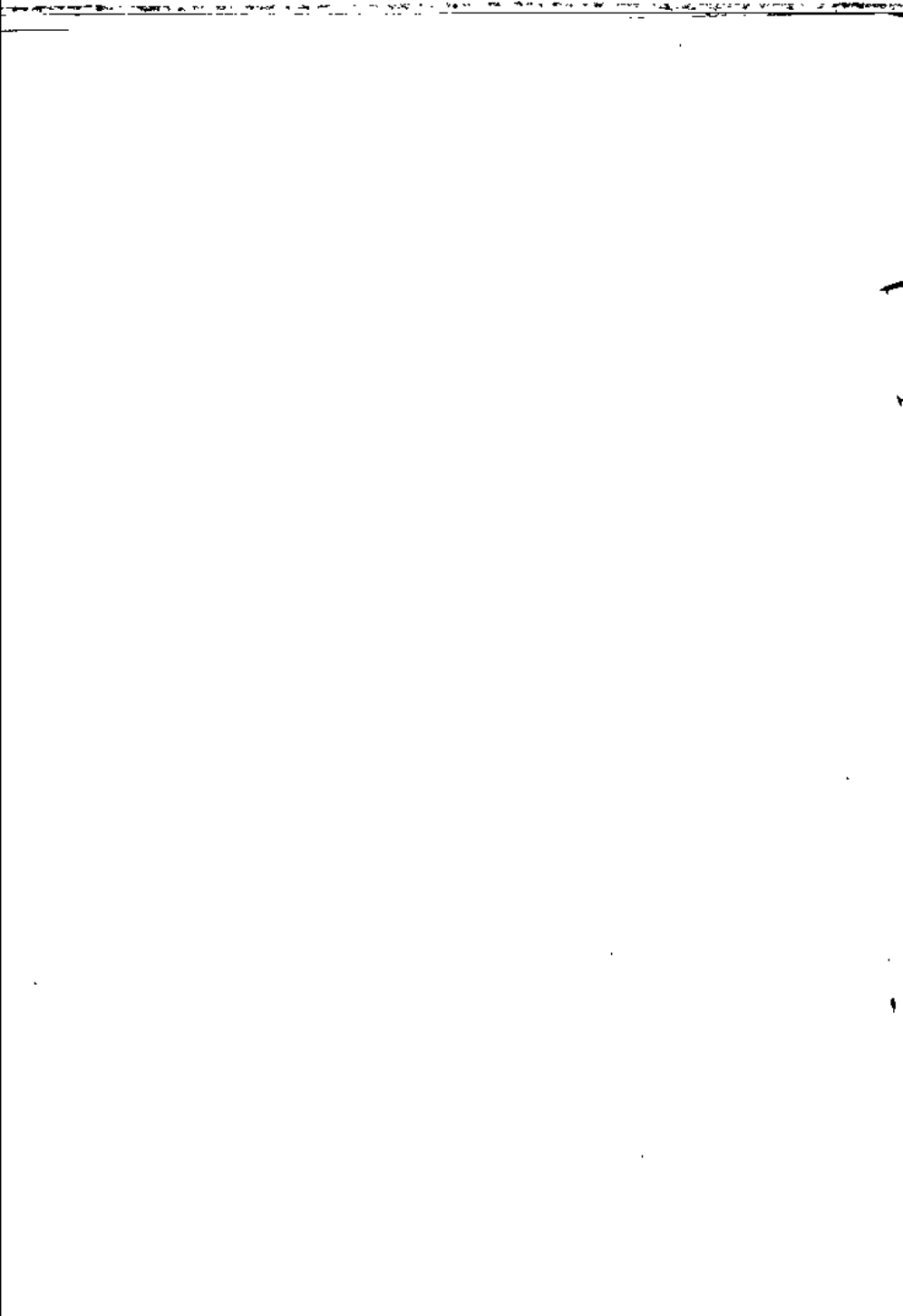


美的訊息

③ 腰部篇

迪波拉寇克·茱麗戴維斯著



目錄

- | | |
|-------------------------|----|
| 前言 | 6 |
| 1. 預備 | 11 |
| 運動的好處及其時間、地點與做法。 | |
| 2. 單人運動 | 21 |
| 六種使你苗條、結實、姿美的激烈運動。 | |
| 3. 雙人運動 | 45 |
| 為你及你的伙伴帶來益處的運動。 | |
| 4. 進一步的訓練 | 55 |
| 為了健身又有趣的有氧運動，最好設立家庭健身房。 | |
| 5. 節食運動 | 65 |
| 神奇的無飢餓減肥計劃。 | |
| 6. 時髦的幻想 | 79 |
| 最新的流行與淘汰。 | |

SPECIAL NOTE: POST-PREGNANCY SHAPE-UP

The baby arrived on time, but your tummy bulge remained beyond its welcome. New mothers, take heed. This 30-day plan is designed with you, too, in mind. It takes concentrated work to get the stomach back into shape, and toning the abdomen is particularly important for you.

Your back has been under enormous strain from the additional weight you carried during pregnancy, and now, lifting and carrying your newborn child will put even more stress on that vulnerable lower back. This program's tummy toners will strengthen your stomach muscles, which in turn will help support the back.

After nine months of extra weight, new mothers are anxious to regain their pre-pregnancy figures. You gave first priority to the life growing within you, and now it's time to give *yourself* some extra attention. With the help of *30 Days to a Flatter Stomach*, you can reclaim your body's tone and tautness.

Please do get your doctor's consent, though, if you experienced any pregnancy or delivery complications.

特別建議： 產後運動

你的小寶寶如期地誕生，但是膨脹的腹部卻令你除了喜悅外，又仍有困擾。剛做好媽媽的你應有所準備了。這本書是專為你設計的，它使你的腹部恢復懷孕前的形狀，同時使你不必擔心身材的問題。

在懷孕期間，由於胎兒的重量使你的背部承受相當大的壓力，而現在，懷抱新生兒，都會更加重你易受傷的背部的負荷。本書中的方法可以強化你的腹部肌肉，如此便能幫助你支撐背部。

經過九個多月的「帶球走」，你一定急著想恢復懷孕前的身材。懷孕時，你最優先考慮的便是腹中的小生命。但是，現在正是你多加注意自己的時候。以這本「三十天恢復腹部平滑」的指南，你的身材又可重新獲得調整，而且更為動人。

但是，如果懷孕或生產過程不順或是情況特殊時，最好先獲得醫師同意再進行計畫。

前 言

初步發現的徵兆是不會錯的。前一季所穿非常合身的衣服，現在都繃緊而且顯得臃腫。妳最喜歡的裙子現在也扣不上，而那件妳花了許多錢買的褲子，看起來腹部太明顯了，妳可能覺得失望，也認為妳的身材就要這樣下去，而無法改變了。但是錯了！妳的身材可以恢復原來的樣子，而且鬆垮的腹部也不會再出現了。

三十天內，妳的腹部可以變得平滑，腰也細瘦下來，並達到妳所希望的標準身材。這項運動計畫不但讓妳看起來更好，也會讓妳覺得更開心。計畫是每週運動六天，五週後就可達到效果。（每個人都需要休息，所以禮拜天就不需要再做這項運動了。）

這項簡單易學的四部份計畫包括經由規律的有氧運動，在有趣的方式中快速消耗過多的卡路里，使妳的腹部恢復平滑；以及另一種一天六小餐的飲食法，使妳體重下降但卻不會飢腸轆轆。在有氧運動的過程中，妳可以和妳的丈夫一起做。

只要妳現在開始運動計畫，永遠不會太遲。所以翻開內文，依照計畫開始做，腹部恢復平滑是指日可待了。妳一定能成功的。

INTRODUCTION

The first sign is unmistakable. The clothes that fit so well last season are now snug around the tummy. That favorite skirt won't button at the waist, and the expensive trousers you saved months for only seem to emphasize your expanding middle. Do you despair and resign yourself to a limited wardrobe of voluminous clothes that make you feel like a desert sheik? No! You can get your body into shape and put an end to that jelly belly forever!

In 30 days you can flatten your stomach, trim your waist, and acquire the toned middle you've always wanted. This is a program that makes you not only look better but also helps you feel better. And it's a program that keeps you going six days a week for the next five weeks. (Everyone needs a rest, so you get Sundays off.)

The easy-to-follow four-part plan combines a program of exercise Whittlers to trim and flatten your middle, His and Hers—some special exercises to do with your favorite man—a simple routine of aerobic movements in Advanced Training that burn calories fast while you have fun, and a super six-mini-meals-a-day Waist-Maker Diet that assures weight loss without hunger pangs.

It's never too late to begin a program of exercise, so turn the page and get started on the plan that will give you a flatter stomach now. *You can do it!*

The exercises are great done individually (The Whittlers), but it's also fun to work out with a partner. His and Hers are designed to be done with your favorite mate. Turn to pages 36 to 44 to match the exercises with your partner's book.

這些運動非常適合單人，但是如果有另一個伴一起做，也會非常有趣。請翻開三十六到四十四頁，與妳的同伴一起配合開始。

Chapter 1

預 備

THE FIRST STEP

Contemplate your navel. Seem a bit far-fetched? It's not really. The yoga gurus knew a good thing centuries ago when they said the stomach was the center of the body and soul. It is the actual center of gravity for the body, and the first step in toning your middle is to use those abdominal muscles all the time. By simply focusing on the navel and remembering to pull it in, you can make changes in your tummy's appearance instantly. While this takes concentration at first, in no time it becomes second nature. So read on, and keep that stomach in!

THE BENEFITS OF AN EXERCISE PROGRAM

Exercise is the single most beneficial thing you can do for your health, not to mention for getting that flatter, smoother stomach. Exercise gives you energy and improves the cardiovascular system while releasing tension and helping to control weight. From exercise will come the vitality and strength to pursue all the professional and personal goals you set for yourself.

Exercise is one of the key elements to health, and if you've got your health you can do anything. Make exercise a priority and the returns are limitless.

Now is the time to make a commitment to your health and a commitment to the exercise and diet plan outlined here for you. If you stay with it, you'll see results simply by looking in the mirror and realizing how good you feel. Of course, if you have any previous medical conditions or concerns about physical problems...

第一步

把意念集中在腹部，聽起來似乎有點可笑，其實並不盡然。不過在數百年前，當瑜珈宗師說腹部是身體與靈魂的中心時，他們就已經懂得這個秘訣了。事實上腹部是身體的重心，想要變化妳腹部的外觀，第一步就是要不時的使用這個部分的肌肉。只要將注意力集中腹部，同時收緊它，就可以馬上改變腹部的外觀；只要開始注意這些事；就立即能夠變化身材，所以請繼續閱讀本書，並保持收緊妳的小腹吧！

一套運動課程的好處

運動是對健康最有益的事，姑且不提它可使妳腹部平滑，它能使妳充滿活力，並且改善妳的循環系統、紓解緊張情緒和控制體重。從運動中可獲得生機和力量，去追求妳為自己在職業上或個人方面所設定的目標。

運動是健康的主要因素之一。有了健康，妳就能做任何妳想做的事，把運動列為優先的事情，那麼所得的回報將是無窮的。

現在正是妳為自己健康盡一份心力的時候了，一份運動和節食的計畫，也已經為妳繪出輪廓了。如果妳能持之以恆，結果僅僅由照鏡子就可知道，而且妳將了解那種感覺是多麼的美好。當然，如果妳以前有任何的病歷，或關

心身體上的問題，那就必須在開始新的運動，或節制飲食課程之前，先徵得醫生的同意。

如何開始做運動

必須注意三件事情：

1、該穿什麼服裝：

穿上多樣化的服裝，那會鼓舞妳減肥和做運動的興趣。穿上那些可以協調搭配，而又能襯托出妳身材的緊身衣、褲襠、和配件。

選擇服裝時，必須考慮堅固，有時髦的條紋，且是棉質的衣物，不要忘記要穿上一件保暖的上衣，使得在運動時，保持肌肉柔軟而易於彎曲。穿上襪套，另外在緊身衣和褲襠間，得有一條尼龍鬆緊帶分開。這些外衣能保持肌肉溫暖，同時不會妨礙皮膚呼吸。

以妳喜愛的顏色來搭配衣服。雖然黑色會使人看起來修長，但是妳也可以選用一些時髦的顏色，如玫瑰色、茶色、和銀灰色。選擇衣服時，先在心裏打個草稿，例如，選擇高叉的緊身衣，因為 V 字的剪裁，會拉長大腿的線條，就像 V 字領會使頸部看起來修長一樣。

2、應在何時運動：

這個一週六天的計劃（記得星期日要休息），每天僅僅佔用一點時間。清晨、中午休息時，或晚餐前，都是理想的運動時間。運動使妳充滿活力，振奮一天的精神，因

essential that you consult a doctor before starting any new exercise or diet program.

HOW TO BEGIN EXERCISING

Beginning the program is as simple as one, two, three.

1. What to Wear

Treat yourself to a wardrobe of versatile bodywear that will inspire you to slim down and shape up. Have fun collecting coordinating leotards, tights and accessories that work well for your figure type.

New wardrobe options include comfortable cotton blend bodywear in sporty stripes and solids. And don't forget to wear a warm-up garment that will help keep working muscles supple and flexible. Layer legwarmers and ripstop nylon separates over leotards and tights. These garments keep muscles warm while allowing skin to "breathe."

Build your wardrobe around your favorite colors. Although a black leotard is slenderizing, you'll get a lift from fashion shades like rose, teal, and silver grey. Keep your body type in mind when choosing your outfit. For example, belting a leotard draws the eye above a generous hip or thigh. A v-cut leg will lengthen the legline just as a v-neckline will make the neck appear long and slender.

2. When to Exercise

This six-day-a-week plan (remember, Sunday is your day off) requires that you simply make exercise a part of your everyday routine. In the early morning, during lunch breaks, or before dinner are ideal time slots.

Exercise energizes, so it can give you a lift during the day. And it decreases appetite, so pre-meal sessions give an added boost to your diet strategies. The only time you might not want to exercise is right before bed, since it will invigorate you and make you feel too lively to sleep.

3. Where to Exercise

Pick a spot that makes you feel good. All you need is some type of mat or floor covering as a cushion for the Whittlers and a little open space so you can kick up your heels for the aerobics. Personal touches for inspiration might include photos of your favorite models. And don't forget: Keep a radio, stereo, or cassette player close by for some dynamite music to keep your spirits soaring.

How to Get Motivated

While the stomach is the first area to reveal one too many ice cream sundaes, it is also the first area to respond to your exercise and diet efforts. So before embarking upon your 30-day program, get out the trusty tape measure and make note of your current waist measurement. Also, take a good look at that tummy bulge. Use the tape measure once a week and revel in the thrill of lost inches. There's nothing like the exhilarating results of exercise to keep your motivation strong.

為運動能減低食慾，所以餐前的一小段運動，無疑地為妳的節食計劃多增一份助力。但是在睡覺前請勿做運動，因為它會使妳精神太興奮，而無法入眠。

3、該在什麼地點運動：

選個會使妳舒適的場所，要有柔軟的地板和稍微寬敞的地方、以便做有氧運動。同時也可以在牆上貼上妳喜歡的模特兒照片作為激勵。別忘了擺一台立體音響，放一些熱門音樂，使妳保持動感。

如何持之以恆

腹部是第一個告訴妳：吃太多冰淇淋聖代的地方，也是第一個告訴妳運動和節食有效的地方。在開始這三十天課程之前，先用一個正確的皮尺，量一量妳現在的腰圍，同時密切注意妳腹部的凸起，每週用尺量一次，並且享受那種腰圍逐漸減少的刺激吧。再也沒比運動帶來的喜悅成果，更能加強妳的動機的事了。