Tip of the week – **“Building abs”**

Do you want wash board abs? Here are two strategies that should have you well on your way to building that strong core from the inside as well as taking care of any fat deposits on the outside….

1. There is a saying “abs are made in the kitchen”; you can do all the crunches and abdominal exercises under the sun but if your diet is poor you will not shift the layer of fat covering them to reveal those lovely muscles. Watch the diet, ditch the processed foods and drink plenty of fresh water to help rid your body of toxins.

2. Do squats and deadlifts; yep that’s right! Research shows that these two exercises force your abdominal muscles to do a significant amount of work to maintain your posture, building those deep muscles of the core. This will lead to improved posture and stronger abdominals. Couple that with some cardiovascular work and resistance training and you’ll be well on your way to achieving that physique.