

# Healthy Tips

## To A Fit Healthy Body

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We live in a global society where our eyes are immediately drawn to a person's midsection, whether it is a man's ripped abdominal muscles or a woman's beautifully-toned stomach. Many people would love to have a dream midsection but struggle to attain it. **Here are several tips to build a healthy body and develop a firmly-toned middle.**

### 1. Drink Plenty of Water

Drinking lots of water is important as it allows you to burn body-fat. If you're completely hydrated your optimum fat burning rate will be at its highest. To speed up your metabolism, it is essential to drink at least six to eight glasses of water a day. Key note to remember – the more water you drink the faster your metabolism.

### 2. Eat Healthy And Sensibly

Implement a sensible high protein, low carbohydrate diet, which is essential for building a lean physique with low body-fat. It is also important to consume four to six small meals a day every two and a half to three hours, which will speed up your metabolism to an incredibly rapid rate. Your carbohydrates should always be consumed in the morning to give you energy throughout the day, but should still be kept to a minimum to prevent the storage of fat while you are sleeping. Make sure you consume all of your carbohydrates between morning and afternoon. Any carbohydrates that you consume late in the evening or nighttime will store in your body as fat. Carbohydrates are good for you but just make sure you don't overindulge and that you take them at the right time of the day for your health and fitness goals.

### 3. Do Aerobic And Anaerobic Training

Implement a consistent weight-training cardiovascular regime which allows you to burn fat throughout the day. Weight-training allows you to burn calories after the workout and throughout the day while cardio allows you to burn calories during the workout. A combination of both of these together can give you the optimal fat-burning rate you need to stay lean. A special note for women: weight-training will not make you bulky or big. There is a misconception that if women lift weights, they will get too muscular. As a female, if you don't incorporate weight-training into your routine, you will be really limiting the gains you can make in losing weight.

It has been proven in many studies that weightlifting will not only help both men and women build a healthy, fit body but also ease weight loss. Your cardiovascular routine can be either fast walking, jogging, sprinting, jump-roping or playing a sport like tennis, basketball or soccer, but do ensure you take up weight-training to see long-term results.

### 4. Take on Different Types of Abdominal Exercises

Make sure you modify your abs exercise routine. There isn't a specific exercise routine that works better than the other; you just have to understand that changing your abs routine will allow you to maximise your results. Some of the common exercises that are great for building abs are crunches, old-fashioned sit-ups, hanging leg raises, and sprinting, leg raises. Remember your abs will adapt to constant change as opposed to routine.

### 5. Train Smarter

Learn to differentiate between the truth and myths about abs which will allow you to train smarter. Abs is not indicative of how many sit-ups or crunches you can do, they are indicative of how lean you are. For a male to be able to see his abs, he has to be at ten percent body-fat and under. For a female to see her abs, she needs to be at approximately 12 percent and under. If you can get your body fat to those levels, then you will start seeing your abs emerge.

Remember we all have abs; unfortunately some of us have to work harder than others to show them. If you can follow all of these tips then you will be on your way to attaining a healthy lean body.

