

A flat stomach

There are five steps to achieving a flat stomach, according to Stuart Seymour at The Berkeley Centre...

TO START WITH we are what we eat. Most of us carry too much abdominal fat. Losing this is the first step to a flat stomach. Give your body what it needs; fruit, whole grains, vegetables, nuts and lean protein. Eat small regular meals and drink lots of water.

Cardio exercise – e.g. running, cross trainer, rowing machine – is one of the keys to burning fat. This should be performed at least three times per week for a minimum of 20 minutes. This will start to burn away the fat and reveal the muscles that lie beneath.

A lot of people talk about interval training, but what is it? Well it's a very effective way of spiking your metabolism, which involves a mix of high intense bursts of exercise with moderate recovery, thus burning calories up to 24 hours after the workout. An example of interval training would be one minute fast sprint followed by two minutes at a slower,

more manageable, pace and repeating it.

Of course you have to work your abs to get them trim and a recent study has shown that the three most effective exercises are the exercise ball crunches, bicycle crunches and the roman chair leg lifts.

If you are struggling with the above, whether it's because you don't know how to eat properly, you're unfamiliar with the exercises, or simply need some motivation, then you might want to consider working with a personal trainer. They can really make the difference to you achieving your goals and push you that little bit further. ■

Stuart Seymour is a personal trainer at The Berkeley Centre. Call Stuart today for your free consultation; 07929593598 or stu_seymour@hotmail.com

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