

Six Steps TO GET A GREAT SUMMER BODY

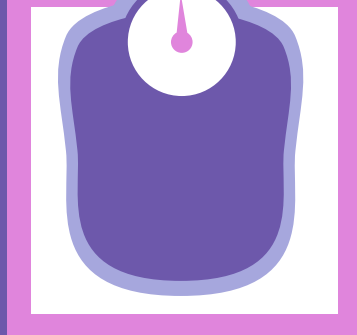


Summer is around the corner--which means it's time to get in shape.

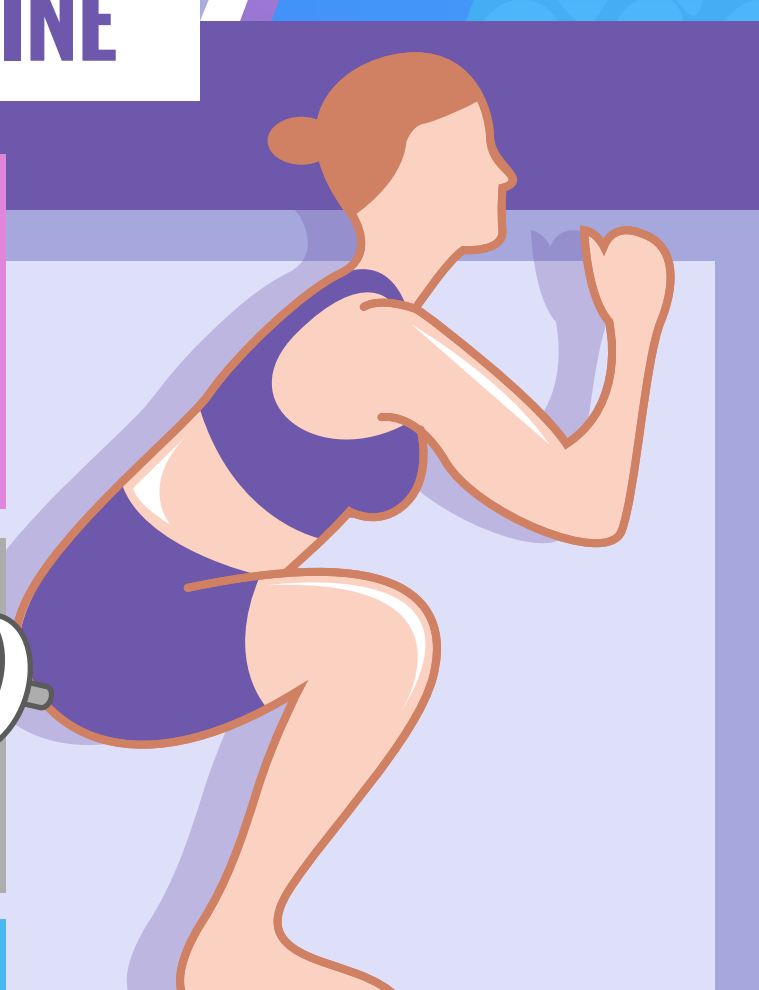
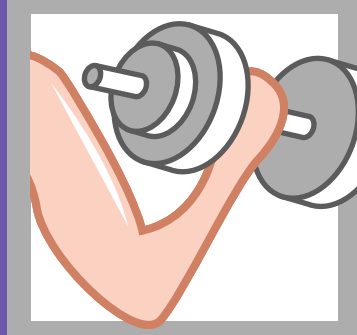
Here's how to make sure you take the steps you need to NOW to look fabulous once the temperature turns up!

START YOUR EXERCISE ROUTINE

On average, it's safe to lose **1 to 2 pounds of body fat a week.**

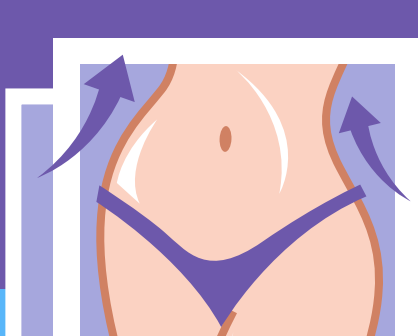
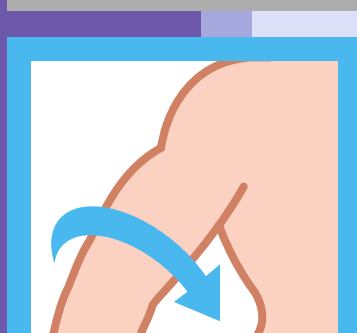


Commit to strength training at least **3 times a week**



Benefits:

lean muscles and improved metabolism.



Exercise in the morning to rev up your metabolism and energy all day.

Remember to target belly busters and booty workouts. The best workouts for swimsuit ready looks!

PRO TIP:

HYDRATE



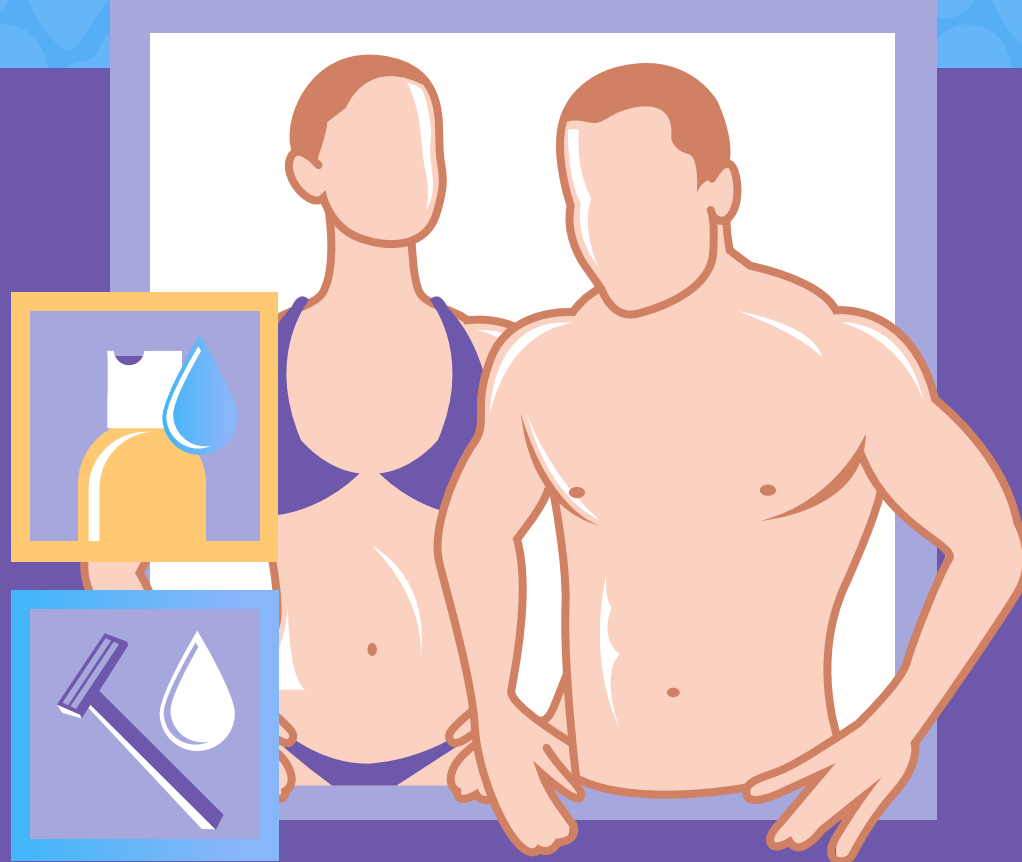
Dehydration will slow you down.

Drink at least half your bodyweight in ounces each day.

Ice cold water is proven to increase heart rate, so put your body to work with a long sip.

GET GLOWING SKIN

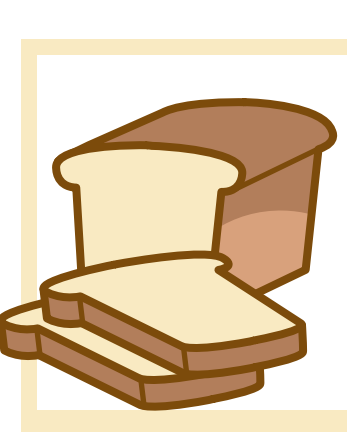
- Remember to moisturize every day to keep your skin from drying out, especially after shaving.
- After shaving, use products that prevent or decrease the appearance of razor bumps or razor bumps
- Always wear sunscreen!
- Skin cancer is the most common cancer in the U.S.



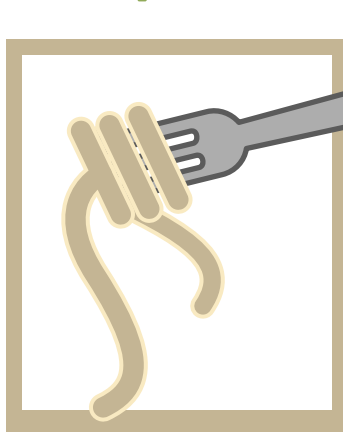
GETTING A TAN IS NOT WORTH THE RISKS.

EAT HEALTHY FOODS

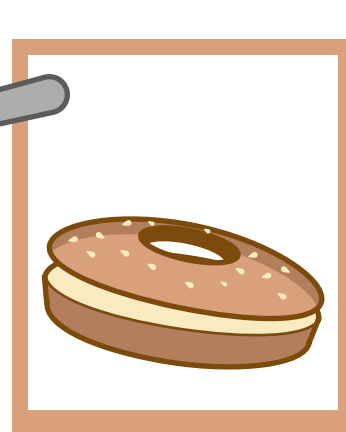
Cut back from processed carbohydrates like...



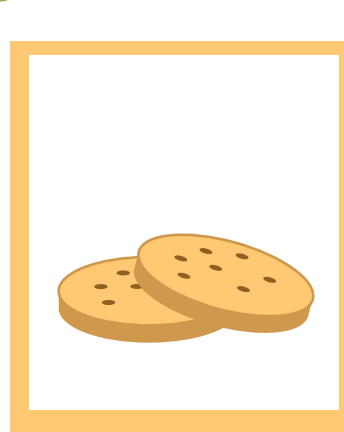
Bread



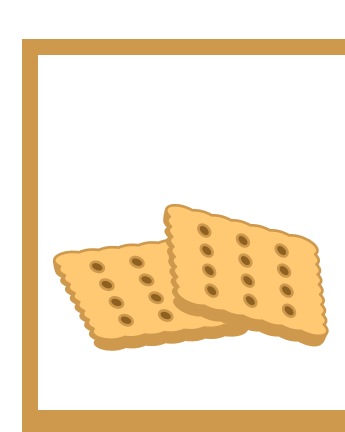
Pastas



Bagels



Cookies



Crackers



These are full of too much sodium and preservatives!

- Check the labels for ingredients of anything you put in your body...
- If you can't pronounce it, don't eat it! ... except for quinoa. We all have trouble with that one.

AVOID STIMULANTS AND TOXINS



Detox from stimulants and toxins like alcohol, caffeine or tobacco.

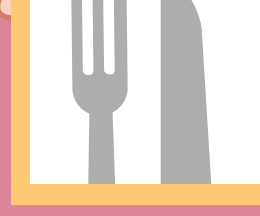
Alcohol, for example...



Dehydrates your body



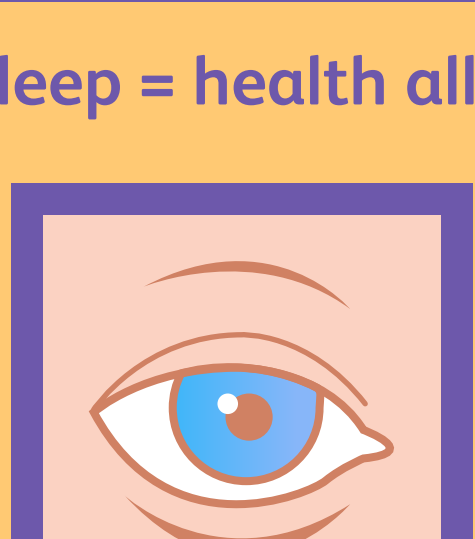
Increases your calorie intake for the day



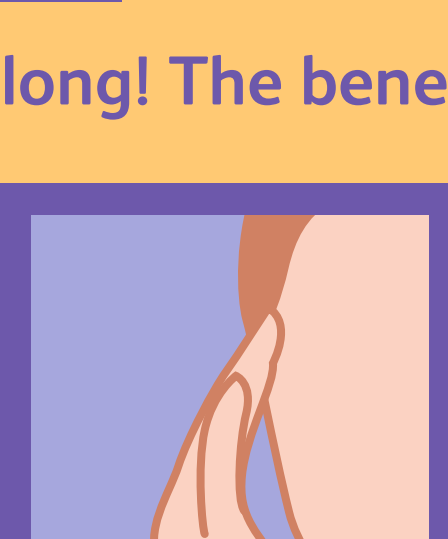
If you do have a drink, make sure to have with water.

GET ENOUGH SLEEP

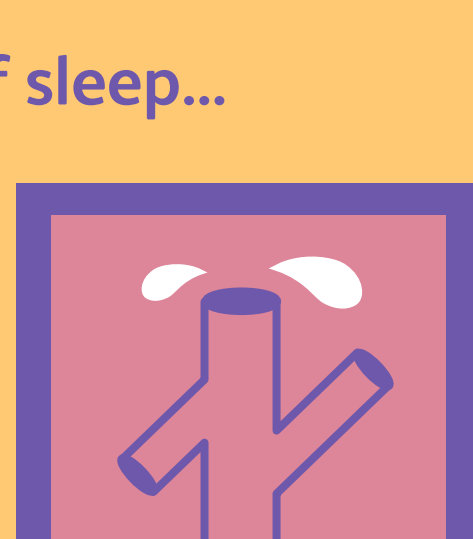
Sleep = health all year long! The benefits of sleep...



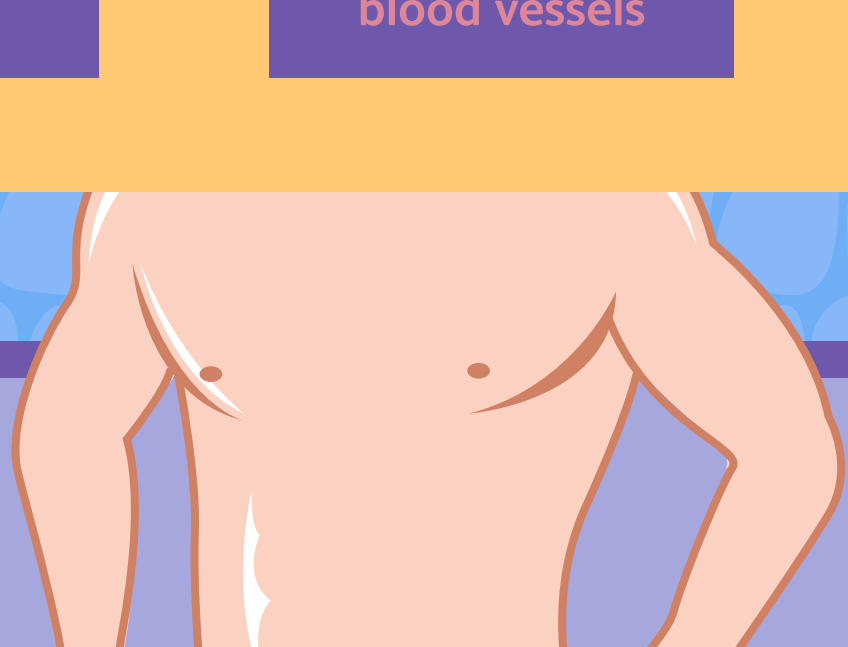
No bags under your eyes



Clear mind



Sleep heals and repairs your blood vessels



BEFORE YOU KNOW IT YOU'LL BE LOOKING FAB AND FIT FOR THE SUMMER!

SOURCES

<http://www.womenshealthmag.com/fitness/7-ways-to-get-your-body-swimsuit-ready-starting-now>
<http://www.fitnessmagazine.com/workout/lose-weight/bikini-season/bikini-body-4-weeks/>
<https://www.tendskin.com/how-to-use-tendskin-liquid.html>