

TIPS ON HOW *ANYONE* CAN GET VISIBLE ABS AT ANY AGE



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My goal for all my clients is to teach healthy eating habits that you can incorporate into your lifestyle to help you lose fat while feeling fantastic.

Remember that its small healthy changes over time that literally will melt fat off your body. If I can have visible abs after the age of 50, you can too.

These tips are intended to improve your eating. While we all benefit from a JUMP START to fat loss, some folks prefer to go it a little slower. If you aren't ready to overhaul your entire nutrition and lifestyle just yet, then incorporate these healthy tips and watch your energy levels increase while your waist line decreases.

Of course, if you want to see amazing changes in only 21 days, you'll want to [check this out](#). This is the [21 Day Challenge Diet plan](#) where you'll safely lose up to 15 lbs and KEEP IT OFF.

To be clear, these are **NOT** a 'quick fixes' that will have you losing weight one week and gaining it the next. We've all seen how that happens and the detrimental effects that has on metabolism. Instead, [my program](#) and tips are backed by science and will actually help 'build' metabolism so that once you apply them regularly, you'll not only lose fat, but your metabolism won't have taken a beating.

Please consider this: SMALL changes over time add up to long lasting results. If you drop a single pound in one week, but do this for an entire year by making healthy nutritional changes, you'll have dropped 52 pounds (while most people are gaining weight yearly).

Whatever your style, fast or slow, start making healthy changes TODAY. That includes MOVEMENT, so with that in mind, you'll also find **five workouts** to do at home to get you started.

12 Tips to a Tighter Toned Tummy

1. Breakfast

- Eating within 20 min of waking up increases metabolic rate right away
- Breakfast helps to ensure you don't fall off the nutritional wagon by 10 am
- Add variety to your breakfast – shakes, egg whites, greek yogurt, oatmeal
- Most importantly, add [PROTEIN](#) to stabilize blood sugar so that you're not starving by 10 am.

2. Add more veggies

- Increase to 4 cups/day
- Try new veggies
- Have MORE veggies in your diet than fruit
- Challenge: Try to have a veggie at every meal

3. Be aware of sugar intake

- Look for sugar content when reading labels!
- Look for <10 g of sugar/serving
- 2 tsp of sugar (<10 g)/serving is an acceptable sugar content
- Sugar consumption compromises the immune system

4. Eat more probiotics

- Probiotics boosts the immune system, reduces inflammation, helps with lactose intolerance, helps those who suffer from IBS
- Probiotics are live bacteria
- Recommended amount is 40 billion active bacteria/day
- Good sources include: yogurt, miso soup, fermented milk, kefir (a type of yogurt)
- Store in probiotics in the fridge
- [Here's my favorite probiotic supplement](#)

5. Increase fiber

Try to have 30 g/day

- Benefits include: feeling fuller longer, stable blood sugar levels, regular bowels
- Great sources include: 2 kiwi, increased veggies, whole grains vs whole wheat, flax seed, chia seed

6. Eat coconut

- It is a short chain saturated fat
- Use coconut oil for cooking
- For 1.5 oz of coconut, you'll get 14 g fiber
- It's a great snack idea that's very portable and easy to pack
- Coconut water is a good electrolyte replacement drink (but beware of liquid calories)
- Recommended product is found at Costco (dried \$10/bag)

7. **Eat dark chocolate (in moderation!)**

- Dark chocolate is one of the highest anti oxidant food on the planet
- Look for 85% cacao or higher
- It can be bitter (start at 65% to 70% to work up to 85%)
- 1 oz is a good snack to kill chocolate craving
- Very easy to over eat chocolate so make sure to pre portion

8. **Eat more fish**

- Brilliant source of omega 3's are found in cold water fish
- Great examples include sole, halibut, salmon
- Expose kids to fish early on to help them develop a taste for fish
- Eat wild fish not farmed when possible
- [Here's more information](#) on the BEST fish and fish supplements and [here's a direct link](#) to it

9. **Get your Vitamin D supplement**

- Helps with a variety of things including weight loss and disease prevention
- Most people in northern climates are deficient in vitamin D from Oct to May
- Health practitioners won't even test because deficiency is so prevalent
- Recommended daily dose is 2000 IUD for adults
- Milk drinkers can supplement with 1000 IUD/day

10. **Drink red wine (in moderation!)**

- If you're going to drink, red wine has great health benefits
- Melbac is a great choice because it's lower in sugar
- Argentinian and French wines are best
- European wines have less pesticides and sugar so can be a good choice too
- Limit American wines
- **Limit consumption**, especially if weight loss is a goal since 4 oz is 70 calories

11. **Reduce processed foods**

- Shop on the perimeter of grocery store
- Eat more natural foods, or foods as close to nature as possible
- Look for less chemicals and preservatives

- Be aware of advertising and marketing, not all claims are correct (this is [my favorite resource](#) to get to determine the healthiest food options)
- Read ingredient list on all foods and learn how to interpret labels
- Try to find foods with ingredients you can pronounce, if a 3rd grader can't pronounce the ingredients it's likely not a good choice
- Eat out less
- Eat home cooked meals so you know what you're eating

12. Get prepared!

- Plan your meals in advance
- Cook in batches
- Keep nutrition 'top of mind awareness' versus an after thought

What to Eat Before Bed

Contrary to popular belief, late night eating isn't ALL bad, especially when you follow a few rules. In fact, the right night-time meal can often positively affect your results and recovery from exercise by feeding your muscles with quality nutrition as you sleep.

The trick, as always, is choosing the RIGHT foods before bed, and knowing which foods those are. Here are some general "rules" to creating the ultimate pre-bed meal:

1. **Avoid carbs and insulin**. Because consuming carbohydrates will result in a significant insulin release (which will in turn put the breaks on fat-burning), carbs are ill-advised for a pre-bed meal. Carbs are also much more easily stored as fat in the evening hours when metabolism is naturally slowing in preparation for sleep. Besides, you have very little opportunity to burn off that energy when consuming carbs at night — sleep isn't a very calorically expensive activity.

In addition to carbs, certain animal proteins have been shown to yield a significant insulin response as well, such as red meat and certain fish. While these protein foods are OK for a pre-bed meal, there are better choices, like those mentioned below.

2. **Choose slow digesting proteins.** Slow digesting proteins, like white meat proteins such as turkey and chicken, are great night-time meal choices as they digest slowly and fail to produce a significant insulin response.

Another great choice is the milk protein casein like that found in cottage cheese. Casein coats the stomach, digests slowly, and provides quality nutrition to your muscles over several hours...very ideal as a pre-bedtime protein source.

3. **Add fat.** Quality, healthy fats such as nuts, oils, and nut butters are great additions to a pre-bedtime meal as they will help to further slow gastric emptying and digestion while increasing fullness and satiety so you don't wind up snacking all night long.

Want a quick and easy recipe for the ULTIMATE pre-bedtime meal? Try this Creamy Vanilla Almond Butter Milkshake tonight:

Creamy Vanilla Almond Butter Milkshake

Ingredients

2 Scoops of Vanilla BioTrust Low Carb (this protein is rich in casein – Note: NOT all protein supplements are rich in casein)
1/4 cup of cottage cheese (also rich in casein)
8 oz of unsweetened almond milk
1 heaping tablespoon of almond butter
4 ice cubes

Combine all ingredients in a blender, mix & enjoy

This incredibly delicious milkshake follows all 3 “rules” given above. It's rich in casein (a very slow digesting protein), contains healthy fats, and is low in carbs. Give it a try tonight...you'll love it.

If you're interested in using the same protein as me, check it out [HERE](#).

Not all protein supplements are created equal. I've tried several types and this one is the MOST agreeable to my stomach and it tastes great.

If you want to try BioTrust protein, check it out [here](#).

How Many Calories Should I Eat?

It's never my full intent to count every single calorie. A general idea of what you're consuming is useful, but you should be listening to your body's hunger cues.

Counting every calorie that you consume is time consuming and tedious – not a strategy for long term. But, with this in mind, here's a ballpark formula on how many calories you should be consuming....

First you will need to determine your **BASAL METABOLIC RATE** or **BMR**. Your **BMR** is the number of calories your body needs to maintain your current weight while it performs basic functions, including circulating blood, digesting food and breathing. A ballpark number can be established using the following formula:

Female BMR = $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Male BMR = $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

For example, if you are a 35 year old, five foot five, 150 lb woman, your BMR would be 1448 calories a day. This is the approximate number of calories that this woman would need to consume just to perform basic functions while maintaining her current weight.

Next, you can use the **Harris Benedict Formula** to determine your daily caloric needs. This is a formula that uses your BMR and applies an activity factor to determine your total energy expenditure or calories. For those individuals that fit into the general population, the formula will be quite accurate. However, the formula will probably underestimate caloric needs for very lean people, and overestimate calories for the obese. It should also be noted that a factor omitted by the Harris Benedict Formula is the amount of lean body mass a person has. Lean mass or muscle tissue increases metabolism. Therefore, more muscular bodies generally have higher caloric demands.

To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

1. If you are sedentary (little or no exercise) : Calorie-Calculation = $\text{BMR} \times 1.2$
2. If you are lightly active (light exercise/sports 1-3 days/week) : Calorie-Calculation = $\text{BMR} \times 1.375$
3. If you are moderately active (moderate exercise/sports 3-5 days/week) : Calorie-Calculation = $\text{BMR} \times 1.55$
4. If you are very active (hard exercise/sports 6-7 days a week) : Calorie-Calculation = $\text{BMR} \times 1.725$

5. If you are extremely active (very hard exercise/sports & physical job): Calorie-Calculation = BMR x 1.9

In order to lose weight, there needs to be a calorie deficit. There is approximately 3500 calories in a pound of stored body fat. So, if you create a 3500-calorie deficit through diet, exercise or a combination of both, you will lose one pound of body weight.

A safety guide set out by the American College of Sports Medicine (ACSM) recommends that caloric intake never drops below 1200 calories per day for women or 1800 calories per day for men. These low calorie levels, for extended periods, can be dangerous to your health as well as low caloric intake will sabotage weight loss from a hormonal perspective.

A safe way to calculate caloric intake for weight reduction is to reduce calories by 20% below your calculated daily calorie maintenance needs. You may increase or decrease this slightly, depending on your weight loss goals.

My main focus is NOT on calorie counting per se. It's important to listen to your body, but a basic guideline is sometimes needed so I felt it necessary to include this.

Your BEST method of calorie counting or determining how MUCH you should be eating is to LISTEN to your body's cues. As a rule of thumb, **eat before you're starving and stop eating before you're stuffed.** Simply following these guidelines and by cutting out the junk and processed foods in your plan will allow for noticeable changes in your belly fat.

Challenge Workouts

Kiss My Abs - Challenge Fat Loss Workout

There's no such thing as 'spot reduction', sadly you can't pick and choose where you'd like to drop fat. What you CAN do is tighten and tone muscles so that once the fat is stripped away through metabolically challenging exercises and sound nutrition, you'll reveal the muscle you've worked so hard to develop underneath.

Everyone wants a six-pack or at the very least toned and flat abs. Here's a great circuit that will help you burn the calories required to burn off belly fat as well as develop a strong core. This is a full body workout that alternates a strength/core move with a high intensity cardio move. To intensify, increase the weight of your kettlebell or DB.

Do 30 seconds of work with a 5 second transition. Do 5 rounds:

- Jump rope
- Hanging leg raise (modify: floor leg raise)
- KB swing (burpee if you have no KB)
- Ab roll out on ball, ab roller or plank reach
- KB or DB goblet squat (intensity: KB or DB goblet squat *jump*)
- Spider crawl

Now go get your sweat on!

For more Challenge Fat Loss workouts, click [here](#).

Functional Challenge Fat Loss Workout

A buzz word you may hear being tossed around is 'functional training'. What is it?

Wikipedia defines **functional training** this way:

Functional training attempts to adapt or develop exercises that allow individuals to perform the activities of daily life more easily and without injuries.

Challenge Fat Loss utilizes functionally sound exercises. You use bodyweight and simple DB moves to strengthen tighten and tone your entire body. You'll move better, you'll get stronger and leaner while reducing your chance of injury. The program is progressive and periodized so you'll gradually increase your intensity. It's intended to be used 3-5 times a week. Workouts are short and done at home with a minimal amount of space and equipment.

Here's a great circuit using functional fitness principles and HIIT:

Do 30 seconds of work with a 5 second transition:

Box jump or step up
Push up (incline, prone or decline)
Prisoner squat jumps
Get ups
Prisoner reverse lunge
Plank recovery

Try to complete this for 5 rounds for under 20 minutes of fat burning functional fun.

If this 'functional' workout is too tough and you need more of an entry level functional workout, [click here](#).

Challenge Jump Rope Workout

Let's combine the fat torching M2A principle of Challenge Fat Loss and throw in some fun from Challenge Jump Rope. In case you're unfamiliar with Challenge Fat Loss, the M2A principle is 'muscle metabolism acceleration'. You'll burn more calories while you're training, as well as increase your metabolism with AFTERBURN to continue your calorie burning efforts even once you're done. Since these workouts will help build lean muscle tone and muscle is metabolically active you'll burn more calories even at rest.

Equipment: jump rope, timer

Warm up

Set your timer for 50 seconds of work with a 10 second transition.

Repeat this entire set 2-3 times.

Jump rope
Narrow stance prisoner squat
Jump rope
Get up
Jump rope
Wall sit stick up

Cool down

For more fun and challenging jump rope workouts, [click here](#).

Challenge Burpee Workout

With the release of my Challenge Burpee program, are more people than ever returning to 'old school' training methods and for good reason. Burpees work the entire body in the 3 seconds it takes to do one: upper body, lower body, core and your cardiovascular system. Good times indeed.

Here's a fun burpee workout that you can do anywhere without ANY equipment.

This is what you'll do: 5 exercises, 5 reps, repeat the circuit up to 5 times.

These are the exercises:

one legged burpee/other leg one legged burpee

inchworm push up

double jump burpee (burpee with two jumps)

prisoner reverse lunge

plank with alternate leg lift (hold for 30 seconds)

To find more Challenge Burpee workouts, [click here](#).

Challenge Complex Workout

Complexes are a great way to burn fat, boost metabolism and build muscle. Try not to let go of the DB's for the entire circuit. Choose a weight that you can do for about 10 reps on your weakest movement (probably the over head press).

Have fun with this complex:

Equipment: Dumb bells (hexagon are best), timer

Alternate This (Timed Sets)

Timing 40 sec of work/10 sec of rest:

- front squat alternating shoulder press
- push up renegade row
- weighted burpee
- wall sit alternating bicep curl
- alternate 1 legged RDL (Romanian dead lift)

Repeat for 5 rounds

For more Challenge Complex workouts, [click here](#).