

# 10



## 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

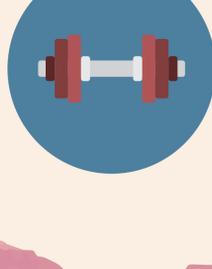


Decide WHAT you want to accomplish and HOW you want to accomplish. For example...



**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—

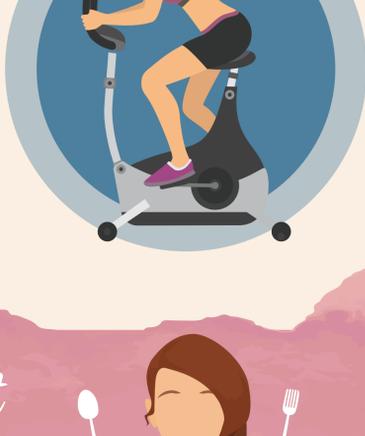


Choose routines that have the intensity level you want

**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

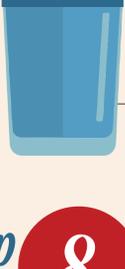
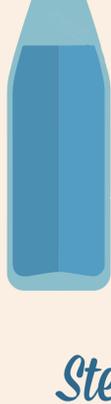


- SUN** Wear sunscreen everyday.
- WATER** Cut out high-sodium foods that dry out your skin.
- SKIN** Concerned about blemishes? Contact a dermatologist.

### Step 7

#### Stay Hydrated

Drink water all day, every day



Reduces acne

Helps you consume less calories.

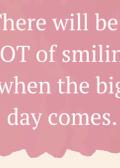
Improves skin

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/step-by-step-wedding-slimdown-timeline/>  
<https://blog.brilliance.com/weddings/the-12-month-guide-to-getting-your-body-wedding-ready>