

FLAB FIGHTER

Those festive goodies weren't really that good for you. Time to get back into your pre-New Year shape

PERSONAL TRAINER



PRADEEP PAUL

If you are still feeling the effects of all those pineapple tarts, here is help from someone who busts every fat cell that dares to take up residence in her body.

Yvette Tee, who teaches Kyoga (fitness techniques which are a blend of yoga and martial arts) at Spaboutique (6 Nassim Road, tel: 6887-0760), says it takes about two weeks for the true effects of any feasting to be visible.

The initial bloated feeling may go away once you stop gorging on the festive goodies but the long-term damage – yes, that bulging waistline – stays with you.

To help you get back into your clothes, Tee, 38, demonstrates three simple yoga exercises here. Of course, you have to combine them with a healthy diet to see good results.

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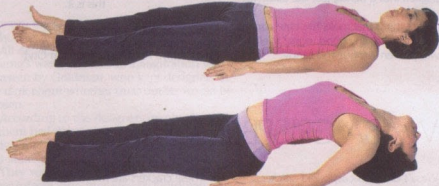
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WEIGHT-LOSS TIPS

- ◆ Avoid fried and oily food.
- ◆ Eat only when you feel hungry rather than snack throughout the day.
- ◆ Chew your food slowly and thoroughly as this ensures you eat less than when you gobble up your food. Also, eat till you feel three-quarters full as it takes a while for the brain to get the signal that the stomach is full and, by that time, you could have over-eaten.
- ◆ Eat a light breakfast as a heavy meal

after a break of more than eight hours would be a shock to your system. Make lunch your heaviest meal of the day as one tends to burn most calories during the afternoon. Have a light and early dinner around 7pm or at least three hours before your bedtime.

- ◆ Drink at least a litre of water a day to flush out toxins and prevent water retention – yes, as a form of self-preservation, our body retains water when we drink too little.



THE FISH

What it does: Stretches the abdominal organs and intestines and regulates the thyroid gland that is responsible for your metabolic rate. **Caution:** Those who are pregnant or suffering from heart problems and severe back ailments should not do this exercise.

How to do it: Lie on your back, arms by your torso with palms on the

ground (top). Gently expand your chest and lift it up by pushing down on your elbows. Tilt your head up, lower the crown of your head towards the floor and try to establish a comfortable position while your back is arched (bottom).

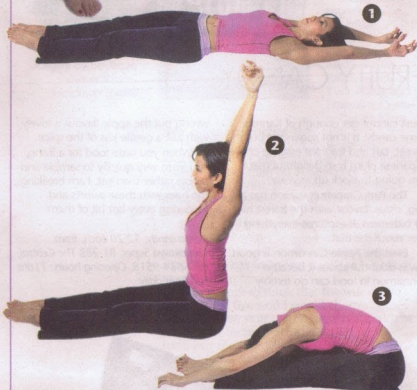
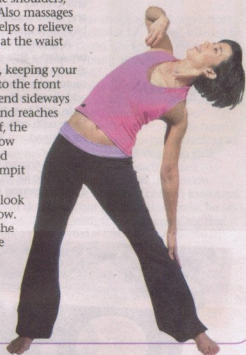
Keep the body relaxed and hold the pose for about 10 slow, deep breaths. Return to the start position by moving your chin towards your chest as you gently lower your spine to the floor. Do this 10 times.

SIDE BENDS

What it does: Keeps the spine supple and relieves stiffness in the shoulders, elbow, wrist and fingers. Also massages the large intestines and helps to relieve constipation. Reduces fat at the waist and keeps it trim.

How to do it: Stand tall, keeping your buttocks flexed and hips to the front (left) and exhale as you bend sideways to your left. As the left hand reaches down towards the left calf, the right hand moves up, elbow pointing to the ceiling and fingers near your right armpit (right).

Turn your head and look towards your right elbow. Inhale and return to the start position. Exhale and repeat on the other side. Repeat this sequence 10 times.



DYNAMIC SIT-UP

What it does: Tones and massages the digestive organs, boosts the body's metabolism and relieves constipation. Also helps to break down fat by exercising the liver and the gall bladder.

Caution: Those with sciatica or severe back problems should not do this exercise.

How to do it: Lie on your back

with your arms stretched out above your head (1). Inhale and roll the upper body up rapidly into a sitting position with your arms raised (2). Exhale forcefully through your nostrils as you bend forward and try to touch your knees with your forehead (3).

Inhale as you return to the sitting position, exhale as you roll your back down onto the floor. Do this entire sequence 10 times in a smooth momentum.