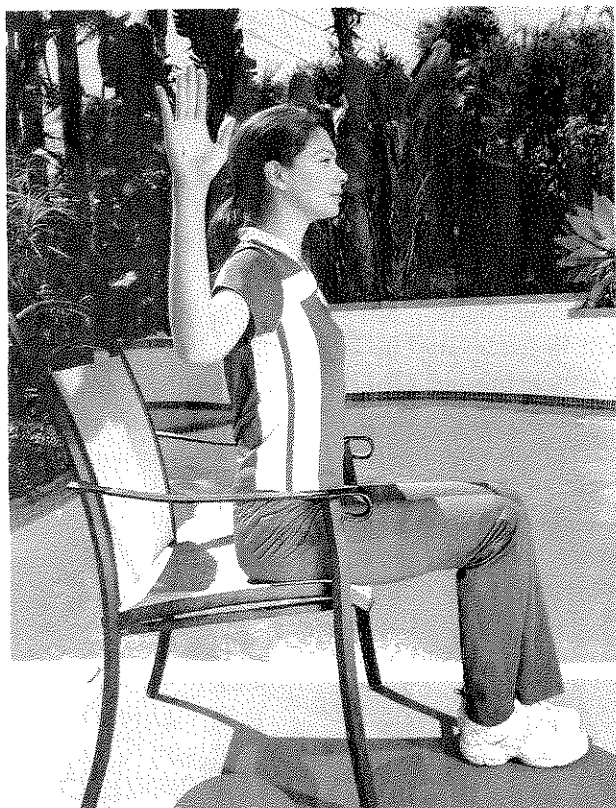
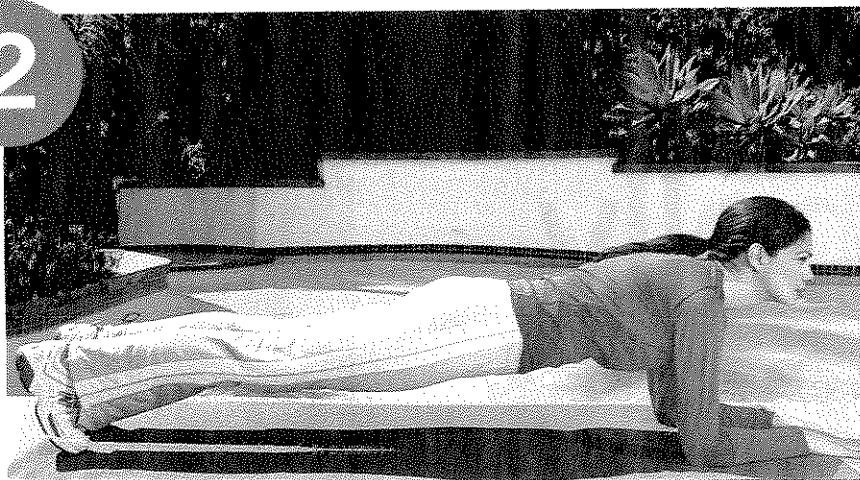


Power plank

Lie facedown on the floor with your legs extended, your body propped up by your forearms. Slowly lift your torso and legs so that only your forearms and the balls of your feet touch the floor (see photo). To prevent your tummy from sagging down, contract the stomach muscles. Hold for ten seconds (it's OK if you can't hold for that long). Gradually work your way up to a minute.

2

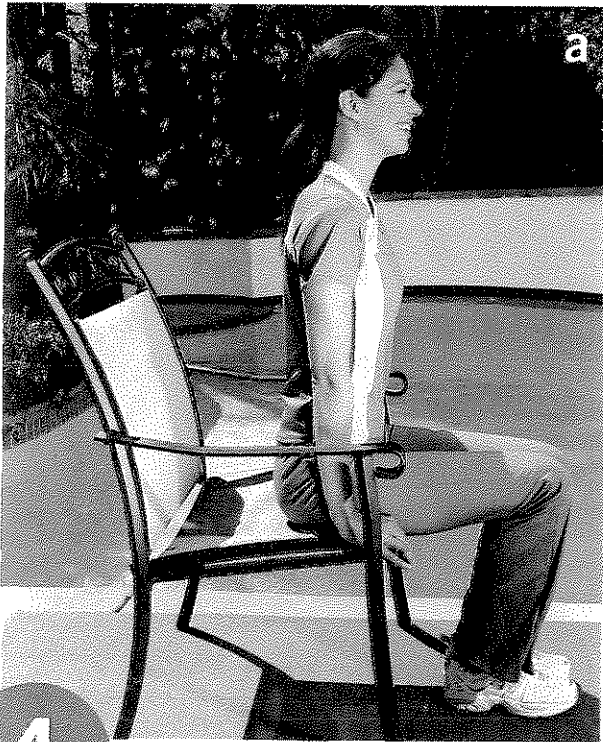


3

Seated crossover

Sit up straight in a chair with your feet flat on the floor. Position your arms so that your elbows are bent at 90-degree angles and are level with your shoulders. Your palms should face forward (a). Bring your left elbow and your right knee toward each other (b). Return to the starting position. Repeat with the right elbow and left knee. Then alternate the moves for a minute. ►

Photo: © iStockphoto.com; Chair: © iStockphoto.com; Shirt from L.L. Bean; Pants from New Balance Athletic Shoe; On model in top photograph, Pullover from L.L. Bean; White top and sneakers from New Balance Athletic Shoe; pants from L.L. Bean



4

Captain's chair

Remain upright in the chair and grab both sides of the front of the seat, near your hips (a). Inhale. As you exhale, slowly lift your knees up toward your chest (b). If necessary, lean back a little in your chair, but don't arch your lower back. Hold for three seconds, then return to the starting position. Repeat for a minute.

FLAT-FRIENDLY FIBER

Still see a bulge after exercising and eating right? It may be the result of "false fats"—the air, fluid, or waste that gets trapped inside your belly.

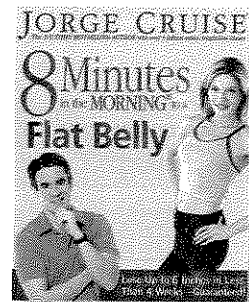
Let me explain: Your intestines are a whopping 25 feet long, and when they fail to efficiently move digested food, things get backed up. The consequence: Your intestines swell—and your tummy expands.

But there's a simple solution: Eat plenty of fiber to stay regular. One serving a day of a high-fiber cereal (such as Kellogg's All-Bran)

should do the trick. Or try my easy-to-make breakfast shake—here's the recipe.

MIX IN BLENDER UNTIL SMOOTH:

- ½ cup ice
- ½ cup Kashi GoLean Crunch cereal
- 1 cup fat-free milk
- 1 cup frozen blueberries
- 1 tablespoon psyllium husk powder
- 1 tablespoon Barlean's Flax Oil (available at most health food stores)



BIG BOOK GIVEAWAY!

Twenty-five readers will receive a copy of Jorge Cruise's *8 Minutes in the Morning to a Flat Belly*. Enter at goodhousekeeping.com or see page 206. ■