TO BEAT BLOAT

This 1,200-calorie 4-day diet, designed by a registered dietitian, quickly nixes bloat for fast flattening. It doesn't burn fat, though, so don't skip the workouts. (Do them about 2 hours after a meal for maximum energy.) Drink plenty of water throughout, and after 4 days, continue with a 1,600-calorie plan, such as the Flat Belly Diet (prevention.com/flatbellydiet.)

BREAKFAST

- 1 c unsweetened cornflakes or Rice Krispies OR 1 packet Cream of Wheat
- 1 c fat-free milk
- 1/4 c roasted or raw unsalted sunflower seeds
- 1/2 c unsweetened applesauce OR 4 oz pineapple canned in juice OR 2 Tbsp raisins OR 2 dried plums

LUNCH

- 4 oz organic deli turkey, rolled up, OR 3 oz chunk light tuna in water
- 1 piece light string cheese
- 1 pint fresh grape tomatoes OR 1 c steamed or microwaved baby carrots

SMOOTHIE

- 1 c fat-free milk and 1 c frozen unsweetened blueberries (or strawberries or peaches), processed in blender for 1 minute
- Transfer to glass and stir in 1 Tbsp cold-pressed organic flaxseed oil.

DINNER

- 3 oz chicken/turkey breast OR 4 oz tilapia, grilled
- 1/2 c roasted red potatoes drizzled with 1 tsp olive oil* OR 1/2 c brown rice
- 1 c fresh mushrooms or yellow squash sautéed in 1 tsp olive oil** OR 1 c fresh or frozen green beans, steamed

*If you choose this item, steam or microwave your vegetables only, to limit your oil intake.

**If you choose this item, have the brown rice instead of the potatoes to limit your oil intake.



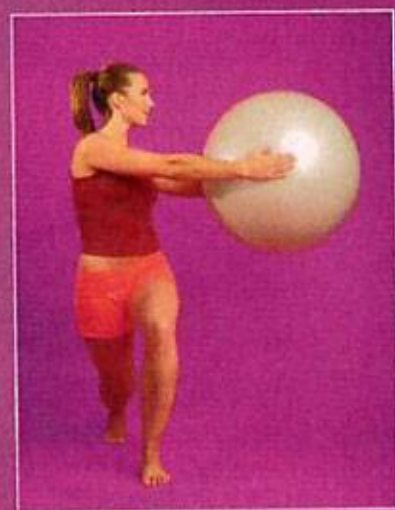
Core Lunge

MAIN MOVE

Stand with feet staggered, left foot about 3 feet in front of right, and hold stability ball at chest level, arms extended. Inhale, engage abs, and slowly lower, bending both knees to about 90 degrees (keep front knee behind toes). Exhale and, with control, stand up and raise ball overhead, keeping arms straight (at left). Repeat, lowering ball as you lunge.

► **MAKE IT EASIER** Do the move without holding ball.

► **MAKE IT HARDER** From lunge position with knees bent, rotate to left (below), right, and back to center to complete 1 rep.



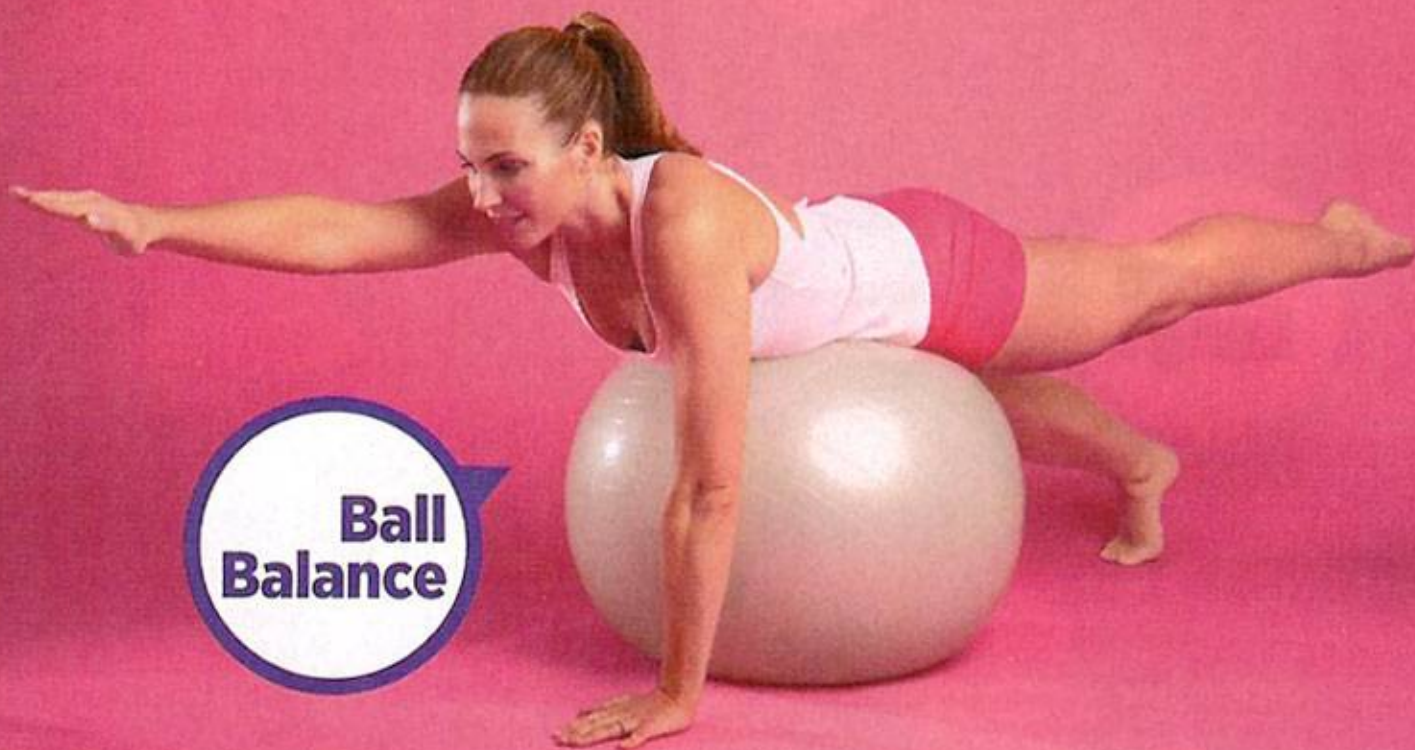


MAIN
MOVE

Lie on back with legs over hips, knees bent to 90 degrees. Exhale, engage abs, then slowly lower one foot almost to floor, using abs to keep back from overarching. Return to start and switch legs.

► **MAKE IT EASIER** Plant one foot on floor; lift and lower one leg at a time.

► **MAKE IT HARDER** Squeeze legs together and lower both feet simultaneously.



Ball
Balance

MAIN
MOVE

Lie on ball, hands and toes on floor. Exhale and pull abs in to stabilize, then raise right arm forward and left leg back. Breathe and hold for 10 seconds, using ab and back muscles to keep ball steady and body in a straight line, then lower. Repeat with opposite arm and leg. Do 5 times on each side.

► **MAKE IT EASIER** Lift arm only for 5 reps, then repeat with opposite leg. Switch sides and repeat.

► **MAKE IT HARDER** Hold raised position as you write the alphabet in the air with extended arm. Switch sides and repeat.

PART

2

BELLY-BLASTING INTERVALS

Women who did just 20 minutes of interval training lost 3 pounds from their bellies during a 15-week study. Here's a fun, equipment-free version you can do in your living room, backyard, or local park. You can also swap your favorite style of cardio (like walking, jogging, swimming, or cycling) into the chart below, alternating 20 seconds at a vigorous intensity with 40-second recovery bouts at a moderate pace. Whatever activity you pick, focus on pulling your belly button to your spine to target your TVA throughout the routine.

TIME	WHAT TO DO
0:00-3:00	March in place to warm up (level 4-5*).
3:00-3:20	HIGHS AND LOWS (level 8-9) Stand with feet hip-width apart, hands at sides. Bend knees and squat down to touch floor, then reach up overhead, rising onto toes, and lower to repeat.
3:20-4:00	March in place (level 5-6).
4:00-4:20	JUMPING JACKS (level 8-9) Jump, landing with feet wide, arms overhead; jump again, bringing feet together, arms at sides.
4:20-5:00	March in place (level 5-6).
5:00-5:20	KNEE PULLS (level 8-9) Balance on right leg, knee bent slightly, and raise left knee forward to hip height, then immediately extend it behind you, touching toes to floor, and repeat. Bend arms and swing them in opposition. Switch legs the next time you do this exercise.
5:20-6:00	March in place (level 5-6).
6:00-6:20	CLAPS (level 8-9) Hop and lift one knee at a time toward chest as you alternate clapping hands under the elevated leg and overhead.
6:20-7:00	March in place (level 5-6).
7:00-7:20	SIDE-TO-SIDE SHUFFLE (level 8-9) Bend knees and hips into a squat position, arms bent in front, and shuffle: 5 steps to the right, 5 steps to the left, and repeat. (Take fewer steps if space is limited.)
7:20-8:00	March in place (level 5-6).
8:00-8:20	HIGH KNEES (level 8-9) Jog in place, lifting knees as high as possible in front of you.
8:20-9:00	March in place (level 5-6).
9:00-27:00	Repeat minutes 3:00-9:00 3 more times.
27:00-30:00	March in place to cool down (level 4-5).

*Effort level on a scale of 1-10, where 1 is sitting and 10 is all-out sprinting.