

## **Beach-Ready Body Report**



**Presented by**

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## **Introduction**

Summer is here, the hotel is booked and you're just about to embark on a fun and relaxing beach vacation. You are sooo ready for this well-deserved vacation, but is your body ready to show off in that cute new bathing suit?

This short little report gives you some great ideas for getting that body into beach shape. This includes nutrition (see our recommended resources below), exercise to help tone and shape and of course cosmetic changes including manicure, pedicure and tanning.

Enjoy

Christine Steendahl & Susanne Myers

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Mom, what's for dinner tonight? Meal planning made easy –

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## **Healthy Menu Mailer**

Get healthy meal ideas for every night of the week with the [Healthy Menu Mailer](#). We'll send you 7 delicious dinner recipes and a grocery list every week. Try it for a penny at

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## **Beach-Ready Body**

With summer just around the corner, you are probably thinking about getting your body toned and shaped for the beach. Perhaps you have seen the commercial about the woman who has a new yellow polka-dot bikini proudly displayed in her bedroom, giving her the incentive she needs to tone and shape her body in preparation for summer fun at the beach.

While some of you may have purchased swimwear, not necessarily a bikini, you nonetheless have begun the process by engaging in an exercise and diet regimen in order to look and feel your very best. In fact, you may have even begun tanning your body to enhance your look as well.

This report will outline ways in which you can tone and shape your body for the summer through a series of exercises and diet changes, as well as tips on waxing, pedicures, and safe tanning methods.

You'll have to agree this has been a long winter, and one in which we all may have gained a few pounds in the bargain, not to mention the fact that exercising may not have been at the top of our list.

Well, the good news is there's still time to look your best for the summer months. This report will give you tips and suggestions to maximize it to good use.

So, take out your bathing suit, hang it on the outside of your closet door, and let's get cracking!

## Diet Changes

Whether or not you have been on a diet this winter, here are some tips and suggestions to help you to not only eat better, but give you a healthier look.

Experts recommend that instead of skipping meals you should actually eat up to 5 meals a day in smaller portions. During the summer, eating lighter is the key. Also, adding more protein to your diet will assist you in losing weight as you exercise. In this way, you will burn fat, not muscle.

A diet consisting of fruits, vegetables, and salads containing leafy green vegetables, and at least 8 glasses of water a day, will set you on the path to slimming down and feeling great. Try not to eat any snacks or other types of foods after 8 p.m. and cut back on foods and drinks which contain sugar and carbohydrates.

Add protein such as meat, poultry, and other rich in protein foods. Add fiber to your diet as well. More importantly, always begin the day with a healthy breakfast. Have a bowl of cereal with blueberries, for example. Blueberries are high in antioxidants, besides having a myriad of other health benefits.

Ideally, you want to lose a pound a week. Any more than that will defeat the purpose. Studies have shown that in order to lose a pound a week, you have to decrease your total caloric intake by 3500 calories a week. This can certainly be accomplished by having plenty of fruits and vegetables on hand as snacks, avoid fried foods, and mix up the menu on a daily basis so that your meals are inviting and not boring.

Remember too, with the heat of the summer and the exercise program you may be engaging in, comes a great deal of sweating. It is important to keep hydrated at all times. You may think you're fine, but if you are in the heat of the sun you may not realize just how dehydrated you are until nausea or a faint feeling comes over you.

Drinking water with every meal will ensure you are getting plenty of water and it will also help in losing weight as well.

Another problem we all face at one time or another is bloating. This is one area we certainly want to avoid during the summer. There are ways in which you can alleviate bloating. Slowly chew your food, and put your fork down between each bite. Chew each bite at least 100 times. Avoid salty foods as they are the number one cause of bloating and for which the retention of water is a byproduct.

If you have problems with bloating try staying away from any processed foods such as Mac and Cheese as they have a very high sodium content. Try not to chew gum, as this traps air and contributes to bloating. So too, the use of straws is a definite no-no. If necessary you may also need to avoid certain healthy foods such as beans, cabbage, and broccoli as these are known culprits for producing gas and bloating.

We recommend [Menu Planning Central](#) for a complete menu planning solution that includes healthy menus, family friendly menus and vegetarian menus.

If all you need are healthy menus, visit [Healthy Menu Mailer](#) and try it for a penny for the first week.

## **Exercise Ideas to Tone and Shape**

While there are many theories on the best way to exercise to tone and shape the body, here are some suggestions which may help you in this regard.

Weight training is ideal for toning and shaping your body. Different exercises 3 times a week can achieve the buff look you are striving for. Moreover, building muscle will give you a well-toned body as well.

Fitness experts agree that weight training 3 times a week and targeting all of the muscle groups can achieve the best results. Starting with 1 set of exercises and then building up to two or three is suggested. They also recommend 8 to 12 repetitions as the standard form of weight training exercise. Moreover, they advise that the weight should be heavy enough so that the target muscle is completely fatigued by the last repetition.

Other exercise routines can include aerobic exercises 3 to 5 days a week for 30 to 35 minutes. The cardiovascular workout will increase your metabolism and allow for weight reduction as well.

If you are too busy to devote 30 to 45 minutes, you can certainly engage in high-intensity 10-minute workouts 3 times a day. Include walking at a brisk pace, climbing stairs and even jumping rope.

According to most fitness enthusiasts, the general consensus is that in order to reshape and tone your body, boost metabolism, and burn body fat, you have to ensure that all of your workouts are fairly intense.

We all strive to look and feel our best. However, it is during the summer months that we seem to step up the pace. Diet and exercise, while important, should be achieved in a healthy manner. Quick weight loss can be detrimental to your health, and exercising too strenuously can cause injury.

You can look fantastic this summer by following these tips and suggestions. You can also be assured that within 1 month of engaging in a healthy diet and exercise program, you will see improvement not only in the amount of energy you have, but in the amount of weight loss incurred as well as increased muscle tone.

For more workout tips and exercises you can do right at home visit [Home Based Workouts](#) and sign up for the free workout tips.

To help you further increase the tone and shape of your body, here are some exercises you may wish to use in your routine.

## **Exercises to Help Tone and Reshape Your Body**

In order to shape and tone your front and back thigh muscles, follow this exercise:

Stand with your feet a few inches apart. Put a weight in each hand, and rest your hands on opposite shoulders, that is, your right hand on your left shoulder, and your left hand on your right shoulder. With your back straight and head up and looking ahead, lower your body to a comfortable position. Feel the stretch in your front thigh muscles. Flex your front and back thigh muscles as hard as you can throughout the movement. Return to the start position and give your front and back thighs an extra flex on the finish. Repeat 15 times.

For lifting and toning the front and back thighs and to firm up the hips and butt, here is another exercise for you:

Stand with your left foot forward and right foot back. Ensure there is at least a 2-foot space between each foot. Keep your right arm up and your left arm down at your side. Bring your right knee up until your thigh is parallel to the floor and your right heel is just about touching your inner knee area, all the time reversing the position of your arms as you move. Repeat the movement 15 times. Now put your right foot forward and your left foot back and repeat the process. Repeat this movement 15 times.

Another exercise, which most of can relate to, involves the stomach. Having a stomach that is a bit saggy can be problematic. While you don't have a lot of time to redefine and shape the stomach before summer remember every little bit helps. Here is an exercise which you can begin now.

Lie face down on the floor. If you have a mat by all means use it. Place your hands near your shoulders, and take a deep breath. Then push your body up until the hands and feet support your body. Hold this position for 20 seconds, taking care to keep your abdominal muscles pulled in. Lower yourself down to the floor, rest for a few seconds, and then repeat. Do 3 sets of 10 repetitions daily. This is a form of yoga that is wonderful for toning the abdominal muscles.

Here is another group of exercises for the hips and thighs. Unfortunately, we all know this is where most of the fat resides. However, if you engage in this exercise 3 to 4 times a week, in combination with your other exercises, you will be able to see changes to your body in 6 to 10 weeks. Ready?

**Squats:** Stand with your feet shoulder-width apart and arms by the sides. Keep a strong posture, and slowly lower buttocks as though you are about to sit down in a chair. Lower several inches and then slowly rise up. Repeat this 15 times.

**Pliés:** Stand with your feet just wider than shoulder-width and toes pointed outward. With a hand on a chair or wall for balance, slowly drop your body straight down several inches and then come back up. To increase the intensity, on the last pliè stay in the lowered position and slowly raise your body up and down about an inch. Repeat this 15 times.

**Lunges:** Stand with your feet shoulder-width apart and place your hands on the hips. Stand erect and take a large step forward with one foot. Stay in that position. Turn your back foot up until you can balance on your toes and then slowly lower your body until your front knee forms a right angle. Slowly raise your body back up. Repeat on each side 15 times.

Exercise, along with a healthy diet, should be part of our lifestyle all year long. However, with summer on the way, there is an urgency to achieve what would normally take months, and crunch them into several weeks.

While we all want to look healthy, tan, and physically fit this summer, it will take time. However, you have a good head start in both areas and whether you lose 5 pounds or 10 pounds; the exercise and diet regimen you choose will ultimately make you feel better. That's the greatest achievement, don't you think?



Don't forget – What you eat is just as important as the exercising you do. Grab your free menu planning guide at [www.MenuPlanningCentral.com](http://www.MenuPlanningCentral.com) – then grab the Ultimate Menu Planning pack including 4 weeks of Healthy Menus, 4 weeks of Vegetarian Menus and 4 weeks of Family Friendly Menus.

## **Waxing and Pedicures**

While these two are mutually exclusive, wearing swimwear means getting rid of hair in all the right places. To this end, let's discuss waxing.

Although you can certainly take a trip to a salon that specializes in waxing, the truth is this is a mighty painful procedure. Not only is it painful, but sometimes embarrassing as well. They do a very good job of removing hair both in front and back of your lower body, but some people still prefer to wax at home.

If you prefer to wax your bikini line in the privacy of your own home, there are a number of wax kits available which are safe and effective. Cold waxing is often used for home waxing, although not as effective as hot waxing, but it does ensure there will be less likelihood of burning during the process.

If you do opt for hot waxing, the process works in this manner:

The wax is applied with a tongue depressor or spatula over the unwanted hairs. A strip is then placed on top of the melted wax and quickly pulled off. Ouch!

For effective waxing, the hairs must be at least a half inch above the skin. Redness and soreness will accompany this procedure for at least 2 hours. The frequency of waxing is every 6 to 8 weeks.

Thinking about that cold wax, aren't you? Well, either way, bikini waxing will have to be done, so you have plenty of time to decide between hot and cold waxing.

## **Pedicures**

Probably one of the most soothing and relaxing procedures is a pedicure. Not only do these professionals cut, trim, file, wash, scrub, and massage your feet, it is just a wonderful way to spend time being pampered. Moreover, your feet feel light as air afterwards.

If you have the time, treat yourself to a pedicure for the summer. It's not that expensive, and it will make you feel incredibly relaxed.

But if you are like some of us who manicure and pedicure at home, ensure you have all of the right equipment such as pedicure utensils, foot bath, lotions, brushes, and of course, a fantastic color to apply afterwards. For some great home beauty treatments visit [www.MyBeautyRecipes.com](http://www.MyBeautyRecipes.com)

Although one has to admit that a self-pedicure is not the same as having it professionally done, there is one exception. If you have a partner or spouse who is willing to massage your feet and legs for you – then no problem.

Seriously, having a pedicure professionally done is the way to go. Also, all of the colors of the rainbow are available at your disposal. Having manicured feet enhances your look, and well, just makes you feel oh so good.

## Tanning

One of the more serious concerns about summer is sunbathing. With the sun's rays becoming more threatening each year, all of us have to be careful since we know the UVA and UVB rays can cause skin cancer.

The use of tanning beds has become more dangerous than sunbathing. In fact, the UV rays in tanning beds have a higher yield of radiation than the sun.

Although we all want to be toned, shaped, and perfectly buffed for our first day at the beach, there are several ways in which we can not only enjoy our summer activities, but safely and effectively achieve a perfect tan by using sunless tanning lotions.

With all of the sunless tanning products on the market today, there are specific products which have been shown to be more safe and effective than others. According to the American Academy of Dermatology, sunless tanning lotions that contain DHA as the active ingredient are the most effective. Whether in gel, lotion, or spray form, any product that contains DHA is said to be the most reliable.

However, they do advise that because DHA interacts with the dead cells, the color lasts about 5 to 7 days after the initial application. They also advise that since we lose dead skin cells every day, the tan fades daily. Therefore, reapplication every 3 days is suggested to keep your gorgeous tan.

It is also important to note that most of these products will not protect you from the sun's rays unless they contain sunscreen as well. While they are only effective for a few hours, it is worth your while to add extra sunscreen every 20 minutes when out in the sun, or directly after swimming.

Additionally, try to avoid the sun between the hours of 10 a.m. and 4 p.m. as this is when the sun's rays are at their peak. And don't be fooled by cloudy days as the sun's UV rays can still penetrate and cause damage to your skin.

When going to the beach or enjoying any outdoor activity during the summer, wear light clothing that covers your entire body. When at the beach, bring or rent a beach umbrella to provide shade. Wear a brimmed hat and wear sunglasses as well. Remember to bring plenty of water to the beach or when out for the day.

Ensure you check your body frequently after showering to ascertain if there are any moles, lumps, or red spots that weren't there before. These can be the beginnings of cell damage from the sun.

All of us have waited for the warm weather to arrive. It can't arrive soon enough, right? Summer is a time of backyard barbecues, trips to the beach, block parties, and other outdoor activities with family and friends, which we have looked forward to for some time.

This Beach-Ready Body report has given you tips and suggestions to tone and shape your body through diet and exercise. It has discussed waxing and relaxing while having a pedicure. It has also touched upon the dangers of the sun, and the benefits of sunless tanning.

As you read this report, with the birds chirping in the background in anticipation of the warm weather to come, have a safe, healthy, and fun summer.



## **We Recommend:**

### **Menu Planning Central:**

Yes, you can cook a wholesome meal for your family any night of the week. Stop eating fast food and get the pizza delivery guy off the speed dial. All you need is a little menu planning help.

Choose from 3 different types of menus with plenty of recipes each month to please everyone in the family. Our menus and categorized shopping lists make it easy. But that's not all...

As a member of [Menu Planning Central](#), you will also have access to a group of experts that are available to share great tips on anything from cooking with the kids to table manners. And Christine, "The Menu Mom", is there to answer questions as well.

Each month you will also get additional resources including ideas to plan breakfast and lunch, throwing a great dinner party and you get to explore a different cooking style or cuisine.

Start by grabbing your free Menu Planning Basics guide at [www.MenuPlanningCentral.com](http://www.MenuPlanningCentral.com) and watch for an incredible offer to get access to Menu Planning Central.