



**Smarter Health
Medical Clinic**

PRIMARY CARE & WEIGHT MANAGEMENT



Guide to Achieving a Flat Tummy



GUIDE TO ACHIEVING A FLAT TUMMY

NUTRITION TIPS:

Balanced Diet:

- ✓ Focus on whole foods: fruits, vegetables, lean proteins, whole grains, and healthy fats.
- ✓ Reduce refined carbs and sugars (e.g., white bread, pastries, sugary drinks).

Increase Fiber Intake:

- ✓ Incorporate fiber-rich foods like beans, lentils, whole grains, fruits, and vegetables.
- ✓ Fiber helps regulate digestion and can prevent bloating.

Stay Hydrated:

- ✓ Drink plenty of water (aim for at least 8 cups a day).
- ✓ Herbal teas and infused water can help with hydration and reducing bloating.

Avoid Processed Foods:

- ✓ Limit high-sodium and sugary foods that can cause water retention and bloating.

Mindful Eating:

- ✓ Eat slowly and pay attention to hunger and fullness cues.
- ✓ Avoid distractions while eating (e.g., TV, phone).

Exercise Tips:

Cardiovascular Workouts:

- ✓ Engage in regular cardio (e.g., running, cycling) to burn calories and reduce body fat.
- ✓ Aim for at least 150 minutes of moderate-intensity cardio per week.

Core Workouts:

- ✓ Include exercises that target the core (e.g., planks, Russian twists, and bicycle crunches).
- ✓ Aim for a balanced core routine 2-3 times per week.

HIIT (High-Intensity Interval Training):

- ✓ Consider adding HIIT workouts to maximize fat burning.
- ✓ Alternate between short bursts of intense activity and periods of rest.

Lifestyle Tips:

Get Enough Sleep:

- ✓ Aim for 7-9 hours of quality sleep each night to support recovery.

Manage Stress:

- ✓ Practice stress-reducing techniques such as yoga, meditation, or deep breathing.

Stay Consistent:

- ✓ Create a routine that includes regular exercise and healthy eating.

By following these guides, you'll be well on your way to achieving a flat tummy. Remember to be patient and consistent as you work towards your fitness goals!

