

GLAMOUR

AUGUST 2008

16 sexy, sneaky moves guys can't resist

Random acts of seduction, p. 178!

Every size & price!

YOUR BODY'S SEXIEST JEANS

They'll make you look instantly slimmer

5 lazy ways to get healthy this summer

Christina
The true story of how this wild child found love

6 all-time best shortcuts to a flatter belly

20 cheap & easy things any woman can cook

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(Yes, it's in America)

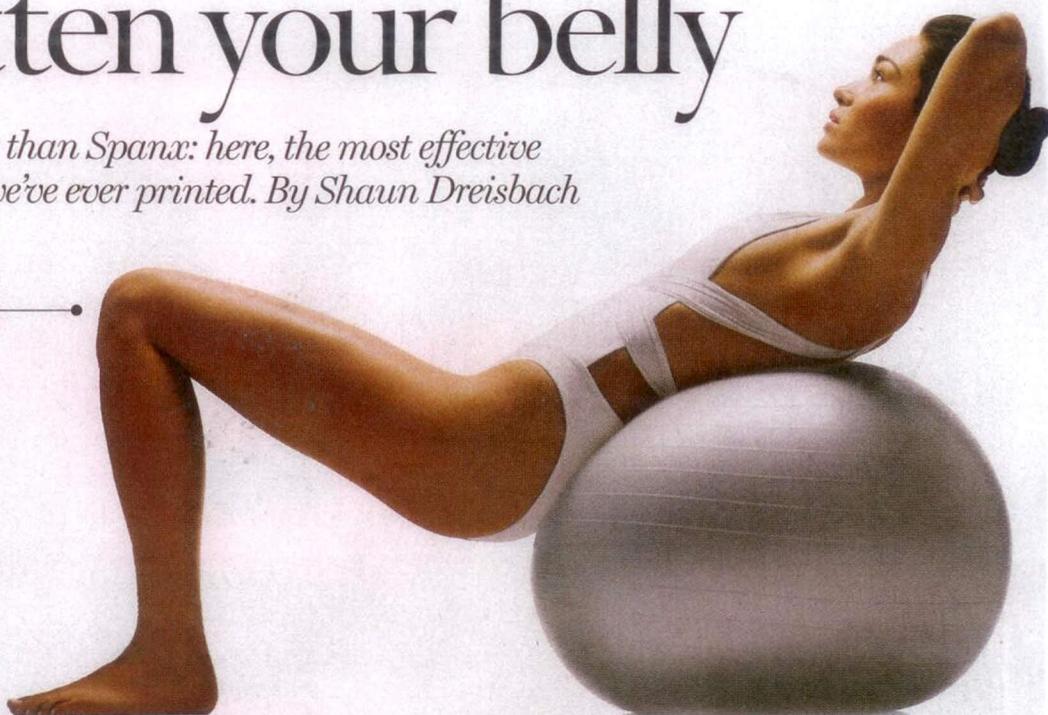
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The 6 best ways to flatten your belly

Even better than Spanx: here, the most effective ab advice we've ever printed. By Shaun Dreisbach



THE BEST AB EXERCISES

• The ball crunch

Great for an allover flatter tummy

TO DO: Lie back on a large exercise ball so it rests just below shoulder blades, with feet flat and hip-width apart. Place hands behind head. Crunch up as shown, pause, then lower. Do two sets of 15 reps two to three times a week.

• The star crunch

Great for eliminating lower belly pooch

TO DO: Lie on your back with arms and legs out on floor like an X. Pull abs in and reach arms and legs toward each other. Lower almost to start and repeat. Do two sets of 15 reps two to three times a week.

• The bicycle crunch

Great for cinching in your waist

TO DO: Lie on your back, knees bent 90 degrees and legs lifted, hands behind head, elbows out. Lift shoulder blades and twist right elbow toward left knee while extending right leg, then switch sides. That's one rep; do two sets of 15 reps two to three times a week.



THE BEST FAT-BLASTING CARDS

Interval training

Burning off extra fat is key to flat abs, and intervals are the best way to do it. Alternate one minute of intense effort with three of moderate effort for your entire workout (running, walking, whatever). Shoot for at least 30 minutes three to four days a week.



THE BEST ANTI-BLOAT FOODS

Natural diuretics

Grapefruit, watermelon, asparagus, celery and cucumber help flush out extra water weight that makes you look puffy, says Los Angeles nutritionist Jackie Keller. What to avoid? Carbonated drinks and artificial sweeteners, which can cause bloating.



THE BEST ANYTIME TRICK

Pilates-style breathing

"Pull your belly button in and up, and hold it there as tightly and as long as you can, breathing deeply. It instantly makes your belly look slimmer, and eventually you'll train your muscles to stay that way," says New York City Pilates pro Brooke Siler.