

NEW YORK POST Health

WELLNESS, FITNESS & MEDICINE

BEAUTY AND FITNESS SPECIAL

51 New York Post, Wednesday, June 23, 2010 nypost.com

By RACHEL GRUMMAN

IT'S hard not to be envious of celebrities who sport sexy bikini bodies. Of course, most stars have a nutritionist and a personal trainer on speed-dial, but you don't need your own crew of experts to strut your stuff on the beach this summer — we've tapped 10 top fitness experts, dietitians and weight loss authors for their best advice for getting bikini-ready.

● SET A SPECIFIC GOAL

Says **Elisa Zied**, registered dietitian and author of "Nutrition At Your Fingertips":

"Picture yourself in a year — how you'd like to look, how much you'd like to weigh. Choose a comfortable weight for you to not only achieve, but also maintain. Picture what you'll be able to do, such as run a 5k. Map out how you'll achieve this by setting small weekly goals. Try to think of one new food and fitness goal each week to tackle, and once you achieve those, add to them."

● BE GOOD — MOST OF THE TIME

Says **Kathy Kaehler**, fitness expert and trainer who has worked with Julia Roberts, Kim Kardashian and Michelle Pfeiffer:

"Live your life the 90/10 way. We know how important it is to make good choices in the way we eat and how we move, but making that a daily commitment can sometimes be daunting and overwhelming. Making good choices 90 percent of the time allows you to have fun and not feel guilty during the 10 percent when you're just living life."

● BEAT THE BLOAT

Says **Lauren Slayton**, a registered dietitian and founder of FoodTrainers in Manhattan:

"Add my five favorite dietary debloaters to your diet: asparagus, lemon, cucumber, parsley and dandelion greens every day the week leading up to vacation and skip sweets, wheat and anything that comes in a package with more than two ingredients. So, eggs in a carton are okay, protein bars are not. Also, skip the 3 c's: canned (or smoked) food, carbonated beverages and cocktails."

BIKINI BOUND

Experts' top tips for a beach-ready body

● HIT THE PLANK

Says **Michele Promalayko**, author of "Look Better Naked: The 6-Week Plan to Your Leanest, Hottest Body — Ever!":

"To flatten the tummy, target deep-down stomach muscles. Work them isometrically by doing a series of 15-second plank holds. Don't forget to squeeze your glutes simultaneously — contracting both the abs and butt makes the move more effective. Do 10 reps with only five to 10 seconds of rest between."

● HAVE HEALTHY FOODS WITHIN REACH

Says **Marissa Beck**, a New York City nutritionist:

"Having cookies and donuts lying around is a sure way to allow a mindless-eating takeover. Instead, stock the fridge with grab-and-go items: precut veggies and fruits."

● VEG BEFORE DINNER

Says **Joy Bauer**, founder of Joy Bauer Nutrition in Manhattan and author of "Slim and Scrumptious: More Than 75 Delicious, Healthy Meals Your Family Will Love":

"Have a voluminous tossed salad

with low-cal dressing, a bowl of broth-based vegetable soup or any other raw or cooked vegetable before dinner. The fiber and water in the veggies will expand in your stomach to fill you up quickly, so you eat less at the main meal."

● LISTEN UP

Says **Keri Glassman**, a registered dietitian and author of "The O2 Diet: The Cutting Edge Antioxidant-Based Program That Will Make You Healthy, Thin, and Beautiful":

"Always listen to your body and stop eating when you are slightly satisfied. Also, remember to eat when you are slightly hungry. This will ensure that you keep your metabolism going but never overconsume."

● MAKE EVERY MINUTE COUNT

Says **TJ Johnson**, a New York City celebrity trainer:

"Stick with a high-intensity workout that targets each body part. Working with a Bosu balance ball and doing leg squats is especially great for toning the lower half of your body. Do your circuit/strength

training first, then at least 20 to 30 minutes of cardio while you're in the fat-burning zone."

● PASS THE SALT

Says **Sharon Zarabi**, dietitian and nutritionist for Focus28 Diet, a high-protein diet program:

"Avoid salty foods, as they may bloat you and make you look puffy. Steer clear of salted nuts, chips, canned items, frozen entrees and sports drinks. Read the food labels and try to keep sodium levels to less than 300 milligrams so your daily intake is below 1,500 mg."

● DETOX THE HEALTHY WAY

Says **Dr. Jeffrey Morrison**, a nutritionist in Manhattan:

"Try a detox diet to help jump-start your metabolism. Eat seasonal fruits and vegetables, such as berries and melon, as well as mustard greens and okra, while banishing the bread basket, pasta and any processed foods. Eat lean protein such as chicken, fish, eggs or a rice-based protein powder drink as a meal replacement. Do it for 10 days or up to a month. People who've done it for a month generally lose nine pounds."

