

The trinity of abdominal fitness

> DO YOU FEEL LIKE YOU'VE DONE A ZILLION CRUNCHES IN YOUR LIFETIME WITH NO RESULTS? DO YOU STILL FEEL LIKE YOU DO NOT HAVE AN ABDOMINAL WALL?

DOES THIS SOUND FAMILIAR? "I notice I have this little 'spare tire' around my waist — I have this blob that seems to sneak up and over the top of my pants. What can I do to reduce this unattractive spare change around my waist?"

First, pretend that your abdominal muscles are like a soup can label, where the front of the label is your anterior abdominal wall, the top of the can is your diaphragm and the bottom of the can is your pelvic floor.

Assuming the blob around your waist is fat, unfortunately the first unpopular short answer is that our waist does not "own" that fat. The same applies to my favorite "back/bra strap fat" and also the ever lovely "other inner thigh."



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Part 1 of the Abdominal Trinity

The first part of our abdominal trinity is fitness. Overall fat burning must take place, coupled with resistance training and strength training to improve your BMI (body mass index), thus improving your body composition to be more muscle than fat overall.

If you cannot feel or find your abdominal wall, you are not going to be successful trying to chisel one out. (You cannot chisel what you cannot find.) As they say, you have to build the house before you paint the house. With fat burning and weight loss, you should be able to become more kinesthetically aware of your abdominal region.

To reduce body fat, cardio is most commonly used in your workout, and interval cardio training is very effective. Strength training increases your muscle mass, and because muscle burns more calories than fat, your body will burn more calories, even at rest or while sedentary. Getting personal, by including a heart rate monitor and learning your personal fat-burning zone, is an excellent addition. Also good practice is to add variety and change your regular exercises; this offers interval type fat-burning changes to your workout!

To build up the outer abdominal wall, good programming includes

both isometric and dynamic exercises for the core. For example, isometric plank, along with dynamic crunches provides a combination of both dynamic (crunch) and static (plank) to complement and assure muscle balance.

The core muscles include the diaphragm and the pelvic floor — all of the muscles that stabilize the torso. The lower belly pooch, if you will, is connected to your pelvic floor kegel muscles and should be an integral part of a core fitness routine.

Engaging your abs and focusing on them is a method to become kinesthetically aware of your abs and to make sure that they are firing, or working. For example, a common problem is neck strain during a crunch. The goal is to engage your core and work your abdominal muscles, absolutely not to hurt your neck. Focusing and even touching the muscle that is supposed to be working (your own please, not your neighbor's!) will help you increase the kinesthetic awareness necessary to be mindful of working and isolating the correct muscle group.

Part 2 of the Abdominal Trinity

The second unpopular part of the abdominal trinity is the fact that diet plays a significant role in the appearance of the abdominal region.

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Here we assume that the blob may not be all fat.

Keeping a food diary and identifying your intake and what you may be reacting to can help you decrease the intake of foods that could be bloating you. If you were going to the Academy Awards, you would probably not eat a giant bean burrito first. You know that the beans would make you look puffy in those famous red carpet photos. You would probably choose something that would make you appear less puffy than beans.

The point is that you don't have to be allergic to beans to have a "puffy" reaction to them. Being attentive and tracking your food intake will help you identify and prevent "the blob."

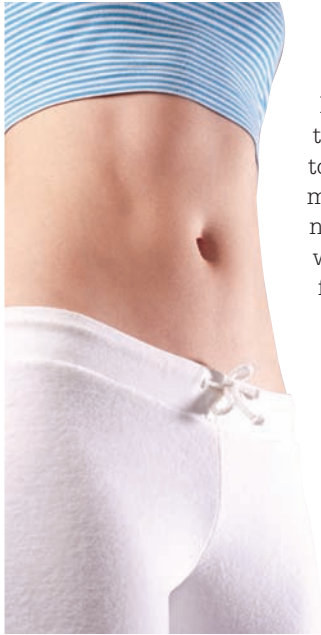
Hydration is also a factor related to food intake. Dry, processed carbs may be stripped of water and can cause water retention. Recommended carbs are vegetables (recommended serving for adults over 30 is 2.5 to 3 cups*) and fruits (1.5 to 2 cups — please be cautious if you have blood sugar issues*). *portion reference: www.mypyramid.gov.

Speaking of sugar, white, refined, processed sugar of any kind can also affect your abdominal fitness. White sugar is high in calories, devoid of nutrients and makes you gain weight.

If you mix table sugar with white salt (refined table salt, not sea salt) and white flour, you get glue! Your intestines, small and large, are approximately 25 feet long. That's a long road for glue to travel — so where does it go? It could be your blob!

Part 3 of the Abdominal Trinity

The third most unpopular part of the abdominal fitness trinity is toxicity and its effect on the colon. A toxic colon is a full colon, and a full colon can have weight. The weight of waste can pull the colon down from its intended position to a saggy condition called prolapsed.



Sometimes an impacted, toxic colon might “flap over” the beltline and have that “overlap belly” look. However, inside it could be a colon that is heavy and full of toxins. These toxins could be impacted in the colon mixed with the gluey result of refined, nutrient-devoid diet choices. This is why building an abdominal wall with fitness is also imperative; because your colon needs strong supporting muscles to support it!

Regular exercise and fitness help you manage stress, which is toxic as well! How did we get so toxic? We are affected by every toxin we are in contact with — environmental, metabolic and digestive. Digestive toxins are caused by impaired or incomplete digestion and can occur

for several reasons, some of which are stress and overeating.

To detoxify, one of the best and safest methods is to seek the guidance of a certified colon hydrotherapist using FDA-regulated colon hydrotherapy equipment. Are these poisons also affecting my inner and outer beauty, you ask? Yes! In addition to the possible toxic belly pouch, toxins and poisons can affect your weight.

True abdominal fitness is a trinity of fitness (cardio and strength), diet and detoxification or clean plumbing. Please understand that the intent of this article is not to diagnose or prescribe, but to offer information to help you to cooperate with your doctor in your mutual interest of building health. In the event you use this information without your doctor's approval, you are prescribing for yourself which is your constitutional right, but we assume no direct responsibility. **ymc**

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