



# Slim Sister Flat Belly Formula

$$\left( \text{CE} + \text{FR} + \text{AW} + \text{SM} \right) \times \text{T} = \text{Flat Belly Abs}$$

**CE**

## Clean Eating

Abs start in the kitchen! The number one reason why people do not have a flat stomach is what they are putting into it. Losing belly fat is not about going on a strict diet, but rather beginning to eat clean. By clean we mean, getting rid of processed food and dishes high in saturated fats. Download the one-week sample meal plan to see an example of eating clean.

**FR**

## Fat Reduction

Believe it or not you do have 6-pack abs! Only problem is they are covered by fat. Reducing the fat you have on your body is the main goal here. Fat loss has many factors Your metabolism plays a huge part and is like you furnace. You need to crank it up to increase your rate of fat loss. Increasing your metabolic rate is done through a combination of exercise (strength training & cardio) and diet. Its not only about what you eat, but how often. You want to be eating smaller portions 5-6 times a day (see meal plan). Cardio is important but not a substitute for resistance training (lifting weights). You need both.

**AW**

## Ab Work

As you begin to loose fat around your mid-section, what lies beneath will start to emerge. The abdominals are a group of muscles and like any muscle, they grow when you exert them. If you want any ab definition then you have to spend some energy working this muscle group. Follow the Ab workout 2-3x a week in this program to help tone and shape your abs. Working on your Abs also strengthens your core which helps prevent back injuries.

**SM**

## Stress Management

Cortisol is the belly fat hormone. When it is found in high levels in your blood stream your body tends to store fat around the mid-section and organs. What causes your cortisol to rise? Stress. If you are constantly under a lot of stress it is going to work against your efforts to lose belly fat. The good thing about stress? Its entirely in our control. Part of your plan to lose belly fat must include stress management techniques. You have to learn to take time to care for yourself. Stress relievers come in many shapes and forms so pick your favorite. Sometimes stress is reduced by dealing with a conflict or a situation you have been avoiding, or taking more time for yourself to do some of the things you love, like get time with friends, enjoy a bath, go on a walk. Of course prayer, mediation, and exercise are three huge stress relievers. "Cast all your anxieties on Him because He cares for you." 1 Pe 5:7

**T**

## Time

If you put all of the above elements into place, you only have one more factor and that's time. Consistency is the key. I have a saying, "Feel it in four, see it in six." Once you start getting serious about your stomach, you may not see any results for six weeks but then you will start to reap the rewards of your hard work. The key is sticking with it. You need a motivation plan. This should include properly set process goals, accountability, support from community, progress trackers, and ongoing inspiration, and education. Having a motivation plan in place will help you stay on course and help you get back on track quickly when you slip.