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6 Summer Workout and Diet Tips for Getting Beach Body Ready

Healthy exercise and food habits for lasting results

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It's that time of year when you start to think about sprucing up your summer workout to get your beach body in the best shape it can be. We all want a flat stomach and well-toned thighs to show off at the pool or lake, and getting there is much simpler than you think if you stick to sensible habits that will benefit you now and for years to come.

Photo credit: Flickr / supersum

1. **Double Your Exercise:** Regardless of your current routine, doubling your exercise can give you the quick results you want to get bikini-ready. So rev up your summer workout by doubling the number of cardio or weight lifting sessions you do every week—especially if your regular workout is next to non-existent.
2. **Don't Skip Strength Training:** Many women believe erroneously that weight lifting will bulk them up, but the opposite is true: you burn fat when you build muscle! By increasing your muscle mass, you'll create a flat stomach, tone thighs, and be much more likely to create a beach body that lasts long after summer is over than if you focus only on cardio.
3. **Leave Sugar and White Carbs Behind:** By and large, foods such as cookies and cakes, as well as potatoes, white breads (and many wheat ones, too), chips, cereals, and even granola bars are made with loads of

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sugar or carbohydrates that your body quickly converts into the building blocks for fat. What's even worse is that **consuming sugar**—whether it's the lactose in your milk or the fructose in your ketchup—triggers an insulin response in your body, which will increase your hunger levels and actually stop your body from burning fat! To avoid this problem and rev up your metabolism, cut these sugary foods from your life and instead opt for nutrient-rich complex carbohydrates to **fuel your workout**. This is an important issue for staying slim and preventing diabetes, so get educated about how your body processes sugar from an expert: **Dr Lustig**.

4. **Get Lots of Sleep:** A tired body is more likely to crave sweets and junk food. A well-rested body, on the other hand, functions much more harmoniously. Not only that, but a mind that's refreshed after **a good night's sleep** is better able to stick to an exercise routine and avoid diet-busting foods than one that's sluggish and numb. So rest up to slim down. If you have trouble falling asleep, there are **yoga poses** that can help.
5. **Eat Plenty of Fruits and Veggies:** Plant-based foods are full of fiber and will make you feel fuller and more satisfied, plus will give your body the nutrients it needs to become stronger and more energetic. So always have a reusable container of snap peas, berries, tomatoes, or celery close at hand to increase your sense of fullness and avoid indulging in foods that will only add to your waistline.
6. **Drink Enough Water:** It's hot out there, and that means your body will require more hydration than normal. Drinking a lot of water also helps you stay slim since a well-hydrated body burns more calories. In general, you should drink half your weight in water every day (expressed to ounces), so a 150 pound woman should have a daily water intake of 75 ounces.

About the Author :

Maryruth has been seeking the keys to environmental justice - both at home and at work - for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to

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ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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