HOW TO GET A SEXY HOURGLASS FIGURE!
10 Ways To Get Into The Kind Of Shape That Will Get You Noticed This Summer
By Lyzabeth Lopez

Being the inaugural Inside Fitness Hot & Fit 100 winner for 2009 didn’t come easily; it took dedication and hard work to rise above a country’s worth of sexy, gorgeous and fit women. With that in mind, I’ve put together a list of 10 ways to get into the kind of shape that will allow you to stand out from the crowd this summer, and showcase that sexy hourglass body shape that you’ve always wanted!

1. Cardio Alone Won't Cut It
If you are a queen of the cardio machines, then your workout is missing something. A complete program should include not only cardiovascular exercise, but also resistance training and a healthy eating plan. Without the other components, you will become ‘Skinny Fat’ … a smaller version of yourself, without adding the sexy tone and shape to your body.

2. You Are What You Eat
Try to eat foods that are as close to nature as possible. Shopping the perimeter of the grocery store is a great way to do this, or better yet, get to know your local health food store and try some new foods that will not only re-shape the outside of your body, but also help to heal your insides as well. Some new foods to look into include: quinoa, dulse, millet, sesame seed butter, sucanat sugar and whole food supplements.

3. Crunches Alone Will Not Give You A Smaller Waist
Crunches and other ab exercises make the muscles in the abdominal area stronger, and more toned, but if they are done alone, in exclusivity, they will likely not reduce the body fat on top of them. You must also follow a healthy eating plan, and perform regular cardiovascular sessions in order to reduce the fat on the abs.

4. Resistance Training Can Build Sexy Curves
While you cannot ‘spot reduce’ where the fat comes off, you can choose where you want to add size through resistance training. Train heavier where you want to gain size, and lighter where you are just looking for tone.

5. Drink Water
Every system in your body depends on water. Water flushes toxins out of vital organs, carries nutrients to your cells, aids in weight loss and keeps your skin soft, among many other things.

6. Maximize Your Time in the Gym
Super-setting and adding cardio between sets of resistance training will not only make your workout fly by, but it will also increase your fat-burning potential to uncover the sexy curves you are working to create through resistance training.

7. Recovery Is Just As Important As Your Workout
Some important things to think about are your recovery include: having days off from working out to let your body heal, getting enough sleep and also, eating protein, healthy fats and some carbs 20 minutes after your workout will help the body to recuperate as well.

8. RICE It If You Go Too Hard
If you go too hard in the gym, try RICE, and what I mean by that is; Rest, Ice, Compression, Elevation. Also, try soaking in a nice Epsom salt bath and drinking water with fresh lemon. Omega-3 oils like fish oil and flax oil can also assist in reducing inflammation.

9. Change Your Workout Often
Always keep your body guessing. Once your body becomes accustomed to your workout, you are on your way to a plateau. Changing your workout routine will make it more exciting for you, and will help you progress towards reaching your goals.

10. Make It Fun
Working out should be a lifestyle, so make it fun! Try a new class, bring a friend and reward yourself every time you reach your goal, or stay on track with your diet. Always look for ways to feel good about yourself, and focus on all of the good and fun things about your workout!