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# Change Your Body, Change Your Life

When you look good, you feel good. After all, what feels better than being healthy and comfortable in your own skin?

Are you stuck in an exercise rut, or barely exercising at all? Do you rely on comfort foods to less stressed at the end of your work day? Have you grown self-conscious about the noticeable cellulite on your legs, arms and mid-section?

Greasy fast food, sugary drinks and heavy carb-filled snacks may relieve the stress of your demanding day, but what happens when your body digests all that junk? In time, you’ll have packed on the pounds as a result of poor eating habits. But that doesn’t have to happen – or have to keep happening – to you.

This book is your guide to a total health and wellness transformation! If you want to feel more energetic, happier, more productive, flexible and youthful, make today the day you start changing your body so that you can change your life.

Not feeling great about how you look, or beating yourself up about what you eat? Learn some of the best mind-bending tricks to re-teach your subconscious how to project self-love, getting you through your workout with ease while boosting confidence so you can overcome bad food choices.

If you want to reignite your passion, spontaneity, drive to succeed, and motivation to work toward your dreams, start with your health. The rest will soon follow!

Once you lose weight and keep it off, begin to see results from exercising, and eliminate bad foods from your diet, you’ll see that nothing is out of your control.

You’ll discover a whole new world opening up to you – one that will give you the confidence to do just what you need to do to succeed in every aspect of life.

If any of the following sounds familiar, you’re not alone – so keep reading!

* The heaviest meal of your day is dinner, followed by snacking until bedtime;
* You have chronic problems, such as knee or back pain, that prevent you from working out regularly;
* You don’t like to wear shorts anymore due to insecurity about the cellulite on your thighs;
* You don’t have time to devote yourself to a healthy diet, despite your increasing risk for obesity and/or diabetes;
* You love dessert and, if you could, would snack on sweets all day long;
* You’ve just gone through a personal set-back, and nothing feels better than eating comfort food: chips, ice cream, donuts, etc.
* You wish you could lose weight, but who has the time to eat healthfully and exercise all the time?
* Working out is boring. And, it’s just not your thing.

The fact is your body depends on you to fuel it up with protein, fats, whole grains and water to keep your metabolism running as it should, to eliminate the onset of disease and illness, and to give you the energy you need to accomplish your many daily tasks. It also needs the right amount of exercise so that breathing, walking, and running from place to place can be painless.

How happy are you with the current state of your body? Look at yourself in the mirror, and *really* look at yourself. Look at your back, your knees, your shoulders, your mid-section, and your thighs.

If you’re not happy with your weight – and let’s face it, most people are not – only you have the power to change it. You can lessen the burden of weight on your knees to eliminate joint pain. You can feel better naked after stepping up the cardio and eating balanced, protein-rich food choices. And you can finally feel confident in your clothes, no matter what.

# Your Mood is Dependent on Your Food

You are what you eat. So, why are continuing to eat foods rich in bad fats, carbs and refined sugar? As good and convenient as fast food can be, on the drive to work or when headed back home, it comes with consequences – low energy, unproductivity and a major dip in your happiness.

How can something that seems so good in the moment be so bad for you in the long run?

Because processed foods are made with factory-generated ingredients instead of whole food. You’re not supposed to live off of chemicals you can’t pronounce. Instead, fuel your body with lean proteins, whole grains, fruits, vegetables (especially dark and leafy greens!) and water each and every day.

When you rely on comfort foods, processed foods and sugary treats, you’re not giving your body anything real – not a single good-for-you ingredient with antioxidants, fiber, protein, unsaturated fats, hydrating properties, amino acids and natural metabolism boosters to keep your body burning fat and calories as it should and as you need it to.

## Super Foods for a Super Life

If you don’t like the way your body looks, and you don’t feel as confident, happy, passionate and otherwise comfortable in your skin as you would like, apply the following nutritional tidbits to your diet. Start today, and with time, it will feel like a routine rather than a forced habit.

* **Limit yourself to one cup of coffee a day.** Coffee is a natural metabolism booster, which means that when you drink it black (skipping the sugar and cream) it can kickstart not only your energy level, but your fat-burning as well.

Start each and every morning with a cup of coffee, and if you need another warm beverage later on in the day, switch to green tea.

* **Green tea.** Green tea has the power to act as another metabolism booster. Studies have shown that drinking two cups of green tea a day (pure in its form, or a hybrid herbal tea) can work as a natural fat burner. This is one of the healthiest metabolism boosters you can drink – chock full of those good antioxidants you need to perform at your best.

Green tea also contains a higher amount of catechins than black and herbal tea. This antioxidant has been found to be a natural appetite suppressant. So when you are tempted to snack on high-calorie foods that will likely expand your waistline over time, try staving off your cravings with green tea, hot or iced!

* **Enjoy dark chocolate to satisfy your sweet tooth – and skip the cookies and cakes.** Milk chocolate is full of cream and carb-rich additives, while dark chocolate offers potent antioxidants that will decrease blood clots and improve your heart health and metabolic rate.

Pair a small piece of dark chocolate with apple slices. Not only will an apple a day keep the doctor away, but fresh fruit with bittersweet chocolate offers a delicious combination of sweet and tart, which will keep your taste buds tantalized with each bite!

* **Low-fat yogurt.** Yogurt has been a trend in skinny foods for the past few years, and there’s no question as to why. Not only does yogurt have the right amount of calcium, potassium and protein to be a healthy breakfast or snack, but paired with your favorite berries, it can keep you fuller for much longer than filler foods like cereal or toast. Skip the flavored types, which are full of added sugar, and make your own parfait with fresh fruit and plain Greek yogurt.
* **Artichokes and avocados.** You should always fill up your diet on healthy, leafy greens, but don’t skip these essential light-green treats.

Artichokes are the perfect vegetable and are healthiest when steamed. They are rich in iron and magnesium, which make bones strong. Dip the leaves in a healthy salad dressing, or add artichoke hearts to pasta sauces, pizzas and casseroles.

Avocados are actually fruits, not vegetables, and their creaminess and light flavor make them good for a whole lot more than guacamole. Add slices to scrambled eggs, salads and sandwiches, or even mash them to use instead of bananas in baked goods.

They’re easy to have with any meal, and the rich monounsaturated fats are good for your heart. Did you know that avocados can fight gum disease and improve your eyesight too?

* **Lean proteins paired with whole grains**. Skip the holiday ham, and opt for lean chicken, turkey or reduced-fat beef for protein. Ham may taste sweet and juicy, but any store-bought ham is stuffed with sugar, nitrates and artificial ingredients.

Lean sources of protein-rich food like eggs, fish and chicken will keep you feeling fuller longer than high-calorie carb-rich foods. The protein will also work to repair muscle tissue, helping you retain the strength you have and grow lean muscle mass after a workout.

Try baked chicken, grilled tilapia, or a stir fry featuring lean ground beef. Serve with your favorite vegetables roasted in olive oil and low-sodium seasoning. For a more filling meal, pair with whole grains such as couscous, brown rice or quinoa – the perfect brain food for your busy day or evening.

* **Additional sources of protein will keep your metabolism running!** Protein is essential to burn fat, keep your brain churning through your work day, improve digestion and – thanks in part to hypocretin, a protein neurotransmitter – even boost happiness. Here are some additional sources of protein to include in your daily diet:
* **Your favorite nut butter.** Add a spoonful of peanut, almond or cashew butter to a slice of apple or celery, or spread it on a piece of toast. Sunflower seed butter is a good option for anyone with nut allergies.
* **An ounce of cheese.** Although it’s a protein-rich food, cheese is also calorie-dense and can contain a high amount of fat. A little bit (a cube or two) of your favorite cheese can go a long way toward boosting protein intake without increasing your waistline.
* **Chicken or fish?** A 3-ounce piece of lean chicken breast contains 26 grams of protein – the perfect meal alongside a cup of your favorite steamed vegetables. A 3-ounce serving of canned tuna (packed in water, not oil) is 26 grams of protein as well.

A little lean meat is the perfect light lunch on a workday because the iron will keep you alert and focused. If you opt for a carb-heavy meal mid-day, expect a dip in your energy level almost immediately.

# Baby Steps to Clean Eating

Thinking about a big lifestyle change can be overwhelming, and that’s often the mental roadblock that stops dieters from developing the healthy habits that lead to long-term success.

Be careful not to focus on doing too many things at once. Instead, list the actions you want to take, and plan to conquer one at a time. You can’t expect to relearn how to eat in a week, but you can make progress in one part of your meal planning. If you usually skip breakfast, your first step can be to find morning meals to prepare ahead of time. If you eat a lot of afternoon snacks, work on fighting your peckishness with a cup of green tea.

## Don’t Let Dehydration Deter You

When you’re thirsty, you may think you’re hungry instead, and if you continually misread these signals, over time they can contribute to obesity.

And when you don’t drink an efficient amount of water, you’ll wake up tired and stay that way throughout the day.

If you want to burn fat, lose weight, keep your metabolism running at an all-time high and feel better almost immediately, drink more water. It’s really as simple as that. But, if you’re not used to taking in the recommended eight glasses a day, here are some helpful, creative tips to stay properly hydrated:

* **Make water – not a cup of coffee – the first thing you drink in the morning.** Most people feel dehydrated in the morning. Your mouth probably feels dry, irritated, or like cotton balls. This is because after six or eight hours without water, your body is telling you it can’t wait another minute without water. Don’t reach for that cup of coffee, which can further dehydrate you. Instead drink a full glass of water – and if you want to lose weight, it’s recommended to drink it ice cold.

Several studies have shown that the colder your water is, the harder your body has to work to warm it up to body temperature. With this morning habit you’re killing two birds with one stone: speeding up your metabolism first thing and hydrating yourself in the process. Then, when you reach for that cup of coffee, you can feel good about it, and your body will enjoy it more too.

* **Treat water as an appetite suppressant.** One of the greatest ways to redirect hunger is a natural, low-calorie appetite suppressant. In that regard, there’s nothing that fits the bill better than water. When you experience food cravings throughout the day, reach for a glass of water first. If nothing else, it will delay the time it takes for you to take a snack break.

To pace yourself during mealtime, drink a glass of water before and after each meal. This self-control exercise will give you extra fighting power when it comes to resisting temptation.

This is especially useful for a serious sweet tooth. Drink a full glass of water before and after eating the treat. The water will fill you up so you’ll be satisfied with one serving of dessert, and this trick may deter your sugar cravings altogether!

## Set Every Day up for Success

Sometimes, the battle of the bulge can be overcome not by what you eat, but when you eat it. When are you doing the majority of your eating – in the morning, mid-day, early evening, or in the middle of the night?

If you’re used to munching on lunch leftovers in the afternoon, snacks before dinner and decadent deserts near bedtime, interrupt those patterns and consider the morning your prime opportunity to pack in the extra calories.

There are two general rules when it comes to breakfast:

1) Fill it with fiber and protein.

2) Make it the biggest meal of the day.

Be smart about planning breakfast to include what your body needs to make it through the busy day ahead; that means giving it enough protein, complex carbs, antioxidants and fiber.

Plan to eat the majority of your carbs in the morning, followed by lighter, more frequent meals throughout your day.Well-balanced breakfasts include a veggie omelet; oatmeal topped with blueberries and sliced almonds; yogurt with pomegranate seeds; sprouted wheat toast with nut butter; and fresh fruit salad with a poached egg.

## Reorganize Your Refrigerator

When you want to snack on something and open your refrigerator, what item do you go for? According to studies, you’ll usually grab whatever’s front and center.

To avoid temptation, rearrange where you put fruits, vegetables and other healthy fare so that’s the first thing you see. Most importantly, consider where you hide the higher-calorie, guilty-pleasure foods.

Just try this for a week, and see how your snacking improves. You can even keep a notepad on or near the fridge to track your choices. Nothing is more motivating than seeing how little changes can have a big impact!

## ***Pack Your Lunch the Night Before***

The most tempting pitfall for anyone with a busy lifestyle is eating on the run. If you prepare for that when you have free time, you’ll be able to eat well even on a tight schedule. Thanks to a little foresight, you’ll never have to resort to low-cost but high-fat foods again.

On Sunday evening, try cooking large dishes that will last you for several meals. Make a full pan of lasagna with ground turkey, or whip up a stir fry with ingredients you always keep on hand. Whatever some of your favorite meals are, cook them in bulk, and divide them in modest portions. Freeze them, and grab one on your way out the door to have later that day for lunch.

# A Healthy Mindset

Feeling the onset of negative thoughts taking over your life and affecting your weight? Remember you are the only one who can take control of your body and do what it takes to lose weight, but the right mindset is necessary to conquer any hardship or challenge you come across along the way.

Here are some small changes you can make to your life to support your mental health so you can set yourself on a path to better physical health.

## Adjust Your Routine

As you take steps to develop a healthy lifestyle that you can stick to, it is important to change how you feel about your daily life. Often the first step is to change the habit, and the second is to change your mindset. Shift your thinking to look forward to the new day you’ve outlined for yourself, leaving the old well-worn patterns behind.

If you used to have ice cream all the time after dinner, find something else that can become a good-for-you indulgence, like yogurt with fresh fruit. When you catch yourself day-dreaming about your old favorite, ice cream, consciously switch your train of thought to another track: yogurt with your favorite fruit.

* **Set a strict bedtime schedule.** If you were given the opportunity to have an extra thirty minutes of sleep, would you take it? Of course! But a little less rest can actually be better for you. Studies have shown that waking up just half an hour earlier has the potential to make you more productive on the job.

While hitting the snooze button is tempting, any shut-eye you squeeze in afterwards is interrupted sleep, which can actually make you more tired than if you’d awakened on the first try. When you wake up just a little bit earlier than usual, you’ll become more organized and better mentally prepared to tackle the many responsibilities ahead.

## Focus on Positive Self-Talk

What positive message do you want to take in about your self-image? What goals would you like to accomplish? Part of success in changing habits is rewiring negative patterns into positive thinking, essentially training your subconscious mind to empower you with better messages about your body. But it will take energy and effort on your part to get the ball rolling.

Affirmations are the motivational boost you need when you can’t keep your hand out of the cookie jar, or you don’t think you can continue the weight-loss journey another day, let alone another few weeks or months.

Consider writing your affirmations down on paper and posting them where you’ll see them all throughout the day: on your bedroom door, bathroom mirror, fridge, steering wheel and computer.

* **Use a motivational mantra.** Do you get down on yourself after indulging in dessert, or feel guilty when you go back for seconds? You’re not alone, and these little setbacks are inevitable. Prepare a mantra to immediately combat the negative self-talk with positive inspiration to get you back on track.

It could be a phrase that keeps you moving, lifting and sweating your weight away, or a philosophy that motivates you to fuel your body with whole foods instead of junk. Consider taking a line from one of your favorite songs, or a single word that resonates with you.

You can use a simple mantra such as, “I own my body,” or, “There isn’t anything I can’t accomplish.” It can also help to focus on how you want to feel, even if you aren’t quite there yet. For example, “I love my body and respect myself.”

Or maybe you need a phrase more specific to your situation: “I treat myself well by feeding my body with good ingredients – and occasionally purely pleasurable ones.” That way you’re being honest about your ideals and the reality that you’ll sometimes let a sweet treat or fried snack pass your lips.

When you’re feeling discouraged in your weight-loss journey, repeat the following: “When I eat right, I can feel the weight melting off of my hips, arms and thighs. I love how being healthy makes me feel!”

## Foster a Healthy Lifestyle

Thoughts – negative ones, especially – are part of being human. They show up sooner or later, and instead or pretending they don’t exist, it’s best to accept them for what they are. Don’t fixate or obsess over them.

*“I’ll never be lovable looking this way.”*

*“How could I have let myself get so big?”*

*“I should never have bought those skinny jeans.”*

When you resist this inner monologue, the negative thought will come back time and time again. Instead of focusing on them as they come into your head, learn to acknowledge the thoughts, accept them and release them.

After they start to grow quieter, focus on your new attitude toward weight loss. When you practice healthy habits every single day, your weight loss won’t feel like a destination. The healthy changes you’re making will instead become a lifestyle you will grow comfortable in and learn to love.

# From Flab to Fit One Half Hour at a Time

When you want to lose weight, blast excess body fat and feel amazing in your clothes, there’s no magic pill that can give you the body you crave. You get the body you deserve by the work you put into it, and no one gets a truly healthy body without the grunts and sweat of high-intensity workouts.

Consider your favorite excuse *not* to work out as a thing of the past, and say hello to the new you – the you who goes the extra mile (literally) to burn an extra hundred calories per day, who seeks new challenges by regularly upping the intensity, and who never says no to an opportunity to be active.

This is the new you, and the new you works out as if your life depends on it. No matter whether you have 5 minutes or 50 minutes a day to increase your activity level, this guide has all that you need to know to customize a head-to-toe workout that generates results.

## Fitness Tips

* **Eat frequent, small meals throughout your day.** Small but frequent meals during the day won’t just give you the energy to work out longer and harder. It will provide you protein to rebuild muscle mass so that the heavy lifting you did in the weight room doesn’t go unnoticed.
* **Start your morning with a high-intensity workout.** There’s no activity like cardio to boost your mood, brainpower and productivity.

Start your morning with a yoga flow or that funky dance or Zumba class you’ve wanted to try, and watch as the rest of your day comes together seamlessly.

* **Try a fun, new cardio class in your community.** Cardio classes, including fitness boot camps, are a great way to burn lots of calories and challenge endurance. You can also meet friends and form a supportive weight-loss community.

From Zumba to kickboxing, Pilates to Tai Chi fusion, the right cardio class is waiting for you! There are enough options out there these days to find one that will be fun and helps you reach your goals.

Not only will a kickboxing class give you a chance to tackle stress, but it has the potential to burn up to 1,000 calories. Yoga’s typically slower pace offers students of all levels the opportunity to build strength, balance and flexibility.

When you engage in different classes to jazz up your workout, you don’t just benefit from variety by staving off boredom. You also avoid the dreaded weight-loss plateau, which can demotivate you from continuing to work out and eat right.

* **Rotate lower and upper body workouts with a day of rest in between.** When it comes to getting in shape, moderation is key. You don’t want to take it too easy on your body, but you don’t want to burn yourself out of your workouts either. That can lead to ongoing fatigue as well as repetitive stress injuries.

## 30-Minute Workouts

When you want to lose weight, only one thing matters: the amount of calories you take in versus the amount you burn. If you burn more calories than you eat, you start losing weight! These 30-minute workouts will help you to lose fat all over, one interval at a time.

* **Step on the treadmill at least three times a week**. If you don’t have a gym membership or a treadmill, you can use the great outdoors. Running is an easy way to get in your cardio, but alternatively you can apply these techniques to biking or swimming.

Warm up for five minutes by walking at a brisk pace. Run for two minutes at a light jog, and for the next minute, sprint all out. For the next ten minutes, jog at a challenging pace that allows you to sweat, and then for three minutes, crank it into high gear by sprinting again.

Intervals work because you are always upping the endurance required and challenging both the agility and strength of your muscles.

* **Erase body fat through circuit training.** Circuit training is the best way to erase fat in the least amount of time. Perfect for workaholics, or parents too busy to spend hours at the gym, this total-body workout uses quick but controlled reps.
* **Move quickly from set to set.** To lose one pound of fat, you must burn an extra 3,500 calories. Think you can’t do it in record time? Think again! Many people make the mistake of resting for up to 10 minutes in between each set, which slows heart rate. Don’t stop for so long that your body cools down (no more than 3 minutes), and keep at it for 7 to 10 sets of different exercises.
* **Bicycle crunches**. Sit down, legs bent, feet flat on the floor. Interlace your hands behind your head. Lean back about 45 degrees, trying to press your lower back flat on the ground, and pick your legs up at an angle. As you engage your core to remain steady, move your feet in a circular motion as if pedaling a bike. For bonus points, twist your torso so your elbow touches the opposite knee as it comes toward your chest.
* **Slow-motion squats.** If you’re powering through exercises as fast as possible, your muscles are skipping past a lot of the hard work. Slow down your squats to ensure you’re working toward the toned thighs and sculpted rear you envision. Standing upright, hold your arms straight out in front of you, or place your hands on your hips. As you lower down, bending at the knees until they’re at a 90-degree angle, keep your torso stable with a slight arch in your lower back. Try to lower to a count of five, and then come back up to a count of five. Repeat 10–15 times, rest for 30 seconds, and do another set.
* **Use a medicine ball to work out your upper body.** A medicine ball is more versatile than free weights, and you only need one to get a comprehensive workout. Plus, a lot of moves that are good for your arms will do double duty by targeting your core.

For a super simple move you’ll be feeling in no time, hold the medicine ball with both hands, spread your feet shoulder-width apart, and keep your arms straight. Move the ball up and to the right, then circle it around and down across your body, and raise it diagonally back up to complete a figure eight. Repeat 15–20 times, and switch directions. Perform two sets.

* **Challenge your push-ups with variations.** Doing several sets of push-ups will always help you blast fat, but incorporating a more advanced push-up will accelerate the calories you burn and build more dynamic strength. Squat down to the floor, and then jump into a plank position. Move down slow and controlled through a full push-up. Then, jump back into the squat position, and repeat 5–7 times.

Another way to challenge yourself is to move your hands. Bring them wider apart to target the chest, or closer together to target your triceps. Or, in a standard push-up position with your hands directly under your shoulders, keep your elbows tucked next to the body as your lower down and come back up.

* **Become a champion jump rope expert!** Jumping rope may have felt like a game in your childhood, but if you pick it up again as an adult you’ll quickly find it’s actually a pretty intense aerobic activity. Your heart will be beating faster in a minute or two, tops!

If you’re just beginning a workout routine, aim for jumping rope for five minutes without stopping. If you can’t make it that long, go for three minutes. No matter where you start, each week try to up the amount by five-minute increments. A simple jump rope is a great way to add variety to your circuit routine, and it makes a great addition to your cardio on days when you have energy to spare.

There are virtually no limits as to what you and your body can achieve, so work hard, sweat more than you ever have before, and commit your focus on the moment – even if those moments push you past your comfort zone. That’s the only way to take your body to the next level.

# Why Cellulite Isn’t Here to Stay

Cellulite can be one of the most stubborn problems people face, particularly in the butt, thigh, and abdominal regions. Have you recently discovered cellulite on your body and wondered what it is, how you could have prevented it, and what caused it in the first place?

Cellulite occurs in most people but is more common for women. While men do have cellulite to overcome, women are at an unfortunate disadvantage due to growth and pregnancy hormones as well as a higher percentage of body fat.

Are you one of the 90 percent of women who suffer from its unsightly appearance? If you smoke, eat fatty foods, are a heavy drinker or have poor blood circulation, this can put you at a bigger risk for the onset of cellulite – regardless of your gender.

The first thing to understand about cellulite is what it is. Unless you are lucky enough to have precious little fat on your body, cellulite develops due to fat deposits underneath the skin’s surface, which end up looking like dimples on the skin.

Unfortunately, it has the ability to show up anywhere at any time, although most people see it on the buttocks, abdomen or thighs. But you can change your lifestyle, including what you eat, to fight back against cellulite. For example, if you work at an office that requires you to work sitting down, take a short break once per hour to walk around. Studies have found that sedentary lifestyles contribute to a fattier frame, and where there is fat, there most likely is cellulite seen on the surface.

Here are some things you can do to take back the control of this common skin dilemma:

* **Commit to a good diet and exercise plan**. When you lose weight through healthy eating and exercise, you lose fat – and when that happens, you lose those stubborn dimples that we call cellulite.

Cellulite creams (which are very expensive) don’t offer long-term results, and while they may be tempting to try, visible results are far from guaranteed. In the long run, what works is high-intensity cardio, which will help you to blast the fat off of your body, in combination with a positive mindset and the right foods to nourish your muscles, joints and bones.

* **Treat yourself to an anti-cellulite massage.** The creams and pills to erase cellulite don’t work, but what does is hiring a professional to tackle the deep fat tissue where your cellulite lies.

Don’t be fooled, though. Although massage therapy is a great addition to your weekly workout, it’s not the stuff of miracles. So, try out regular massages from a licensed professional in addition to exercise and a diet of moderate portions of lean protein, fiber, fruits and vegetables.

Here’s what to know about a cellulite-specific massage therapy session: It combats the deep fat tissue deposits in a way that exercise alone cannot.

The kneading increases the blood flow, improving the circulation surrounding the deposits, thus offering the body a chance to restore itself from the fatty areas that resulted from pressure and stress.

* **Workout your lower body.** Most people complain about cellulite that has formed on their lower body – the glutes, outer thigh or back of their thighs. If this is a common problem with you, focus on exercises such as lunges, squats, and leg extensions to kill two birds with one stone!

You can start simply by incorporating a higher amount and variation of lunges into your existing workout. Begin by standing up with your feet firmly on the ground about shoulder-width apart. Step your right foot forward, and bring it at least two feet ahead, until your left heel has come off of the ground. In a lunge, your front leg should be bent at a 90-degree angle with your knee right over the ankle. If you’re new to this, you may be challenged with balancing correctly. It’s ok to wobble, and in fact that means you’re strengthening your thigh and calf muscles!

To perform walking lunges, you’ll then bring your left leg forward to meet your right, standing upright again. Now lunge forward with your left leg in a slow and controlled motion until your right heel comes off the ground. Use your front leg to push your body weight up, bringing your right foot forward to meet the left. Repeat for 10–15 lunges.

You can’t target fat loss in one region of the body – no matter how hard you try. But a cellulite-specific exercise plan will help you build more lean muscle mass in those trouble areas, creating more definition and minimizing the look of cellulite.

* **Exercise your upper body.** If you have cellulite problems in your upper arm, add some bicep curl reps to your workout plan.

You’ll want to start this exercise by picking up two dumbbells (one for each hand) of a weight that is comfortable enough to move up and down without it being too much struggle. If you’re tired after picking it up just once or twice, it’s too heavy.

Put a dumbbell in each hand with your arms down at your sides, palms facing out. Slowly lift the weight up to your shoulder, keeping your elbows in close. Lower them down, slow and controlled, and repeat for 10–12 sets.

* **Target your abs**. Who wouldn’t want a smooth, toned stomach? Do this exercise twice weekly, and you’ll feel more confident about your core!

Start this exercise by relaxing on your back on the floor. Your legs should be up, crossed at the knees, shins parallel to the floor. Extend your arms over your head, and if you want an extra challenge, grasp a dumbbell.

The goal here is to lift your head and torso off the floor by using your abdominal muscles to get you there. Don’t put strain on your neck; if you’re feeling pain there, lay back flat on the ground, and move your neck in all directions, shaking your head yes and no until the muscles relax. Keep your neck loose as you contract your abs while trying again.

Focus on the feeling in your core; don’t worry about how much you’re moving up and down. You’ll know you’ve crunched far enough once the bottom tips of your shoulder blades have risen from the floor. Hold in this position for three seconds, and come back down slowly.

# Transform Your Body (Free Video!)

With dedication, aerobic exercise, whole grains, fruits, vegetables and proteins – and the most necessary ingredient, your commitment to improving your health – you’ll see inches of your body melt away and stay away. When you take control of your eating and exercise habits, taking you closer than ever to your dream body, you’ll feel more empowered than ever before.

There’s nothing better than taking accountability for your health, and when you apply these simple diet and fitness tips, you’ll wonder why it took you so long to achieve your fittest, leanest figure!

Stay focused on each goal you accomplish along the way, and remember that every day is a new opportunity to treat yourself with the gift of supporting your wellness, feeling comfortable in your own skin, and having the physical strength and willpower to carry you through any challenge you face.

## Recommended Video: Metabolic Cooking

Food is one of life’s greatest pleasures. Unfortunately, having a love affair with food makes being healthy and having a body you’re proud of a little more difficult. How can you decide between a mouth-watering meal and the body of your dreams?

When you choose foods that fuel your metabolism, you don’t have to. Metabolic cooking is a revolutionary way to burn fat and banish boring diets. This easy-to-follow plan also has a host of other benefits, including disease prevention.

As long as you follow the ten essential cooking and nutrition rules, you can still enjoy all your favorite foods. How do Asian turkey burgers, hot paprika shrimp, and choco-peanut butter muffins sound?

Learn more about the delicious, simple recipes you can use to enjoy what you eat while burning fat twice as fast as the average diet. This free video will teach you how metabolic cooking fits into your existing lifestyle:

[https://www.healthygreatlife.com/go/metaboliccooking/](http://herebykudo.fitcooking.hop.clickbank.net/)