



Indoor Workouts Work Well During Bad Weather

by Bobby Waldron

(NAPSA)—Don't let the weather or the cost of gym fees serve as an excuse to get out of shape.

There are many exercises you can do at home to keep yourself in top form—especially using basic exercise equipment such as weights, an exercise mat, exercise ball or my Belly Burner Belt®.

Here are a few tips to help:

- Watch exercise TV. Tune in to an exercise program and work out alongside the experts. DVDs such as my “Blazing Abs” training are a great way to start your day and tone up your abs. Look for an exercise video created by a credentialed fitness professional.

- Start by raising your heart rate for at least 20 minutes and increase time and intensity from there.

- Clean the house. Intense housework can be a great aerobic exercise, especially if you upgrade the fat-burning potential by wearing a specially designed belt like the Belly Burner. Such belts are designed to increase metabolic rate and speed up your body's calorie-burning process.

The belt can be worn under or over light clothes and worn during normal daily activities and exercises, from walking and jogging to biking.

It can double the calorie burn with any workout regimen and help burn off unwanted inches.

The belt allows you to supercharge the calorie-burning process and accelerate the fat-burning energy needed to lose belly fat and have firmer abs.

- To recover from holiday weight gain, change your diet. When you look at your plate, you should have 80 percent vegetables, 10 percent protein and 10 percent grain. What that means is you should have a lot of salads or smaller portions of meat and a lot more veggies.



Simple activities such as cleaning the house or walking can burn more calories when you wear a specially designed belt.

- Functional training is easy to do from home and doesn't require any equipment; you can use your body's natural movements, such as sit/stand, push/pull and run/jump, to get a full workout.

When doing these exercises, you can use your couch, household objects or your own body weight, but you want to make sure to get the full range of movement in each exercise.

These exercises are great as they trigger the natural production of human growth hormone and are compound movements, so you get more out of each exercise.

The Belly Burner Belt is available at Walgreens, Sports Authority, Big 5, Rite Aid, CVS and Target and online at www.thebellyburner.com.

Waldron is a top celebrity trainer working in Hollywood and has appeared on various talk and morning shows as a fitness expert.