



Fitness Facts

Five Tips For Losing Five Pounds

(NAPSA)—Anyone who has ever wanted to lose five pounds in a hurry may appreciate five tips from a woman whose work demands that she score well on the scale.

Mia St. John, world-class professional female boxer and creator of



the “Million Dollar Workout” DVD, often has to shed pounds quickly to qualify for competitions. She offers the following five quick weight-loss fixes:

A makeup remover can help to dramatically reduce water weight in a hurry.

- Jumpstart your weight-loss routine with cardiovascular exercise—such as jumping rope—to get your heart pumping quickly.
- Liberally apply Albolene makeup remover to your trouble spots before a workout. This actually liquefies on contact with skin and helps to create increased perspiration to reduce water weight.

- Eliminate white carbohydrates—bread, pizza, pasta—instead, eat more lean protein for a couple of weeks.

- Punch up your workout by adding lunges and crunches to everyday workout routines, creating a full-body workout in less time.

- Excess salt isn't healthy and can cause the body to retain excess water. It's important to drink more water to flush out the system and keep your body hydrated. Reduce your sodium intake by keeping it to less than 2,400 mg. per day.

For more information, visit www.albolenechallenge.com.