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Steps To Get Your Body Wedding-Ready

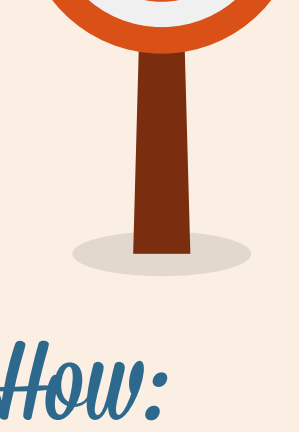


Congrats on your engagement!

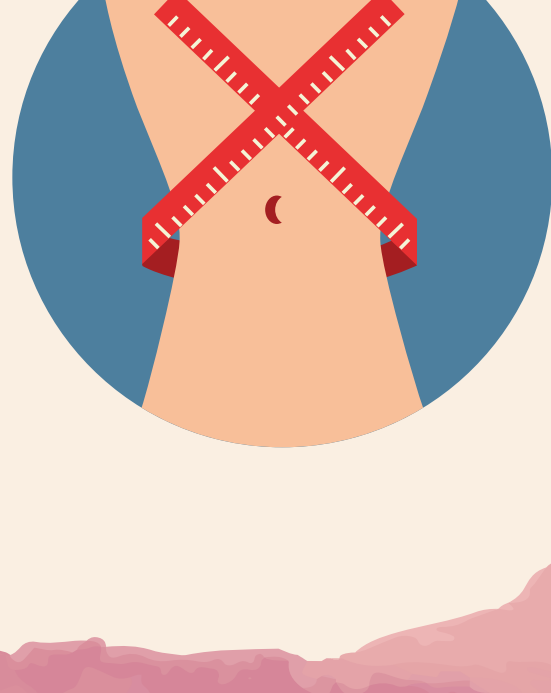
Now it's time to get your body into shape!

Step 1

Plan and Set Goals

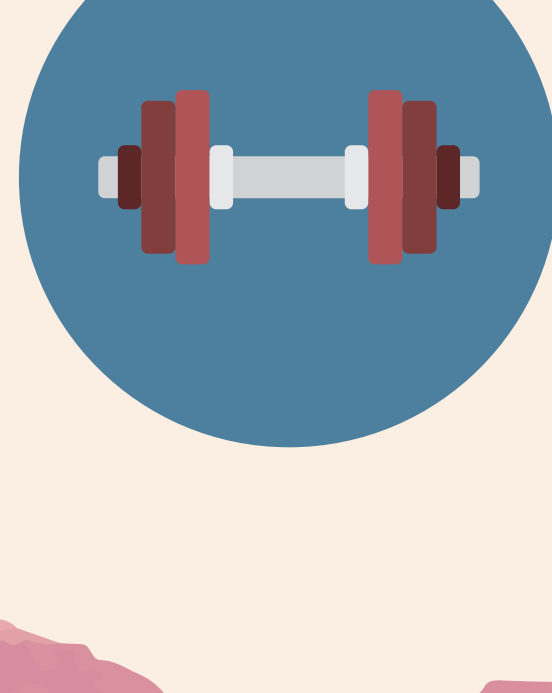


Decide WHAT you want to accomplish and HOW you want to accomplish. For example...



What: Lose weight

TIP
Commit EARLY to your goals!



How: Join a fitness program or class

TIP
Some gyms offer exclusive programs just for brides!

Step 2

Start Strength Building Early



Rank "body zones" you want to optimize—

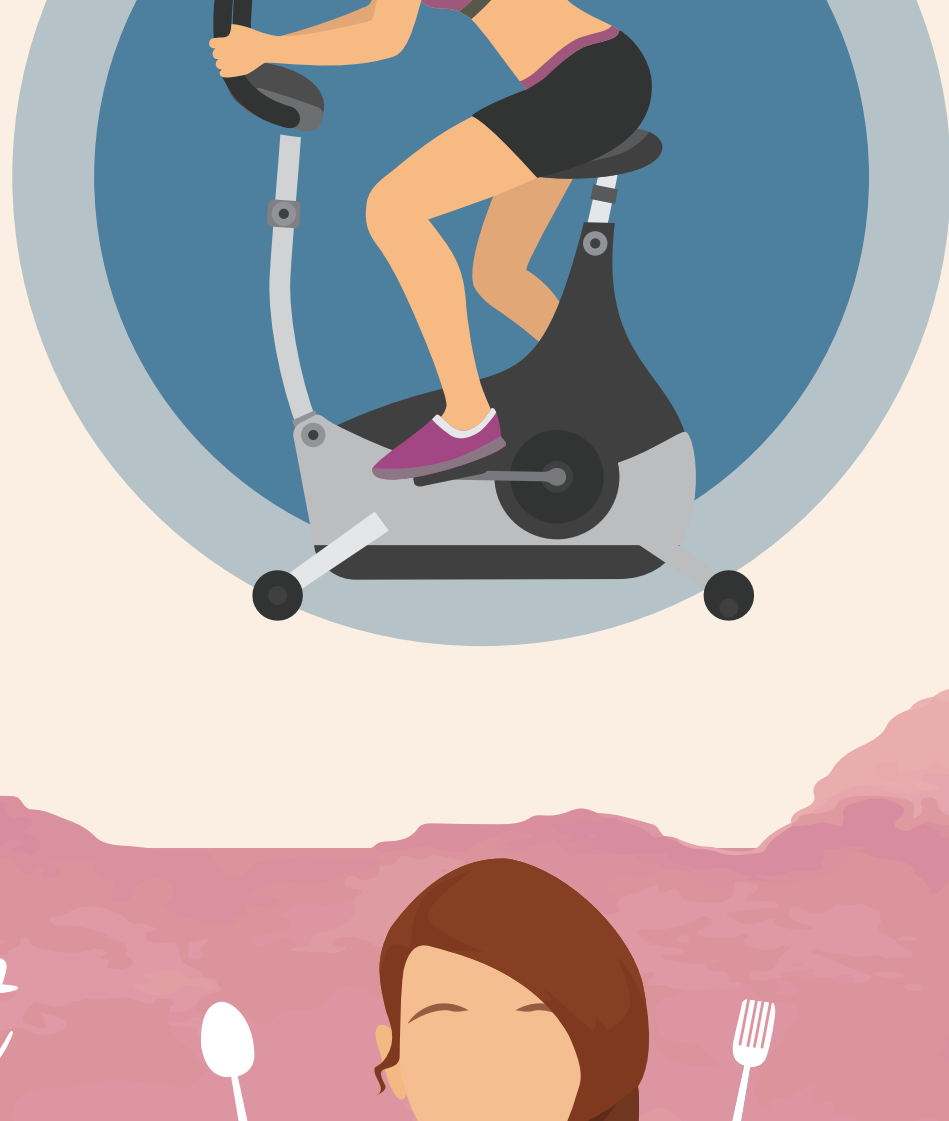


Choose routines that have the intensity level you want

TIP
Allow yourself time to heal! No one wants to feel stiff or sore on their wedding.

Step 3

Cardio Training

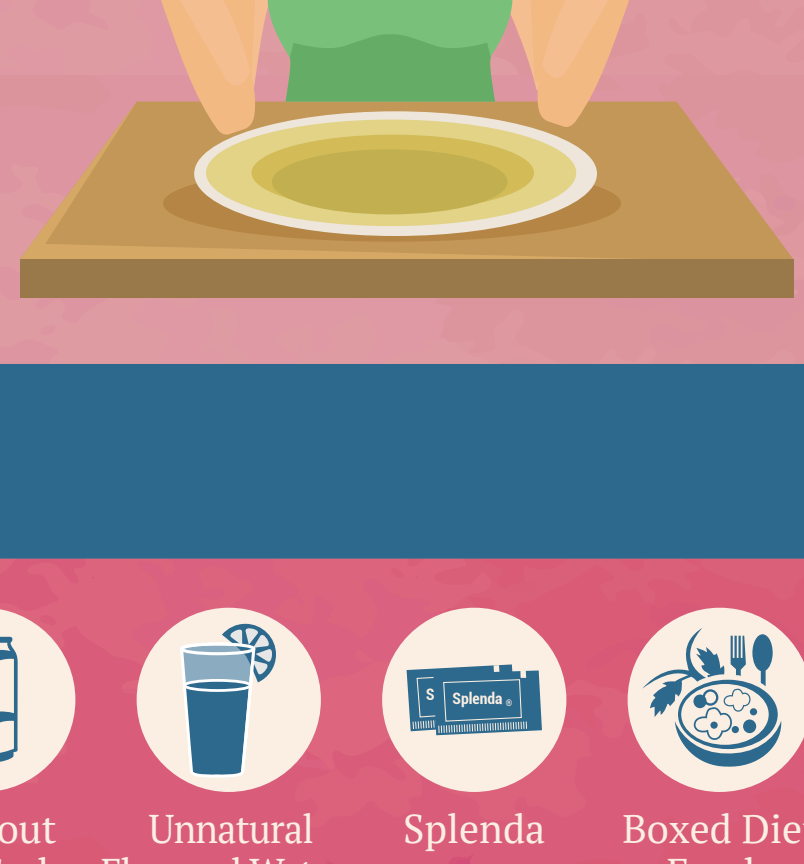


Getting your heart rate going is one of the most effective ways to burn calories!

Step 4

Detox and Diet

Start a detox BEFORE you start your wedding diet to cleanse your body.



Cut out all fake sugars!

Cut out processed carbs!

- Crackers
- Chips
- White Breads
- Sugary Cereals
- White Pasta
- Candy
- Stick to Sweet Potato
- Quinoa
- Brown Rice
- Whole -Wheat Wraps
- Oatmeal
- Whole Grain Cereals

Kick out Diet Soda

- Unnatural Flavored Waters
- Splenda
- Boxed Diet Foods
- Sweetened Yogurt
- Sugar-free Coffee Creamers
- Sub in Coconut Water
- Kombucha
- Sugar in the Raw

TIP
Remember to eat enough calories each day! Too little and your body may go into starvation mode... making weight loss harder.



Not all diets are created equal--and not all are effective. Always consult with your doctor.

Step 5

Team Up With Your Partner or Posse



Working out and dieting with a friend is infinitely more enjoyable than doing it alone!



Whether it's your fiance or your bridal squad, get everyone involved.

Step 6

Show Your Skin Some TLC

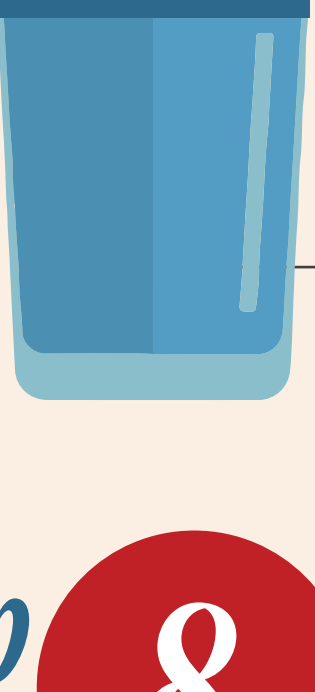
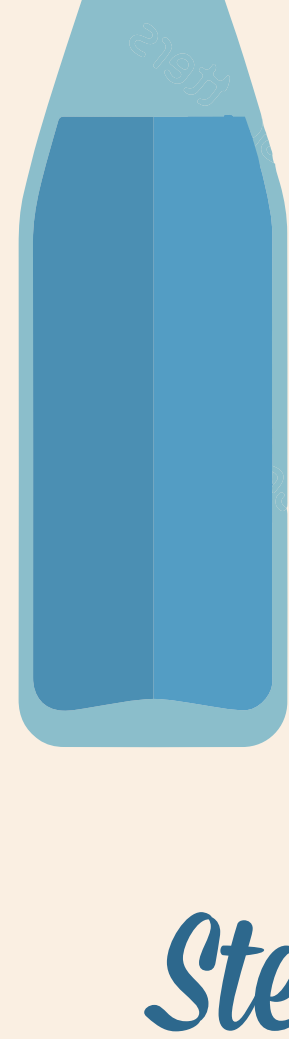
- Wear sunscreen everyday.
- Cut out high-sodium foods that dry out your skin.
- Concerned about blemishes? Contact a dermatologist.



Step 7

Stay Hydrated

Drink water all day, every day



Reduces acne

Helps you consume less calories.

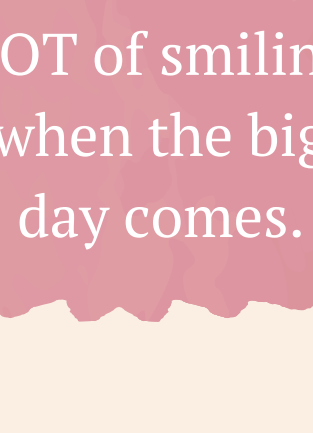
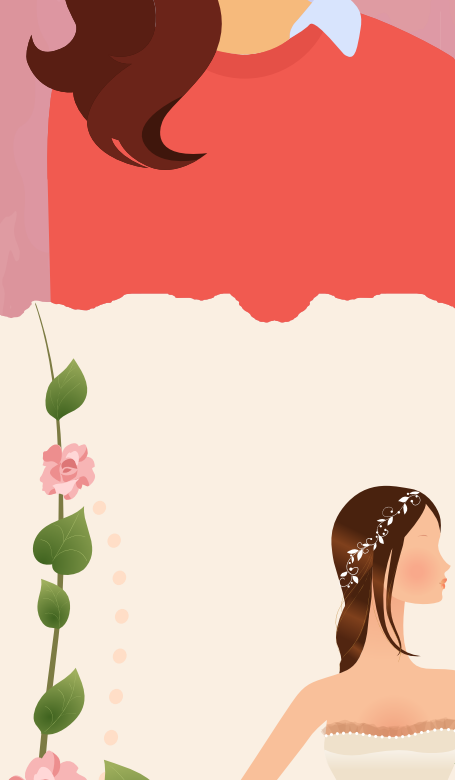
Improves skin

The recommended amount is eleven 8-oz glasses every day!



Step 8

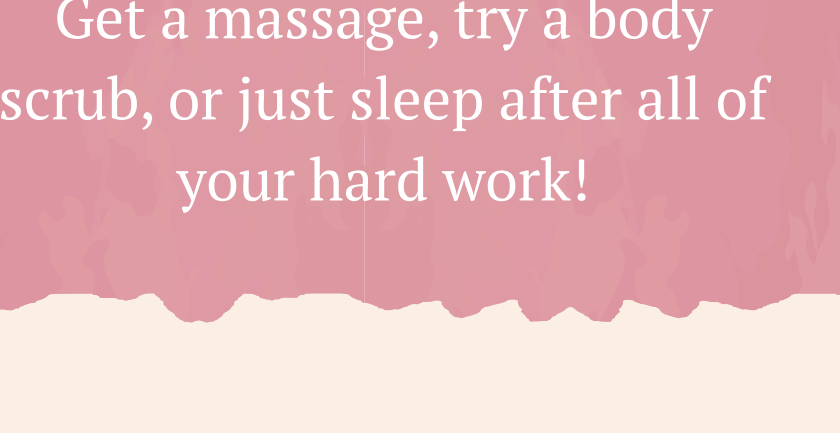
Consider Teeth-Whitening



There will be a LOT of smiling when the big day comes.

Step 9

Remember to Focus on Self-Care



Get a massage, try a body scrub, or just sleep after all of your hard work!

Step 10

Enjoy Your Wedding No Matter What!



This is your own big day. Don't let the stress of planning, getting in shape, or anything else stand in the way.

You are here because you are happy and in love. So, celebrate!

SOURCES: <https://laurenconrad.com/blog/2014/05/10/10-steps-to-get-your-body-wedding-ready/>
<https://blog.brilliance.com/weddings/the-12-month-guide-to-getting-your-body-wedding-ready>