

1 YOU CAN TONE YOUR TUMMY

To Shed Tummy Fat for Good,
You Must Zero In on Your Unique Tummy Type

Welcome to the Tone Your Tummy Type program! This tummy-slimming plan addresses the number one question people ask me wherever I go: “How do I flatten my tummy?” Well, throughout the pages of this book, you will discover the revolutionary answer to that question. And I’m very proud of you for taking a giant first step toward a healthier body.

It doesn’t matter how stubbornly fat seems to cling to your midsection. It doesn’t matter how hard or long you’ve tried to shrink that fat and tone that tummy. No matter how out of shape or in shape, no matter your age or your unique genetics, no matter whether you are struggling to get back in shape after having a baby or trying to halt middle-aged abdominal spread, this plan works. This plan will finally—once and for all—help you to slim down and tighten up your number one trouble spot.

A flat tummy gives you a sense of freedom. You don’t have to cover up, wearing big shirts or elastic-waist pants to disguise it—you’re free to wear belts, tuck in your blouse, wear cute form-fitting tops, maybe even sport a bikini again! You have more energy and confidence and less back pain or

breathlessness, and you don't have any of those embarrassing rolls when you sit down. Most important, a flat tummy signals that you've minimized the very serious health risks that are associated with extra abdominal fat. When you lose belly fat, you reduce your risk of diabetes, heart disease, stroke, cancer, and many other life-threatening conditions. That power to feel healthy and strong and sexy and alive is what I want for you, and that is why I've created this plan.

Why am I so confident that the Tone Your Tummy Type program will finally enable you to successfully slim down and firm up? I know because this plan is based on many years of research—research completed at prestigious institutions across the country and even around the world. You see, over the years, medical researchers have put a lot of time and energy into finding a cure for abdominal fat gain. They've conducted thousands of studies in many different laboratory settings, looking at how various foods, supplements, exercise routines, and lifestyle habits affected abdominal fat levels in both animals and humans.

This book—for the first time—addresses the little-known fact that not all belly flab is created equal. There are five unique and distinct reasons why women gain abdominal fat. The program combines these startling study results and new thinking and assembles them into a comprehensive, effective, and realistic program that works, simply and effectively, for every body type.

When I designed this plan, I made sure to focus only on *realistic* tummy-slimming strategies. That's one of the reasons why I'm so confident this plan will work for you, no matter your history with fitness and weight gain or loss. With this plan, you will lose several inches around your middle in just 2 weeks!

I'm willing to bet that you're busy. Whether you're a stay-at-home mom, a working mom, a single-career woman, or even a retiree, you probably don't have a lot of spare time on your hands. You need something that works, works fast, and works without a lot of fuss on your part. That's what the Tone Your Tummy Type program is all about. You'll find a healthy eating plan to help you lose weight, exercises to flatten your tummy and shrink your waistline, and a comprehensive plan that really works! The recipes not only include the most effective tummy-firming ingredients but also taste delicious and are quick and

simple to make. Also key, you'll find that the most picky of young eaters in your household will love them. The fitness plan includes beginner options and requires very little equipment, so you can do it at home, at your convenience, and fit it in your schedule.

If you've battled tummy fat for many years, then you've probably read and heard about numerous so-called proven ways to shrink your middle. You might even feel overwhelmed by it all. Unlike other tummy-slimming plans, the Tone Your Tummy Type program zeros in on the specific reasons why you tend to store excess fat in your abdomen. Increasing your fiber, upping your exercise time, doing more crunches, cutting back on saturated fat, quitting smoking, giving up alcohol, meditating, and much more can all work—for some people but not for others.

You see, although many women and men rank their tummy as their number one trouble spot, few women and men gain tummy fat for the same reasons. Once you discover the unique reasons why you tend to gain fat in your tummy, you can take effective action to trim down quickly, effectively, and for good.

During the next 4 weeks, you will embark on an invigorating yet very simple program—designed specifically for your tummy type—that will help you to shrink tummy fat and firm up your entire midsection. You'll trim inches from your waist but also zap that annoying back fat and those bewildering love handles (just where did they come from?). And, as a bonus, your entire body will feel firmer—your legs will have less jiggle, your buns will feel higher and tighter, and your arms will stop flapping when you wave. After you reach your weight-loss goal, you'll look leaner and longer—even more exciting, you'll feel fantastic. You'll finally be able to zip up your jeans with ease. You'll not only feel more comfortable in all of your “skinny” clothes, you may even find yourself going out and buying new outfits you never before would have considered—just to show off your amazing tummy!

Most important, however, you'll live longer and better. Shrinking abdominal fat and toning your midsection will reduce your risk of just about every disease you can think of. You'll sleep more soundly at night, feel happier, and start living the life you know you deserve. Sounds good, huh? No time to waste—let's get started so you can start feeling great today!

The Tone Your Tummy Type program is a two-phase plan. Phase 1—what I call the tummy-trimming Jump-Start Phase—lasts 2 weeks. During this phase of the plan, you can expect dramatic results. In a test group of roughly 20 people who tried the plan before it went to press, several participants lost 5, 7, or even 10 pounds during this phase. These women

I TONED MY TUMMY!

BARB HENN

TUMMY TYPE: **After Baby**

AGE: **41**

HOMETOWN: **Lisle, Illinois**

RESULTS: **Lost 15 pounds and 5 inches from her waist and tummy area in 4 weeks**

LIFE-CHANGING EXPERIENCE: **Feels stronger, both mentally and physically**

Jimmy Carter once said, “My faith demands that I do whatever I can, wherever I am, whenever I can, for as long as I can with whatever I have to try to make a difference.”

My weight—particularly, my tummy—had gotten out of control, and it was time for me to follow former President Carter’s motto and do whatever I could to make a difference.

I also recently had a bout with cancer, and I wanted to make sure my body would be prepared to fight in case disease should strike again. Denise Austin’s Tone Your Tummy Type program gave me the tools and motivation I needed to get started.

I think the bulk of my tummy problems came from my three C-sections. I had three big babies—11 pounds, 12 ounces; 11 pounds, 7 ounces; and 8 pounds, 8 ounces (my peanut). The stretching from the pregnancies, combined with the injury from the C-sections, made it very difficult for me to regain a flat tummy.

But the real start of my weight battle began long before I became pregnant, when I got married and moved away from my family to attend college with my spouse. It was a bad relationship that went on for 17 years. Without my family to lean on, I used food for support. I was raised in a family where food was always a key player in family gatherings, so it was the first thing I turned to for comfort. Luckily, I turned my life around—I got divorced and lost 100 pounds.

But old habits die hard. . . .

During my second marriage, I started to slip back into my previous bad eating habits; as in many families, there were lots of outings that centered on food. Then, after my third pregnancy, I went back to work full-time. The combination of the food outings and the more sedentary lifestyle led me to gain back 60 pounds of what I had lost. Being fat made me feel miserable, especially when I had to shop for clothes.

shrunk many inches off their waistlines (and their thighs and hips) in just 2 weeks. All the while, they raved about their increased energy levels. Almost immediately, they stopped having cravings. And they stuck with the meal plan effortlessly—some even said the plans called for too much food!

So needless to say, I had to do something. The Tone Your Tummy Type program came along at the perfect time. My motivation for starting the program was certainly not to win beauty contests but to be able to buy clothes easily and to be healthy for myself and my children.

The Tone Your Tummy Type program has definitely given me the jump-start I needed to shrink my tummy. First, I now realize how much I really was eating in the past—my portion sizes were way too big! I guess when I was young and really active, it didn't matter. But now that I'm older, I don't have a choice. In order to keep my weight and my tummy under control, I have to eat less. Period. Denise's Tone Your Tummy Type program has made me constantly conscious of how much I eat at home, at restaurants, and at family gatherings. I am forever going to eat half of what I used to consume.

In addition, the Tone Your Tummy Type program has taught me to appreciate new foods. I have changed over to soy butter products and olive oil for cooking, and I have a new love of yogurt, particularly the Stonyfield brand. I add yogurt to the shakes and smoothies I make for myself and my children.

I also truly enjoy the recipes in the plan. I particularly love the breakfasts out! I prefer to eat out at breakfast time. I find it satisfying and less expensive, and, by eating in the morning, I feel like I'm working off more calories throughout the day.

My favorite recipes include the Pinto Bean Bowl and the Bean Dip. They are fantastic!

The exercises in the Tone Your Tummy Type program are both effective and easy to do. I know that with my body type and metabolism, I have to move to lose weight, so an exercise program that fits well into my lifestyle and schedule is important.

Overall, the fabulous results I've seen so far on this program have made me feel more successful as a person. People have already noticed my weight loss. The other day, when I was heading out to exercise, my husband asked how much weight I have lost. When I told him, he said it looked like much more than that—so obviously, the pounds are coming off in all the right places! Seeing the weight come off and knowing I will lose more in the future feels wonderful. I am stronger, mentally and physically.

Thanks, Denise!

Once you've completed phase 1, you'll move on to phase 2—what I call the tummy-tightening Keep-On-Losing Phase. You'll be able to eat even more food and get into a rhythm with your exercise that will help your body continue to shed up to 2 pounds a week. You'll need only 2 weeks to see results and 4 weeks to complete the Tone Your Tummy Type program. If you'd like to keep losing, I'll give you tips on how to tweak and modify the plan so you can stay on it and continue shedding pounds and inches. Once you've reached your goal, I'll help you maintain your amazing body, for good.

MY TUMMY TYPE—AND YOURS

Okay, I'll admit it: For most of my life, I've been a bit lucky when it comes to my tummy. Throughout the years, I've tended to gain weight in my thighs but not in my tummy. Consequently, during much of my career, I've had firm abs and have even been known to lift up my shirt and dare television hosts and others to “feel my tummy”!

Even after the births of my daughters during my thirties, I was able to quickly firm up my abs. In fact, I was filming videos and my television show just 6 weeks after giving birth to each of my baby girls! My tummy, of course, wasn't rock hard just 6 weeks postpartum. It was still a little poochy and thick around the middle, but flat enough that the softness didn't show up on TV. By about 6 months after giving birth to my first and 9 months after giving birth to my second daughter, my tummy had bounced back to its former flat and firm self.

But then, in my midforties, things began to change. It seemed as if little culinary indiscretions—the small bites of macaroni and cheese I sneaked off my daughters' plates or the sweets I allowed myself in the afternoon—seemed to settle below my belly button. If I slacked off on my abdominal exercise, my tummy seemed to instantly become poochy and soft.

I knew what could happen if I allowed this trend to continue. I'd seen it firsthand. The women in my family have a tendency toward gaining tummy fat, especially after menopause. I wasn't about to let this happen. As someone whose business it is to know all about fitness, I am well aware of the dangers of abdominal fat and the health risks associated

with allowing it to accumulate. At the same time, I didn't want to give up eating the foods I loved. I didn't want to exercise even harder and longer than I already was. It just didn't seem possible. It didn't seem fair. "There must be a better way," I thought.

To find a better way, I began talking to the country's top doctors and experts, researching the medical literature, and experimenting with new and unique fitness routines that target the tummy in innovative ways.

I know that there is just one way to lose weight: Eat less and exercise more. This tried-and-true formula has kept me and many of my fans fit for more than 25 years. Yet, I learned that while exercise and healthful eating certainly form the foundation of every good tummy-trimming plan, this foundation should be built slightly differently depending on the source of the problem.

I learned that women tend to fall into five different tummy types, all with differing needs. These five different types gain abdominal fat for different reasons and, therefore, need different plans to lose that fat and firm up the midsection. Men, on the other hand, face different challenges; I created a program to help guys tackle their guts, too.

In the coming pages you'll learn more about the tummy types and will take a quiz that will help you to determine your type. With your quiz results, you'll be able to turn to your specific tummy type chapter and find your unique recipe for slimming down and firming up—for good.

When I determined my personal tummy type, I found out that I could keep it under control pretty simply. Although I am not menopausal yet, I'm coming up on my 50th birthday. I haven't noticed any perimenopausal symptoms (no hot flashes or night sweats!), but I do see my body starting to change. In years past, I've tended to gain weight in my thighs—and not my tummy. Now that I'm approaching menopause, however, my tummy type has begun to shift. For that reason, I've used the Peri/Postmenopause Tummy Type program. My personal recipe involves doing 3 to 5 minutes of abdominal exercises a day, reining in salty processed foods that were bloating my tummy, and constantly working on my posture. Once I focused on a few additional key eating, exercise, and lifestyle strategies proven to work for my tummy type, I found I could much more effortlessly keep my tummy flat below the navel and firm all over. Just a few tweaks was all it took!

ONE CORE PLAN

No matter your tummy type, you'll enjoy a delicious eating plan and an energizing exercise plan. In Parts 3 and 4 of this book, you will find a fitness and eating plan that helps all tummy types whittle away belly fat and firm up abdominal flab. I've worked hard to ensure that this plan includes the very best of the latest and most effective routines for trimming your midriff and slimming your waistline.

My Core Moves plan focuses on three essential but often underplayed types of exercise to help you burn fat and trim tummy flab. I've divided the plan into two phases, each of which lasts 2 weeks. For each phase of the plan, you'll find two exercise routines that effectively combine all of the fitness elements you need to shrink your waistline and flatten your tummy. The combination movements in these routines have been proven to burn fat *three times faster* than traditional exercise programs!

Specifically, the plan includes cardio to burn the fat that's hiding that beautiful waistline of yours. It includes strength training to build lean, sexy muscle that helps boost your metabolism. Finally, it includes tummy-sculpting movements to firm up flab. Think of these routines as multitasking routines, because the innovative movements allow you to accomplish many of those important fitness goals at once. For example, some of the strength-training moves will simultaneously get your heart rate up to burn fat. Some of the cardio moves will also tone your abs.

Exercise is only part of the picture. My Core Diet includes an eating plan created to speed weight loss while it reduces inflammation in your body. Emerging research has linked inflammation throughout the body with abdominal fat (see "What Is Inflammation?"). Scientists are starting to see that if you reduce the inflammation, you shed the belly fat—especially that stubborn abdominal fat that seems to cling to your body no matter how many crunches you complete!

This inflammation-reducing diet showcases natural foods high in fiber, omega-3 fatty acids, and phytonutrients from fruits and vegetables. It minimizes overly refined carbohydrates, added sugar, saturated fats, and trans fats, all of which increase inflammation and contribute to abdominal fat.

WHAT IS INFLAMMATION?

Inflammation can be a good thing. It's a process in which the body's white blood cells and chemicals can protect us from infection and foreign substances such as bacteria and viruses. When inflammation occurs, chemicals from the body's white blood cells are released into the blood or affected tissues. This release increases the blood flow to an area of injury or infection, and it may result in redness or a feeling of warmth. Some of the chemicals cause a leak of fluid into the tissues, resulting in swelling.

When it comes to inflammation, some is good but more is not better. Too much inflammation affects every part of your body negatively. Researchers now believe that too much inflammation may trigger heart disease, some cancers, and even joint pain. It even seems to disrupt the metabolism, as several studies have found a link between abdominal fat and markers of chronic inflammation. You'll learn more about this important connection in Chapter 2.

To ensure that you see success quickly, I've organized the meal plan as well into two phases that span 2 weeks each. On the phase 1 meal plan, you will consume 1,300 daily calories, a calorie level that will jump-start your weight loss, leading to rapid initial results, without leaving you feeling deprived or hungry. In phase 2, you'll get to eat even more food, for a combined total of 1,500 calories a day. During this phase, you'll continue to lose weight at a fast but sustainable pace that will ensure your results last for the long term. You'll learn more about this tasty and simple yet powerful eating plan in Chapter 10.

What I find very exciting about this plan is that while the "core" program works for everyone, your results will be enhanced and multiplied just by taking your own tummy type into account. Once you discover your unique tummy type in Chapter 3, you will use the tips in Chapters 4 through 9 to customize the Tone Your Tummy Type program to your specific tummy needs. For example, some types will add a little more exercise than prescribed in the core program. Other types will focus on important lifestyle changes in addition to the core plan. Still other types will slightly modify the eating plan.

OF TUMMY TRUTHS AND TUMMY MYTHS

When I talk to the visitors of my Web site (DeniseAustin.com) or read letters from viewers of my TV shows, I can see that trimming tummy fat can seem pretty confusing. Marketers

know that you want to slim down your midsection, so many supplements, diets, lifestyle tips, pieces of exercise equipment, and fitness spas claim to help you do just that. But the conflicts between all the different claims are enough to drive you crazy! That's why I wrote this book—to sort through the noise and just tell you what *works*.

In fact, before we delve any deeper into the specifics of the Tone Your Tummy Type plan, let's look at some of the confusing messages you may have heard before—and why you may have been saddled with a larger belly than you wanted up until now. Once you know the truth, you'll be better equipped to confidently embark on the Tone Your Tummy Type program and lose tummy fat for good.

MYTH: There's only one way to shrink your tummy.

FACT: There are many effective ways to burn tummy fat. The best strategy for you will zero in on the unique reasons why you gain fat in your tummy to begin with. A woman, for example, who was slender most of her life only to start gaining fat at menopause needs a very different plan than a younger woman who has battled tummy fat as far back as she can remember. Whereas hormones are causing the first woman to gain tummy fat, genetics may be to blame for the latter woman's struggle. As a result, some women experience lasting visible benefits from relaxation therapies, whereas other women find stress reduction does nothing to whittle away their tummy fat.

To trim your middle, you must understand why the fat is there in the first place. No matter your tummy type, you must, of course, feed your body well and make sure you move enough, but some types need to exercise less than others, and some types need to follow a slightly less strict diet than others. You'll find out how to put together the right tummy-slimming essentials for you throughout the pages of this book!

MYTH: There's only one type of tummy fat: the type that makes it impossible to zip up your jeans.

FACT: Abdominal fat comes in many varieties. The pinchable fat just below the skin is called subcutaneous fat. This is the fat you can see, touch, and jiggle. The deeper fat packed in and around the GI system is called visceral fat. This hard fat accumulates so

deeply in the abdomen that you might not even notice its presence. That's right—some people with flat tummies have abnormally high amounts of visceral fat. Fat can also accumulate in the liver and in the omentum, an organ that hangs beneath your stomach. Of all the types of abdominal fat, visceral fat is the most dangerous to your health. A study conducted at the Cooper Clinic in Dallas determined that the more visceral fat you have, the higher your risk of death during the following 3 years.

MYTH: Crunches are the best way to shrink your tummy.

FACT: Although crunches and other abdominal exercises will strengthen and sculpt muscle in your tummy, they won't shrink the fat that hides that beautiful muscle. To show off that beautiful tummy you've done so many crunches to create, you need a comprehensive plan that includes diet, cardio, and weight training to boost metabolism and burn fat.

MYTH: You must eat less to shrink your tummy, even if that means feeling hungry all day long and going to bed dreaming of food.

FACT: When you crash-diet to lose weight, you set yourself up for failure. Roughly 7 of every 10 pounds of weight lost through crash dieting comes from muscle and not from fat tissue! Because muscle tissue is metabolically active—with each pound burning between 35 and 50 calories a day—your success lies in gaining muscle tissue, not in losing it! Losing muscle tissue slows your metabolism, which creates the following vicious cycle: A slower metabolism means you must eat less and less food to maintain your weight loss. This constant food restriction leaves you feeling hungry and deprived, which eventually causes you to overeat and gain weight.

Don't get me wrong. To lose weight, you must eat less. That said, you do not need to restrict calories to the point of near starvation! As I mentioned, the Core Diet plan includes two phases, with the first phase consisting of 1,300 calories a day, a calorie level determined by a nutritionist to be ideal for fast, lasting results. This calorie amount is low enough to trigger weight loss, but high enough to do so without leaving you hungry, tired, and deprived. After 2 weeks, you'll step up your calorie intake to 1,500 daily calories, enough to leave you satisfied, but still low enough to allow you to continue losing weight.

The Tone Your Tummy Type program combines this two-phase eating plan with cardio and weight training to ensure that the weight you lose comes from fat—and not from muscle. Research shows that combining dieting with cardio slows muscle tissue loss, but that only resistance training (as prescribed in this program) prevents muscle loss altogether.

Another reason to combine diet with exercise: Research from Japan shows that dieting tends to burn off just one type of tummy fat—the dangerous visceral fat (learn more about different types of abdominal fat in Chapter 2). Exercise, on the other hand, tends to target the jiggly, more noticeable subcutaneous fat stored just beneath your skin. The combination of the right diet and the right exercises will truly tame tummy fat for good.

MYTH: Cardio does nothing to shrink your tummy.

FACT: Cardio will help you to burn excess calories, maximizing your success. It also may help you to stick with the Core Diet plan, as many aerobically fit exercisers lose their taste for processed and sugary foods and develop a taste for fruits, vegetables, and other wholesome, high-fiber foods once they start doing regular cardio. Finally, regular cardio will also help you to keep off your tummy fat once you lose it. The National Weight Control Registry has tracked the weight-loss methods of thousands of women and men who have lost at least 30 pounds and kept it off for a year or longer. Results from the registry show that successful dieters consistently use cardio as a way to maintain their weight loss.

MYTH: To shrink your tummy, you don't need to lift weights.

FACT: You'd be missing out on a great tummy-shrinking secret if you don't use weights. A study of 30 obese women determined that participants who combined cardio with weight training lost three times as much subcutaneous (beneath the skin) abdominal fat and 13 percent more visceral abdominal fat (packed around the internal organs) as the women who only did cardio.

MYTH: To shed abdominal fat fast, you should do as much exercise as possible.

FACT: You can actually overdo it when it comes to exercise. Too much exercise is a physical stressor that triggers your adrenal glands to release the stress hormone cortisol (especially

in women), one of the very hormones responsible for the storage of tummy fat! Too much exercise can also reduce testosterone levels, a side effect that's desirable for some tummy types but not for most. This muscle-building hormone (which, despite popular belief, is present in both sexes in differing amounts) is involved in fat burning. In order not to overdo it too quickly, the Core Moves plan starts slow—with just 10 to 20 minutes of exercise 5 days a week during phase 1. In phase 2, you'll kick it up a notch—but not push yourself beyond your comfort zone. The bottom line: You must exercise more efficiently and smarter—but do not overdo it!

MYTH: Breastfeeding helps all new moms lose their tummy fat.

FACT: It's true that breastfeeding burns roughly 500 calories a day, the equivalent of walking or running 5 miles. So, for many women, breastfeeding does enable weight loss. That said, for other women it does not. In these women, breastfeeding seems to signal the body to hold tightly to its fat stores, consequently slowing the metabolism. The good news is that many women find that once they stop nursing and continue their weight-loss efforts, the fat comes right off. (And one of the tummy type programs is here to help!)

MYTH: You have a big belly because you eat too much.

FACT: Although overeating can certainly lead to tummy fat—especially if you are prone to gaining fat in the abdomen—it's not the only cause of abdominal fat gain. You may gain fat in your abdomen for any number of reasons, including your personal genetics and your lifestyle (stress, smoking, and alcohol consumption all lead to tummy fat).

MYTH: The only thing you need to shrink your tummy is the ab machine you saw advertised on TV.

FACT: I'm a big believer in exercise equipment if it motivates or enables you to exercise when you otherwise would not be able to (for example, by eliminating neck discomfort of typical abdominal exercises). That said, no piece of equipment to date works like magic to shrink your middle. Ab machines simply make exercising your abdomen easier or more effective by promoting proper form. If a layer of fat covers your abdominal muscles, sculpt-

ing those muscles with a machine will do only one thing: make that layer of fat more noticeable! To shrink your middle, you need to work on sculpting your abs, but you also must burn off the fat that hides those beautiful muscles. To do that you need a sensible diet and moderate cardio and strength training. So use a machine if you like, but don't use it as the one and only ingredient in your tummy-slimming plan.

MYTH: Fat-burning supplements don't ever work.

FACT: Although old-school fat-burning supplements like ephedra were bad for your health and eventually taken off the market, some other supplements do show some promise when it comes to trimming tummy fat.

I TONED MY TUMMY!

KARLA SCHUHOW

TUMMY TYPE: Apple

AGE: 43

HOMETOWN: Bellingham, Washington

RESULTS: Lost 11 pounds and 6½ inches off her waist in 4 weeks

LIFE-CHANGING EXPERIENCE: Has tremendous energy and clearer skin

Over the years, as my stomach grew, my self-esteem shrunk. Although I never had a six-pack, I never had a bulge either, until recently. I became constantly aware of and overwhelmed by my tummy. I just didn't feel as if I looked good in anything. Plus, my cholesterol level was rising. It was time for me to fight back. Denise Austin's Tone Your Tummy Type program immediately spoke to me.

The main thing that drew me to the program was the balanced meal plan. The food is flavorful and "normal," and the recipes are easy to follow and to work into my day. The dinners incorporate a variety of colors and textures, and my whole family loves them!

My first impression of the program was right on; it was exactly what I needed to get on track toward a positive change. On Day 4, I already noticed a decrease in my appetite. Then, after only 1 week on the Tone Your Tummy Type program, I had a ton more energy, and I could see my body changing shape.

The exercises quickly became a part of my routine, and I instantly felt more flexible. I don't have much natural flexibility, but I now have a larger range of motion in my neck, and my back feels a lot stronger.

The Tone Your Tummy Type program has also made me conscious of what and how much I

I recommend fish oil for all tummy types. Various studies done on rats and on humans show that fish oil seems to inhibit abdominal fat. In one of these studies, participants who took 6 grams of fish oil daily and exercised for 3 months reduced abdominal fat by 5 percent. Participants who only exercised but did not take fish oil or only took fish oil but did not exercise lost no abdominal fat.

Fish oil may help you shed fat by increasing the number of fat-burning enzymes in your body. It may also help to lower abdominal fat through its anti-inflammatory properties. A key anti-inflammatory fat in humans is derived from a fatty acid found in fish oil.

I personally take 1,200 milligrams of odorless omega-3 fatty acids a day. Although

was eating. Before I started the program, I ate way too many calories. I now use my food scale and measuring cups every day. I used to crave junk food, but now I reach for fresh fruit and veggies for a snack—and I don't mind! I love eating healthful food, and I actually look forward to salads. (I never knew I liked couscous!)

I also keep water bottles at my desk at work, and I make sure I always have one in the car. I finish at least one bottle of water before I get to work. Then, for a work snack, I eat the Tone Your Tummy Type On-the-Go Muffins. They're so easy to make and really stick with me. I bake them on Sunday evening, put them into sandwich bags, throw them into the freezer, and grab one each morning. I have one at about 10:00 a.m., and then I'm full until lunch!

Physically, I feel awesome on this program—so energetic! My tummy has been a little sore from the routines, but it's a good sore. At one point on the plan, everyone in my family was sick, but I staved it off. I think the exercise and healthy food helped keep me well!

I have definitely gotten the results I had hoped to get in 4 weeks. I lost 11 pounds this month and 6½ inches off my waist. People have started to ask me if I'm losing weight. . . .

Aside from my weight and health, my complexion has been so clear since I started the Tone Your Tummy Type program. My skin is soft and smooth, and I've actually gotten just as many compliments on my complexion as I have on my weight loss—I'm glowing!

I am so thrilled that I decided to try Denise's Tone Your Tummy Type program. It's a well-balanced plan with wholesome food and exercises that are easy to follow and incorporate into my day. It gave me the start I needed for a total lifestyle change. I feel so encouraged by my results, and I'm eager to continue. I plan to use the Tone Your Tummy Type program to reach my ultimate weight-loss goal (34 pounds). Thus far, it has been such a pleasure! Thanks, Denise!

many lab tests show that most commercial fish oil supplements contain no or far less mercury and other contaminants as regular fish, I recommend you look for a “purified” supplement. And, as I recommend for all supplements, check with your doctor before taking fish oil, especially if you are breastfeeding or taking blood-thinning medication.

MYTH: You can never shrink your tummy (because you think you’re too fat or too out of shape).

FACT: Everyone has what it takes to shrink their middle! Although the quest for a trim waistline may be more challenging for some people than others, many scientific studies show that the right exercise, eating, and lifestyle changes work very effectively at trimming tummy fat. You can do it, and you have what it takes!

I’m a firm believer that no one is too large or too out of shape to get back in shape! To make a new habit like exercise last, take small baby steps, starting with a duration and intensity that you can handle and building from there. I designed the phase 1 routines in this book for beginners, but if the exercises feel too challenging for you, go easy on yourself, cutting out certain exercises or doing fewer reps. Listen to your body, pushing yourself to your edge—but not beyond it.

MYTH: You’re a veteran yo-yo dieter. That’s why you have tummy fat.

FACT: Yo-yo dieting may have slowed your metabolism over the years—which means you’ll gain weight more easily and have to work harder to lose it—but it probably did not change your body shape or fat distribution. A number of factors influence whether you store fat in your middle—and you’ll learn about all of them throughout the pages of this book—but weight cycling is not one of them.

MYTH: Smoking helps burn calories. You’ll get even fatter if you quit.

FACT: Although many smokers do find that their metabolism slows down when they quit—sometimes triggering weight gain—they also find that smoking cessation changes their body shape for the better. Research published in the journal *Obesity Research* shows that cigarette smoking leads to increased levels of abdominal fat. This study evaluated the

height, weight, waist circumference, hip circumference, and smoking history of 21,828 British men and women. The study found that current smokers had higher waist-to-hip ratios and waist circumferences than nonsmokers or recovering smokers. Although the current smokers tended to weigh less on the scale than nonsmokers, they tended to pack all of their excess body fat into one place—their abdomens.

MYTH: Cholesterol levels are the only things that affect heart health.

FACT: High cholesterol levels identify less than half of people who are at risk of having a heart attack, which is why you may know of people who received a normal cholesterol reading one day and suffered a heart attack the next.

Although cholesterol may cause some heart attacks, inflammation probably causes many more. Inflammation is the process that causes redness and swelling around an injury. When the inflammatory process becomes chronic—as it does when you carry excess fat around the middle—it leads to heart disease, even if your cholesterol numbers are normal. People with abdominal fat tend to have higher levels of C-reactive protein (CRP), a key marker of inflammation and heart disease risk. If you have not done so already, consider asking your doctor to test your CRP levels. Anything higher than 10 milligrams per liter (mg/l) is considered elevated, an indication that too much inflammation is taking place in your body. The results may surprise you—and solidify your motivation to stick to your own Tone Your Tummy Type plan.

So now you know the truth about what it takes to shrink tummy fat. You're about to embark on an exciting program. It will without a doubt change the shape of your body for the better. I know you are already motivated—raring to go. Otherwise you wouldn't be holding this book in your hands. But I want you to get even more motivated. The more motivated you are to change on Day 1, the more motivation you'll have to carry you through the tough times. So turn to Chapter 2 to find out some very compelling reasons to shed tummy fat—reasons that, until now, you may not have ever read about.