



## HOW TO REDUCE BELLY FAT AFTER MENOPAUSE

### Before you begin, take these three important steps:

1. **Accept the naked truth:** Mother Nature gives us a layer of fat around our midsections after menopause. Once you fully accept her handiwork, YES -- you can reduce belly fat with the right groundwork, workout plan and mindset adjustment. YOU CAN DO THIS!
2. **Don't fight your body.** Your body wants to work with you on this project! Become a team. Your brain believes everything you tell it. Watch your language and talk to your body with love, support and kindness.
3. **Keep an open mind.** Try these suggestions below knowing that some will be right for you, while some won't. Find what works and don't compare yourself to anyone – especially an airbrushed actress or model in a magazine!

### Lay the groundwork:

1. **Sleep more.** It can actually help you lose weight! The reverse is also true: Sleep deprivation adds pounds. Why? When we don't sleep enough (aim for eight hours/night), there's a drop in leptin – the hormone that tells us to stop eating. Meanwhile, the amount of ghrelin increases – telling us to eat more. More sleep also gives us more energy for that extra aerobic workout Read more here: <http://bit.ly/1o4uw4Q>
2. **Carve out quiet or meditation time.** This gives you the calmness you need to stay focused and dedicated. Know what relaxes you. For example, I can't meditate sitting down or lying down. I have to move. Walking and bike-riding helps ease my brain off overload. Find a mantra, a poem, a message, or just listen to your breathing and do it for eight minutes. Start by inhaling a deep breath to the count of eight – see the breath go all the way down to your toes. Then exhale to the count of eight. Then, have an eight- minute quiet time.
3. **Reduce stress.** You produce cortisol in your adrenal glands when you're stressed. Cortisol tells your body to store fat, especially around your middle. Cut down your tension as much as you reasonably can. Sweating gets the bad stuff out, too. Go for a brisk walk! Even a hot bath can help sweat out the stress.

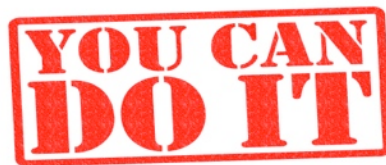
### Do the work:

1. **Eat the right foods.** In small amounts, avocados have been shown to block intestinal digestion of certain fats. Almonds, too, reduce fat in small amounts. Green tea gently stimulates the body to burn calories. Follow the Mediterranean Diet: <http://abt.cm/1bKhJEz>
2. **Count calories and know your ideal weight.** The old adage is true: weight = calories in vs. calories out. Very simple. <http://caloriecount.about.com/>. Your ideal weight: <http://bit.ly/1euzfrm>
3. **Exercise more. Know your maximum heart rate.** At our age, we have health complications that we didn't have before: heart concerns, arthritis, etc. What exercise are you doing now? You need to expend an additional 3,500 calories to lose a pound of fat. Can you walk more? Ride a bike? I have a stationary bike that tells how many calories I've burned and what my heart rate is. Get a monitor for your heart. How to calculate max heart rate: <http://bit.ly/1ehHqvD>
4. **Find exercise you love!** This is *your* program. Don't let anyone else tell you what you should be doing. If you get a private exercise trainer, find someone your age who "gets it."
5. **If you must measure your body, do it every 20 days.** Why? It takes at least 20 days for real change to take place. If you measure sooner, you won't be giving your body a chance to do what you've asked.

### Get your head in the game:

1. **Love yourself.** Tell yourself every morning that you are lovely, radiant, and say "thanks!" to your body! Great athletes tell us over and over that self-cheerleading is critical to success. Believe it. You can do this.
2. **Plastic surgery? Do your homework.** If your frustration gets so high that you're considering plastic surgery, interview at least three surgeons. Ask about recovery time, long-term effects, and ask for three references. Be aware: Tummy tucks and liposuction are painful. Also, be certain you are doing this for you, not for a spouse, boyfriend, mother, etc. This is for *you!*

Success needs to be shared. Your concerns are shared by thousands of other women. So please keep us posted on what has worked for you.



**Remember:** You may change your tummy, but it's your mindset that will keep you focused and content for the rest of your life. Join us at [www.katherineforsythe.com](http://www.katherineforsythe.com) to stay radiant, beautiful, and zestful together.