

The Secret of a flat tummy



Do Tonya Zavasta's exercises daily in combination with applying Annique D-Minish Tummy Toning Treatment cream.

Belly Slaps (Do not do if you have or suspect you may have any internal medical problems). Do this on an empty stomach.

Suck in your tummy as tightly as you can.

Slap your belly with the flattened palm of your hands, in a slightly upward movement. Keep the slaps light - stay in your comfort level. This exercise forces the abdominal muscles to tighten up. Fast and rhythmic massage movements help to break subcutaneous fat and cellulite.

Belly Rubbing

Rub your belly in a clockwise, then anti-clockwise direction in the following manner. During this exercise, you are to imagine heat or a fire inside or around your belly-button area. When you have reached the outer limits of the abdomen, move back inwards again anti-clockwise (reversing the rubbing procedure) until you are back at the belly button. Rest for a minute, then rub again. Continue about two minutes. The warmth you feel signals fat cells being burned up and your metabolism gradually increasing. Spend two minutes twice a day for the best results.

Belly suction to work your abdominal and oblique muscles, giving you a flatter profile and narrower waist. You can do this exercise while sitting, while driving your car, while standing, or even while lying on awakening. Soon it will become second nature. Draw your belly inward sucking your stomach in as far as you can manage. Visualize trying to suck your belly button back against your spine. Hold in for at least five seconds, breathing normally. Repeat for several minutes, several times a day.

The Best Belly Exercise Ever! Stand with your feet about shoulder width apart. Bend your knees a little and your torso slightly forward and place the palms of your hands on your thighs, just above your knees. Inhale slowly and take in as much air as you can. Hold for 10 to 15 seconds. Exhale forcefully out your mouth till your lungs are empty. Without breathing in, use your abdominal muscles to lift your abdomen up, toward your spine, as high as you can. Hold for 10 to 15 seconds. But don't breathe in yet! Relax your abdominal wall and let everything gently fall back into place, *then* take a slow, deep breath and repeat the process. Start with two or three repetitions. Build up to ten or fifteen.

