

## 10 Quick Tips to Get in Shape Before Summer Swimsuit Season

Every year, swimsuit season looms with promises of sun, fun and screams of “Do I look fat in this?” Though there’s no overnight fix, that doesn’t mean it will take forever to see results. Start now with these guidelines, and you’ll be in tip-bikini-top shape for summer.

1. Instead of looking at your goal ahead with a doe-in-the-headlights expression, think about what you can easily incorporate into your everyday life, like adding five minutes more onto your regular workout, trading the car for a bike ride when possible, or parking further from entrances. Little things add up to big results.
2. Destress to deter your body from holding onto more fat. Don’t do yoga? Start. Yoga is known to reduce anxiousness and instill a sense of calm, not to mention building strength and muscle tone.
3. Don’t short yourself on sleep. Not only is sleepytime when your body recharges, but getting too little sleep is proven to increase carb cravings the next day by up to 50 percent, according to a study from the Robert Wood Johnson Medical School.
4. Go H<sub>2</sub>O. Water reduces the appearance of cellulite and suppresses appetite naturally.
5. Conversely, dial it back on processed carbohydrates (including sugary foods, aside from fruit). For every molecule of carbohydrates, your body attaches two water molecules, which makes it easy to pack on excess water weight and show unsightly bloat in the belly.
6. It’s something everyone hates to hear, but skipping cocktail hour is the best thing you can do for any weight loss or getting-in-shape goals. Alcohol slows down the body’s fat burning process, and is unfortunately *not* calorie free, though it is devoid of nutrients.
7. High-Intensity Interval Training (HIIT): It doesn’t just burn calories, but boosts your metabolic rate following exercise so you can keep burning long after. Best of all, it’s fantastic for your heart.
8. While cardio is key to any workout regimen and getting into shape, resistance training is even more so. Resistance training, whether it’s using your own body weight or utilizing machines or free weights, helps build muscle. More muscle = more fat burned at rest. Even better—a toned, muscular physique is the perfect complement to a teeny bikini.
9. Work large muscle groups like the glutes to get more calorie burn during and after your workout. The largest muscle groups are your fat-burning friends, so be sure to incorporate squats and lunges. Planks are a great all-over exercise, working not only the core, but arms, back, derrière and more.

10. Though large muscle groups beget more burn, don't neglect smaller muscle groups like the arms and shoulders, which can be shaped up in a matter of weeks. Focus on exercises like triangle pushups, kickbacks, extensions and pushdowns for the triceps; push presses, standing military presses, upright rows and Arnold presses for shoulders.

Follow these 10 tips and you'll be a "10" just in time for summer!