



## **Health and Fitness Tips For Brides**

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Every bride wants to look and feel their best being toned and sculpted on their wedding day. There is no makeup, hairstyle, manicure or tan that can give you the look of sculpted shoulders and a lean body that exercise can bring. According to a recent study at National Institutes of Health (NIH) over 70 percent of brides have a goal to lose 20 pounds or more by their wedding day. So how can brides lose, tone and become healthier before they walk down the aisle. Here are six ways to help brides on their journey to lose weight and establish a healthier lifestyle:

### **Tip 1-Keep Track of what you eat**

Utilizing a food diary to help you focus on your wedding day weight loss goal will not only help you become aware of everything you eat each day but it can help you lose weight also. By writing down your food intake you will be more accountable and will be more likely to focus on healthy eating. A recent Cornell study stated that the majority of weight gain is from mindless snacking they is done throughout the day.

### **Tip 2-Eliminate Workout Boredom**

Tired of working out on the treadmill? Then vary up your workouts. Join fitness classes that focus on cardio and strength exercises. There is a sea of endless workout possibilities to help you sculpt and tone for your wedding day.

### **Tip 3-Have some tea with me**

Did you know? If you substitute your daily latte or hot chocolate for a cup of instant coffee or tea can save between 150 and 500 calories a day. Over the three-month countdown to your wedding day, that's a saving of up to 21,000 calories — equivalent to 6 pounds of body fat!

### **Tip 4-Brides, H2O is the Way to go**

Having your centrally heated home at a higher temperature can lead to dehydration. Research shows that thirst is often confused with hunger so being dehydrated could actually cause you to eat more too. To avoid that happening drink at least eight to ten glasses of water a day.

#### **Tip 5-Slim down with soup**

According to a recent Penn University Study, "Eating a small bowl soup before your main meal can save up to 700 calories a week." Subjects who ate soup before lunch consumed 100 fewer calories at that meal. So go ahead have some soup and slim down to look leaner in your wedding gown!

#### **Tip 6-Get to bed, sleepy head**

With all your wedding planning you will need plenty of sleep. And according to a Case Western Reserve University study women who sleep for five or fewer hours a night are 32 percent more likely to gain weight and 15 percent more likely to become obese than women who sleep for seven or more hours. It is believed that lack of sleep may slow metabolism or decrease the calories burned by spontaneous activities such as fidgeting. What better reason could there be to get some extra shut eye?

#### **Tip7-Keep Weight Loss Fun**

As you count down the days until you get married keep your weight loss journey fun and exciting by trying new healthy recipes, having fun in your fitness programs, and rewarding yourself with motivating non-food-related items such as a massage or a facial. Train to get out for the next 5k and motivate and inspire people around you to begin their weight loss journey too! Remember: believe and you will achieve all of your wedding day fitness goals!

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*Tara Zimlik is a nationally recognized weight loss expert, personal trainer, health coach, health writer and founder of Tara's Bootcamp, the Premiere Bootcamp of New Jersey. Tara has 9 years experience in helping countless clients lose weight, better their health and change their lives. Additionally, Tara has completed 19 marathons, hundreds of 5ks and has trained with top athletes at the University of South Carolina where she was awarded a full cross country scholarship. She has placed in the top for USATF running grand prix for 8 years in a row. Tara also has a degree from Rutgers University and specializes in fat loss and nutrition. In 2005, Tara ran the NYC Marathon while 8 months pregnant with her 2nd daughter, Ella. In 2008, Tara placed in the top 500 women for the NYC Marathon. And in 2011, Tara ran the NYC Marathon 6 months pregnant with her 3rd baby, Brent. Tara has been featured on many television segments including Fox, WPIX, NJ 12 and in Prevention's 2011 book, . Tara's practices what she preaches in all aspects of fitness and health and for this reason she is a trusted trainer that produces results. For more information on Tara visit [www.tarasbootcamp.com](http://www.tarasbootcamp.com) and for tips on health, nutrition, motivation and workouts visit her motivational sister site [www.funfitmama.com](http://www.funfitmama.com)*

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