



Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!

It's almost Thanksgiving!

That means there's going to be a lot of great-tasting food ... and a lot of eating.

It's no surprise, most folks put on a couple of pounds around the midsection during this time of year.

That's why today's article is going to show you the MOST efficient way to burn that stubborn midsection flab ... just in case you end up gaining a few holiday pounds here and there!

Yours For Health,

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Burn Ab Fat In Less Time With THIS Type of Exercise

When it comes to getting a flat stomach, most people think they need to do long, boring cardio.

You know the kind I'm talking about -- where you spend over an hour on the treadmill or elliptical machine.

And if you do this kind of cardio long enough and often enough -- you just might burn enough calories to lose a little bit of ab fat.

But who wants to spend hours in the gym?

That's why if you want to lose ab fat in the most time-efficient way possible, you've got to do high-intensity cardio.

With high-intensity cardio you can be in and out of the gym in 20 - 30 minutes.

Not only will you save time (especially if you're like the rest of us -- busy, busy, busy!) but you'll actually burn more fat.

A study from the University of Virginia confirms this.

Subjects were divided into three groups. One group did no exercise. The second group did your run-of-the-mill low intensity (long) cardio.

The third group did high-intensity cardio.

The result?

In the researchers' own words, "The present data indicate that body composition changes are affected by the intensity of exercise training with HIC (High-Intensity Cardio) more effectively for reducing total abdominal fat and subcutaneous abdominal fat."

In plain English -- high intensity cardio will burn off more stubborn stomach fat than low-intensity exercise or no exercise at all.

So how do you do HIC?

Simple. Pick an traditional cardio exercise.

Good options are the treadmill, upright stationary bike and the elliptical machine. .

Then, you simply alternate between short burts of all out effort followed by rest.

For example, say you're on the treadmill. For the first minute you might do an all out sprint. Then for the second minute, bring it down to a light job or brisk walk while you let your body recover.

Repeat this process for the next 20 minutes (30 if you're "gun ho!" about losing your ab fat), alternating between a minute of all-out intensity followed by a minute of rest.

Do this style of cardio three times a week in addition to your regularly scheduled weight training sessions and you'll have the body of your dreams in no time!

Quote Corner

"If the only prayer you said in your whole life was, "thank you," that would suffice."

- Meister Eckhart

Eat Yourself Thin

Skillet Herbed Chicken With Mustard
(Serves Four)

3 tablespoons Dijon mustard
2 tablespoons honey
2 tablespoons dried tarragon
2 teaspoons dried basil
2 teaspoons dried thyme
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
2 tablespoons vegetable oil
4 boneless, skinless chicken breast halves
1 cup white wine

1. In a small bowl, blend Dijon mustard and honey. Mix in the tarragon, basil, thyme, salt, and pepper.
2. Heat oil in a large skillet over medium heat. Place chicken in the skillet and brush on both sides with the Dijon mustard mixture. Pour 1/4 cup wine around the chicken. Reduce heat, cover, and simmer about 10 minutes, until liquid is reduced.
3. Pour another 1/4 cup wine around the chicken, and continue to cook about 5 minutes until chicken is no longer pink and juices run clear. Remove from heat, reserving remaining liquid.
4. Mix remaining wine into the skillet. Increase heat to medium, and scrape up browned bits. Cook and stir until liquid is reduced by about 1/3. Serve as a sauce over the chicken..

Prep: 10 mins
Cook: 25 mins
Ready: 35 mins

Amount Per Serving - Calories: 298 / Total Fat:
8.5g / Cholesterol: 68mg / Sodium: 437mg / Total
Carbs: 14.8g / Dietary Fiber:0.8g / Protein 28.1g

Recipe from AllRecipes.com.