



### **How much weight can I drop with only one month until my wedding?**

Many brides want to hear a number like 20 pounds. However, that is just not realistic. With a lot of hard work (diet, exercise, and staying focused), a realistic weight loss goal would be about 8-10 pounds. Sure, you could go on a fasting diet, but you will mostly be losing water weight and muscle mass. This will not give you the healthy look you want on the day of your wedding. Instead, you are better off getting on a structured fitness and diet program where you lose 8 pounds of fat (not water weight). Along with dropping 8-10 pounds, you will lose those extra few inches to ensure that your dress fits perfectly.

### **How do I exercise on a regular basis with all the wedding planning I do?**

The key is to set aside specific time in the day where exercise has priority. Now you may not have as much time as you would like to set aside so you have to maximize your workouts. Your workouts need to consist of high intensity interval training for cardio and circuit based strength training workouts. A cardio session or weight training session on your does not have to be more than 20 minutes to see results.

### **I am wearing a strapless dress, how do I get my upper body to look more defined on my wedding day?**

The one thing you must understand is that you can not spot reduce. I wish it were easy enough to target only one specific spot on your body, but it does not work that way. You must have a balanced training program that places an emphasis on upper body, core, and lower body exercises. With an ideal training program in place, you will start to proportionally lose weight and get more toned in all areas of your body. With all of that being said, there are specific upper body exercises that would be beneficial such as rows, chest press, and shoulder press. These exercises would target all major upper body muscle groups and help you achieve that ideal look for your wedding day.

### **Are there any specific nutrition recommendations I need to know as I get closer to my wedding date?**

You do not want to drastically change your diet as your wedding is growing near. With that said, there are a few recommendations I suggest such as eliminating sugars (refined sugars, white bread, pasta) from your diet. Your body will convert excess sugar to fat – not something you want. Also, do not drink your calories. This means you should eliminate sodas, juices, and alcohol, instead stick with tea and water. Keep your metabolism revved up by eating smaller and more frequent meals throughout the day.

### **My honeymoon is in Hawaii, so I will be in a bathing suit most of the trip. How can I get firm abs and butt for my swimsuit?**

This question is similar to the upper body question that was discussed above. Remember, you can not spot reduce. You should be doing plenty of lower body strength training exercises such as squats and lunges to tone your legs, hips, and butt. Some great strength training exercises for the core include bridges. Instead of spending your time on fancy and expensive ab machines, you should be incorporating front, side and back bridges. There are also great ways to incorporate cardio and get a good lower body workout at the same time such as running hills/stairs, rollerblading, running on the beach, or bike riding.