



8 tips to a flatter stomach

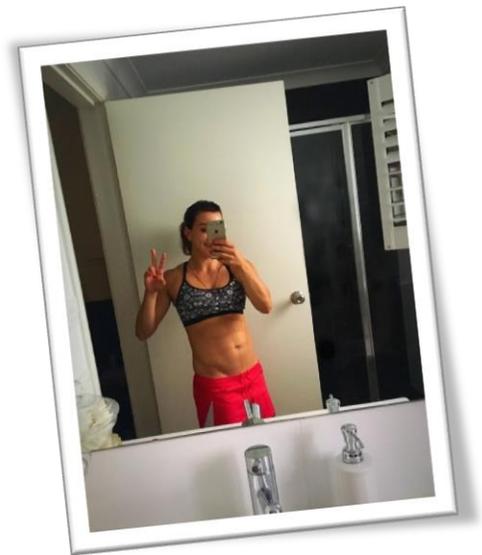
April 2017

8 Tips To A Flatter Stomach

It is impossible to target where to lose fat from on your body. The truth is you can do a thousand sit ups a day and it won't make a difference. I am sure you have heard this before, Abs are made in the kitchen. Aim to improve your diet first, add more cardio next, build more muscle third and ab exercises are last.

My 8 tips to a flatter stomach:

1. **Eat;** Do not skip meals. Otherwise you'll become too hungry, eat too fast, and ultimately eat too much.
2. **Op for complex whole grains instead of simple carbs;** I don't believe in diets that are low in carbs. They are essential for energy. Daily intake varies on the person it can be from 70g to 100g.
Make better choices when you can, whole grains are richer in nutrients and fibre will help you to stay full longer and prevent spikes in insulin, which trigger belly fat storage.
3. **Cut out sugar;** Sugar is your biggest enemy. Excess sugar gets stored as fat, making a flat stomach virtually impossible to achieve. By having less sugar in your body, it will keep insulin levels low and glucagon levels high. Glucagon is a hormone and the best friend you want by your side in the struggle of belly flat. (More of these two hormones explained below)
4. **Eat good fat;** It takes fat to burn fat. Think avocado, dark chocolate, nuts and seeds. Fats do not elicit an insulin response therefore they cannot be stored as body fat.
5. **Drink enough water;** if you are thirsty, you're already dehydrated.
6. **Exercise;** Aim for 20 – 30 min every day.
7. **Reduce stress;** Introduce yoga into your life or find a hobby that relaxes you.
8. **Sleep;** Aim to get 7-9 hours of sleep a night.



Recipe of the month

Evie's Eats

Stuffed Eggplants with Mince Meat (Serves 6)

Ingredients:

- 500g lean beef mince
- 6 eggplants
- 1 tablespoon olive oil
- 1 fresh tomato (sliced to place on top of eggplants)
- 1 brown onion, finely chopped
- 2 crushed garlic cloves
- 1 chilli (optional)
- 1 tin diced tomatoes
- 1 tablespoon tomato paste
- 1 cup of water
- Handful of chopped up parsley
- Salt & freshly ground black pepper



Method:

1. Pre-heat oven to 160 degrees. Wash and slice eggplants across without cutting them all the way through
2. In an oven dish put a little bit of water, cover eggplants with foil and cook in oven for 30 min or until eggplants are quite tender. (Not too soft, as you will be cooking them up)
3. In the meantime, heat oil in a large saucepan over medium-high heat
4. Add onion, garlic and chilli and sauté until soft
5. Add mince and cook, stirring to break up any lumps, for 5 minutes or until mince changes colour
6. Add tinned tomatoes, tomato paste and water
7. Bring to the boil, reduce heat to low come with a lid and cook stirring occasionally, for 30 minutes or until sauce thickens. Taste and season with salt and pepper and stir through the parsley
8. Once eggplants are cooked, wait till they cool down a little and spoon mince mixture in the eggplant
9. Top with a slice and fresh tomato, cover with foil and bake again for 40min. Serve and enjoy!

Quote of the month

Surrender to what is. Let go of what was. Have faith in what will be!



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Take control your life, be happy! – rock on!

Till next month... *Evie*