

**Peter Henein from Team TRAINWITHMIKE**

## **Shedding the extra inches : Back to the basics!**

**Q:** Hi Mike, I had a baby 6 months ago and am about 4 pounds away from my prenatal weight, yet my clothes still feel very tight, I can't seem to get rid of the inches. How can I get rid of the inches?

**A:** If you are looking to shed off a few more pounds, it is as easy as a healthy diet and exercise. The frequency of your meals is the first and one of the most essential aspects of a healthy diet. Try and have something to eat every 2.5 to 4 hours, starting your day with a well-balanced breakfast. Your meals should consist of protein (skim milk, egg whites, lean meats...) and a carbohydrate (whole wheat: bread, oatmeal, pasta, rice), and lots of vegetables and fruit. This will stabilize your blood sugar level, boost up your metabolism, and increase your energy throughout the day. Also, it will inhibit overeating at any one meal that you have during the course of the day, and therefore, will help you in your weight loss process, keeping that weight off. The portion sizes will thus be more controlled and you will not feel hungry at any point during the day! Another important aspect is to cut down or completely eliminate processed foods or refined sugars found in table sugar, white breads, white pasta, and white rice, from your diet. Also try avoiding highly salty foods. Keep eating more whole foods that are high in fiber and essential nutrients.

After having worked on how you eat, you can use this to fuel your body for a great workout. A combination of weight training and aerobic training will burn the calories you need to lose. Weight training produces lean muscle, which will help burn fat by revving up your metabolism and giving you a more toned and defined look. A minimum of three times a week is ideal with a day in between to help those muscles rest enough to bring you back for another effective workout.