

# Tips To Help You Get Swimsuit Season Ready

(NAPSA)—A recent survey by ORC's Caravan Services reveals that most women would rather see the dentist than try on a swimsuit. It is hard to get through the year without at least one occasion that calls for swimwear, whether it's a string bikini or one-piece with a T-shirt cover-up.

The same survey indicated that more than 40 percent of women take up to eight weeks to get ready for swimsuit season. With exercise and the Special K Challenge™, women can be swimsuit ready in just two weeks. Those women participating are able to lose an inch in two weeks.

## **One-Piece or Two- It's Up to You**

Fitness guru Kathy Smith provides women with five simple tips to stay committed to their fitness and weight-management goals.

"Getting ready to lounge poolside should not be seen as 'mission impossible,'" said Smith. "With these simple and easy fitness tips and the great-tasting Special K products, women can be ready to lounge poolside all summer long."

## **Kathy Smith's Tips: Exercise Daily**

Exercising daily does not mean a full, hour-long workout, but do something whether it is a 10-minute brisk walk around your office building or a two-hour hike.

## **Stay Focused**

Most people start out with the best intention to exercise; however, they allow one excuse after another to interfere with their workouts, which cause them to lose momentum. If you don't have time to do your regular workout in its entirety, don't abandon the whole thing.

## **Don't Rush**

Face it, you are probably not



going to win the title of Miss Fitness your first week. Do not cram every fitness exercise into a single session. Focus on core areas such as the arms and chest one day and hips and thighs the next.

## **Mix It Up**

Changing up your usual workout will keep your muscles from getting too comfortable, which often results in a plateau. Increase the weight and lower the number of repetitions (low rep overload). Or, if you're already lifting a lot of weight, try the reverse by lowering the weight and increasing the number of repetitions (high rep overload). You can also add a second or third set of reps to your existing workout.

## **Everything In Moderation**

With the right combination of food and exercise, you can trim down and tone up quickly. Do not overdo it. Eating right does not have to taste bad; you can still indulge in your favorites. Be careful not to overindulge.

Learn more by searching "Special K" at [Yahoo.com](http://Yahoo.com).