

The 6-Weeks Plan

A few simple moves to get you toned
in no time

Week 1

Get Motivated To Get Fit

- Begin by recording your measurements as well as your weight in the chart.
- To burn fat and melt away extra pounds, you'll need regular aerobic exercise.
- Set aside four days this week to take 30-minutes brisk walks and find the best time of the day to do your 10 minute strength-training routine. Stick with your chosen time.
- Every day that you exercise brings you one step closer to your goal of a fitter and healthier body.

Week 2

Stay With The Program

- If you keep up your regular brisk walks and consistently do your 10-minute work out, you'll start to feel firmer by the end of this week and you'll have more energy.
- Remember this: Muscle works miracles for your metabolism. For every pound of muscle you add, you burn an extra 35 to 50 calories a day. The more muscle you build, the more calories you burn, even when you are resting. Over time a faster metabolism helps you lose extra pounds.

Week 3

Get Better results

- Give an exercise your total attention and try to improve your focus during each movement
- Go slowly and make every motion as smooth as possible
- Exhale as you tighten the muscles and inhale as you release them
- Place your fingers on the area you are trying to work – it will improve your focus and your abs.
- Record your progress in the chart this week!

Week 4 Make Every Minute Count

- Turn idle time into exercise time and you'll get strong and fit even faster.
- Stuck in the car? Tighten your tummy for 5 seconds, then relax. It's equivalent of one sit-up. Repeat 5 to 10 times and you've done a whole set of ab exercises.
- Watching your favorite TV show? Do a series of 5 to 10 buttocks-firming squeezes.
- Even small movements, such as getting up out of your chair to stretch or get glass of water, burn calories that might otherwise be stored as a fat.

Week 5

Speed Weight Loss

- Avoid calorie overload by eating three meals a day, plus a healthy snack or two.
- The goal is to never allow yourself to get too hungry or too full.
- When you allow yourself to get ravenous, you are more likely to overeat when you finally get the chance to grab a bite. (More likely – high-calorie foods)
- Carry breakfast bars and fruit with you so you are always prepared – even on your busiest day.

Week 6

Keep Up The Good Work

- You did it! Over the past five weeks, you've made regular exercise a natural part of your life.
- Check your measurements and weight (Chart)
- Now that you are in a routine of exercising every week, your metabolism should stay supercharged, making it easier to control your weight.
- Even if you haven't quite reached your goal, you've got all the tools you need to get there.
- Just keep moving and stay positive.