

## Lose not-so-jolly belly fat this holiday season

Holiday parties are coming, but you can fill up on the food and still whittle your middle. Good Housekeeping's slim-down plan tackles the worst waistline wreckers: weak core muscles, belly-bulging foods, stress and poor posture. With the magazine's diet tips and exercise tricks, you can shed a pound or two a week, adding up to a total loss of eight pounds -- or more -- by Dec. 25.

Start today, and you'll need to shop for slimmer clothes just in time for those end-of-the-year parties.

### Stress less, sleep more

If your belly is getting bigger, anxiety might be to blame. Research suggests that during times of high stress, the body deposits fat into the abdominal area. That harried and hurried state also increases levels of cortisol, a chemical that can spur emotional eating. Worse, rampant stress can wreak havoc on your sleep, which might cause weight gain.

Researchers from Columbia University Medical Center found that people who got five hours of shut-eye a night were 60 percent more likely to be obese than those who slept seven hours. Those who snoozed for six hours were still 27 percent more likely to have weight problems.

"You can't erase all the stress in your life, but you can feel calmer overall by learning how to produce a relaxation response whenever you get riled up," says therapist Elizabeth Scott, M.S., who provides stress-management advice at About.

Here are her tips:

Breathe slowly. It is physiologically impossible not to calm down when you do this, because it lowers your heart rate.

Tense up, loosen up. Tighten every part of your body, then relax each muscle group, starting with your head and working down to your feet. This stress-relief technique also helps focus your attention (so you stop racing from thought to thought).

Grab a pen and paper. Studies show that people better understand and learn from their emotions when they write about them.

You also can phone a pal: "Your emotions and communication skills are ruled by different sides of the brain," explains Scott. "When you talk, you get both hemispheres of your brain working together to process whatever's upsetting you."

Stay in the moment. Do anything you can to quiet that incessant inner voice. (How will I get everything done tomorrow? Did I pay all the bills this month? Will we be able to afford those car repairs?)

Immerse yourself in a relaxing activity, such as cooking, gardening or walking, and think of nothing but the sensations surrounding what you're doing at that moment. The more you focus, the less likely your mind will wander into its worry zone.

### Fix your posture

The two-second trick toward a better belly: sitting up straight. "The moment you slump, your belly protrudes," says celebrity trainer Valerie Waters. Unfortunately, people who spend eight hours a day hunched over a computer keyboard can weaken their bodies to the point where it's actually hard to do anything but slouch.

"Those muscles can become atrophied from disuse," explains Waters. "To improve your posture, you need to strengthen the upper back muscles that hold your spine straight."

### Eat-to-lose foods

These four foods fight fat:

Eggs They curb cravings. In a recent study, when subjects had eggs instead of a bagel for breakfast, they ate 164 fewer calories at lunch and around 400 fewer in a 24-hour period.

Low-fat dairy A University of Tennessee study showed that dieters on a high-dairy meal plan shed more abdominal fat than their nondairy-eating peers.

High-fiber foods Beans, lentils, veggies and whole-grain foods take longer to digest and keep you satisfied longer.

Fish It's the most filling protein. In a Swedish study, participants who ate salmon for lunch consumed 11 percent fewer calories at dinner than those who ate beef for their midday meal.

On another matter

Car shopping online boosts your chances of finding the used vehicle you crave. Here are seven sites recommended by Good Housekeeping. On Autonation.

And don't forget to ask for repair records -- it's important to know a car's past before you commit yourself.

Recalls alert

The following products and vehicles were recalled by the Consumer Product Safety Commission and the National Highway Traffic Safety Administration. Unless otherwise indicated, discontinue use of the products immediately and return them to the store where purchased for a refund. For more information about the products, call the manufacturer or CPSC's toll-free hotline, 800-638-2772. Only some cars or trucks recalled are affected. Contact a dealer for your model to see if it is included in the recall. The dealer will tell you what to do.

Bumbo "Baby Sitter" Seats, sold for about \$40 at Target, Wal-Mart, Sears, Toys "R" Us, Babies "R" Us, USA BABIES and other stores from August 2003 to October 2007. If the seat is placed on an elevated surface, young children can flip out of the seat and fall, risking serious head injury. Consumers should not use the seat on an elevated surface and should contact Bumbo International at (877) 932-8626 or [www.bumbosafety.com](http://www.bumbosafety.com).

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If you are not satisfied with merchandise taste or effect, without any formalities can be packaged good part within 30 days returned. Detailed service assurance

Product characteristics:

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The plan contains twice the delicious main meal can feed, used by the body cells nutrition? Technology can enable you to reduce the chance of disease, gastrointestinal cells and activation of the small bowel wall small intestine villi, a healthy stomach you will no longer keen on expensive natural snacks, not how much time you can exchange for your healthy investment.n

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## About the Author

From [www.roanoke.com](http://www.roanoke.com):

Use my fat loss plan and my body sculpting exercises to get your best looking. Use these quick weight loss plans only when you need to lose weight.

Helps you in weight loss diet plan. Reduce accumulated excessive fat, start feeling good about yourself and be sure to act now, quick! Fast di.

If you are looking for a weight loss plan as well as a weight loss program and weight loss information please.

We are all different, also in regards to weight loss diets or exercises. One plan can work excellent for Sarah and Adam, but not necessarily.

While we all want to lose weight and have at some point or the other gone on several diets, opted for quick weight loss solutions, weight.

In our quest for quick,fast and easy weight loss, We can put ourselves in danger and risk of health problems and side effects. Information.

The following diet personality quiz is designed to help you identify a weight loss plan that meets your needs. Take the test and determine. Jon is not a spokesman for any particular diet plan and yet he believes what he has to say will benefit those who embrace diets like Atkins, Weight.

Source: <http://productsherbal.com>