

Faced with the unforgiving fashions of the season – bathing suits, strapless tops and short shorts – even the most self-assured girl can have a crisis of confidence. While losing 10 pounds may seem like the only answer, we assure you that it most definitely is not. Here's our guide to your best summer body yet – no crash dieting or around-the-clock exercise required.

BY MAUREEN HALUSHAK

# *summer body*

# SOSS

## THE CLEVER WAY TO CLEANSE— NO SUPPLEMENTS, NO STARVING

BY TRISTACA CALDWELL, REGISTERED DIETITIAN

Subsisting on junk is a one-way ticket to body funk. (And when you're feeling bad about your body, you likely couldn't care less what you feed it.) Break the cycle with this three-day cleanse, designed to remind you just how good healthy eating feels. A few notes: Buy organic if you can, drink eight glasses of water each day and if you're hungry, snack on as many extra fruits and veggies as you like.

### DAY 1

**BREAKFAST** Fruit smoothie (blend together 1 cup fresh or frozen fruit, 1/4 cup soft tofu, 1/4 cup wheat bran, grated fresh ginger, fresh lemon juice, 2 tbsp flaxseed and 1/2 cup skim milk)

**LUNCH** Seaweed wraps (made from cooked shrimp, sliced avocado, diced cucumber, sliced green onion, grated fresh ginger and sesame seeds, rolled in nori seaweed) served with a side of steamed edamame

**SNACK** Celery sticks spread with natural peanut butter and topped with dried cranberries

**DINNER** Mexican beans and rice (simmer 1 cup long-grain rice, 1/2 cup water, one 540-mL can of stewed tomatoes with juice, sliced green onion, diced zucchini and pinches of chili powder, cumin and cayenne pepper until rice is cooked and no liquid remains; stir in one 398-mL can of black beans, rinsed and drained)

**SNACK** 1 cup sliced fresh fruit and 1/4 cup slivered almonds

### DAY 2

**BREAKFAST** Two poached omega-3-enriched eggs, sliced tomato, home fries (diced potato drizzled with canola oil, garlic, onion and pepper flakes and baked)

**LUNCH** Spinach salad (baby spinach with grilled chicken, sliced strawberries, chopped walnuts and lemon juice) and 1 cup milk or soy milk

**SNACK** 3/4 cup plain yogurt mixed with 2 tsp cocoa powder and 2 tsp maple syrup

**DINNER** Stir-fry (sauté bok choy, grated carrots, bean sprouts, sliced green onion and sliced shiitake mushrooms in canola oil) served on a bed of quinoa, sprinkled with pine nuts

### DAY 3

**BREAKFAST** Steel-cut oats (prepare as per package instructions but use unsweetened soy milk for half of the required water) topped with fresh berries and 1 tbsp molasses

**LUNCH** Mediterranean salad (diced cucumbers, diced tomato, diced red onion and crumbled feta topped with a dressing made from equal parts olive oil and balsamic vinegar and 1 tsp lemon juice) plus hummus and whole-wheat pita bread

**SNACK** Plain popcorn drizzled with olive oil, salt and fresh or dried dill

**DINNER** Salmon baked with lemon and garlic, roasted squash drizzled with maple syrup and steamed snow peas. ▶

## 5 INSTANT, NON-SURGICAL SLIMMERS

Need to look a little svelter by Saturday? Instead temporarily swearing off solid food and stocking up on Spanx, follow these five tips for a flatter belly – fast.

- 1. SLEEP TIGHT** “Your digestive system won’t function as well if you’re not getting enough sleep,” says Mary Bamford, a Toronto-based registered dietitian.
- 2. EAT SENSIBLE PORTIONS** The more you eat, the more your belly expands.
- 3. REDUCE YOUR SODIUM INTAKE** Lay off the salt shaker – and, more importantly, the processed foods – to eliminate excess water weight.
- 4. GET YOUR PROBIOTICS** Introduce a daily supplement (or probiotic yogurt) to your diet at least one week prior to the big day: once your body gets used to these good-for-you bacteria, you’ll likely experience less gas.
- 5. NIX GASSY FOODS** “Choose chicken or fish over red meat,” says Bamford. Beans, lentils and peas? Off the menu. You’d also be wise to skip cruciferous vegetables (like broccoli and cauliflower) if there’s a form-fitting dress in your immediate future.



## TELL YOUR INNER CRITIC TO SHUT IT

Heidi Mack, a psychotherapist based in Kingston, ON, who specializes in body image, self-esteem and eating disorders, has helped hundreds of women to KO their inner critics. Here’s her three-step plan for silencing yours.

- As soon as you’re struck with a negative thought (“Wow, this top really accentuates my bat wings”), take two deep breaths. “This brings you back to your body and stops you from running wild with your thoughts,” says Mack.
- Now you have two options: Ask yourself why you *really* feel that way (“Lots of times, people say they feel fat because they’re actually lonely or scared,” Mack says) or replace the negative thought with a counterthought (“I’m exactly the size I should be” or “I look good in this colour”).
- Repeat as many times as it takes to curb your self-criticism. Don’t get discouraged if it seems to be taking forever; Mack likens the process to training for a marathon: “You can’t just jump out of bed and run 42 kilometres at once.”

## DON’T BE A FASHION VICTIM

“Thanks to lighter fabrics and less-structured fashions, summer clothes have a tendency to look sloppy,” says David Clemmer, the Toronto-based wardrobe consultant for the W Network’s *Style by Jury*. To the rescue, two inexpensive basics every woman should invest in: a seamless cotton bra and fitted tap pants, both in a colour that closely matches your skin tone. “Once you have that support underneath, your clothes will hang much better,” says Clemmer. He also gave us his unvarnished advice on how to best wear these five warm-weather fashion staples.

**BATHING SUITS** “Seeing a silhouette – not showing lots of skin – is what’s sexy. One-piece suits tend to be flattering for most women. The last thing you want is to be searching desperately for your coverup every time you get up.”

**STRAPLESS TOPS** “Make sure that they have some built-in bust support.”

**TANK TOPS** “Wear a skin-tone bra underneath so that people won’t notice the straps. If you want to go braless, layer a couple of tanks on top of each other.”

**SKIRTS** “Be honest with how much leg you can show. Just above the knee works for most women. Skirts that cut off at mid-thigh are largely unflattering.”

**SANDALS** “Buy a new pair of sandals each season, if you can, because they wear quickly. And forget about those horrific Velcro-strapped sport sandals.” ▶

## CONQUER YOUR BIGGEST BODY GRIPE BY KATHLEEN TROTTER

If Kathleen Trotter, a personal trainer based in Toronto, had a dollar for every time she heard a new client complain about her abs, she'd be rich. Instead, she is very, very busy. We asked Trotter to share her three most effective abdominal moves.

### EXERCISE ONE

#### V-hold with back-stroke

Sit on your butt on a mat. Lean back about 15 degrees. Keeping your back straight, your head positioned above your shoulders and your belly button pulled in toward your spine, position your arms straight out in front of you. Arc your right arm behind you as if you were swimming the backstroke and follow it with your eyes. Return to the starting position and repeat the same motion with your left arm. **DO 20 REPS.**

### EXERCISE TWO

#### Front plank with jumping jacks

With a paper plate positioned under each of your feet, get into the plank position – coming up onto your toes and placing your elbows directly below your shoulders. Make sure that your belly button is pulled into your spine, your back isn't arched and your butt isn't up in the air. Slide your right foot out to the side without compromising your plank. Then return it to the starting position and repeat with your left foot. **DO 10 REPS.**

### EXERCISE THREE

#### Side plank and rotation

Lying on your left side on a mat, place your left elbow under your left shoulder and stack your knees on top of one another, making a straight line from your knees to your shoulders. Lift your hips off of the ground and place your right arm straight up in the air. Arc your right arm down and underneath your left oblique (the space between the floor and your left hip). Return to the starting position. **DO 10 REPS, THEN SWITCH SIDES AND REPEAT.**