

The West Australian

mind & body

Tummy TIME

Get super-trim abs in record time — without dangerous fad dieting. **Leah Fogliani** asks how.

Tis the season for slipping into bathers and summer dresses. But don't stress out if you're not in the best shape because there are plenty of tricks to get you looking slim in just weeks or even days.

DROP THE SALT

Too much salt in the diet causes the body to retain fluid, as it prompts your kidneys to hold on to water instead of excreting it, according to Caitlin Reid, author of *Health in the City* (\$22.95 Longueville Books).

"Depending on the amount of salt in the diet, it could add up to 2kg of extra weight. Soups, bottled sauces, tinned food, bread and breakfast cereals can also contain high amounts of salt. Look for products containing no added salt, reduced-salt or low-salt varieties."

GET ACTIVE

Moving daily helped pass gas through the digestive tract more quickly, Ms Reid said.

"Break up long hours at the desk by standing up every 30 minutes and going for a quick walk to the water cooler."

TAKE PROBIOTICS

"Boost the amount of healthy bacteria in your gut by including

probiotics daily," she said.

"Probiotics are friendly bacteria that are found in fermented milk and some yoghurts. Increasing the number of healthy bacteria in the gut can relieve symptoms of bloating, pain and discomfort."

CONTROL YOUR PORTION SIZES

Keep portion sizes small. Large amounts of food put extra strain on the gastrointestinal tract resulting in bloating, according to Ms Reid.

AVOID GAS-PRODUCING FOODS

Unfortunately, some of the healthiest foods are also the ones notorious for causing wind and a bloated stomach, she said. These include legumes, cabbage, brussels sprouts and cauliflower. Cut down on the amount eaten in one sitting.

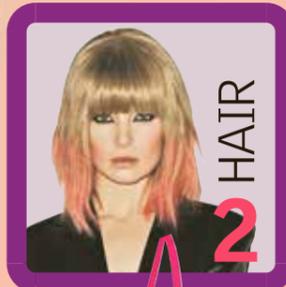
FOODS TO EAT TO LOSE FAT

If you want to lose flab, not just bloating, you need to get your diet in order. Dietitians Association of Australia spokeswoman Charlene Grosse said plenty of low-fat, high-fibre foods such as fruit, vegetables, wholegrain breads and cereals would aid success.

Add reduced-fat dairy foods, lean meats, eggs, dried beans, lentils and nuts to the list.

INSIDE: The tummy-toning workout

inside:



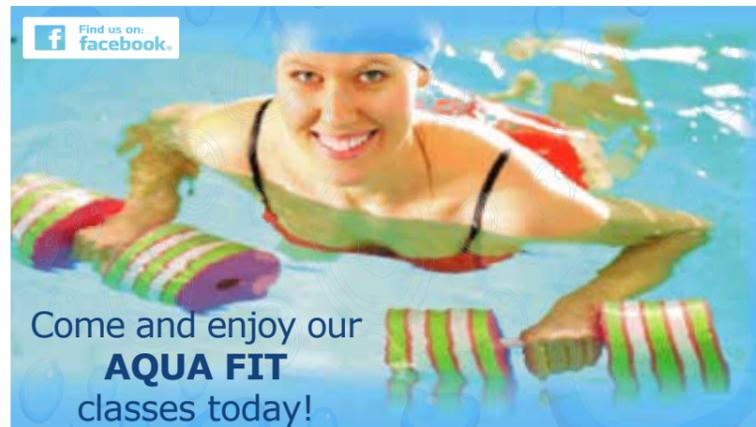
2 HAIR



4 WORK OUT



4 SKIN



AQUA FIT

Aqua aerobics is a great way to burn calories and utilises water resistance for a low impact exercise.

Classes available Monday 9:30am, Tuesday 7:00pm and Saturday mornings from 9:00am.

KWINANA RECQUATIC

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